



Lions' Den



Volume 17, Issue 44
August 16, 2024



Center for Learning, Inc.

INSIDE THIS ISSUE:

Set Sail for School...	1
Parent Reminders & Events	2
Kidz Kormer	2
Celebrations & Events	2
Weekly Menu	2

Visit us on the web at:
www.cflinc.net



"The center for an excellent
educational experience"

Weekly Quote:

"Teaching kids to
count is fine, but
teaching them what
counts is best."

- Bob Talbert

Send in your weekly quote to be
printed in the Lion's Den!**

SET SAIL FOR SCHOOL WITH PORT DISCOVERY – 5 TIPS TO PREPARE FOR THE SCHOOL YEAR

Monday, August 28th, 2023 | By Rachel Demma, Vice President of Education & Innovation

The school year is almost here and it's time to start preparing. Whether your child is entering or returning to school, here are Port Discovery's Top 5 School Year Preparation Tips to help you

Port Discovery Tip #1: Establish Routines

Before the school year begins, establish your routine by setting the specific times for...

- Waking Up
- Morning Routines: face washing, hair brushing, teeth brushing and getting dressed
- Meals: Breakfast, Lunch, Dinner and Snacks
- Night Time Routines: bathing/showering, getting on pj's, teeth brushing and story reading
- Lights Out For older children, incorporate an alarm clock and/or watch to help your child identify when these events occur throughout the day. For our younger friends, create a visual daily schedule. Telling time, schedules and patterns help children make predictions and determine what comes next. Consistent routines encourage children to make logical connections and use reasoning skills.



Port Discovery Tip #2: Make Breakfast Count

We all know kids need a nutritious breakfast to get the day started. Port Discovery's breakfast tip is all about choice! Dedicate an easily accessible spot and select two or three different breakfast options each morning. Provide ingredients for these breakfast possibilities in your child's kitchen area. Encouraging your child to make choices is a step on the path to growing up. Through the power of choice, you can avoid tantrums, promote responsibility, foster creativity, develop problem solving skills and build confidence. And, you can use a similar routine for having lunch at home or even packing lunch for school.

Port Discovery Tip #3: Dedicate Screen Free and Interactive Time

Dedicate a block of time each day that is screen free. Commit some of this time to independent learning activities, like reading a book or working with constructive materials. Devote the other portion to strengthening the family unit. Playing board games or word games together is a fun way to engage your child's mind in building learning skills. Games can establish school preparedness over the summer months. Make the most of this family time. Embedded within game play there are many opportunities to learn: sharing, kindness, cooperation, vulnerability, humility, tenacity and the value of following well designed rules. And don't forget staying active! Make time for some physical play with a game of tag or jumping rope!

Port Discovery Tip #4: Get Organized

Keeping supplies and information organized can be challenging for everyone, but especially children. Organization is a key component of your child's executive function skills, which allow children to stay focused and on task. Work together to shop for school supplies. This will ensure your child knows what items they have. Together, pack your child's backpack, so your child knows where to find each of the items. In your home, select a space for your child's Study Studio. Design and set up a quiet, personalized, fully stocked Study Studio with your child. The more organized the space, the more likely your child is to complete homework assignments independently.

Port Discovery Tip #5: Prioritize Mental Health

Check-in with your child. How are they feeling about returning to school? Find ways to meet the needs of your individual child. Are they nervous? How can you help your child alleviate their anxiety? Staying attuned to your child's mental health is crucial. Neglected mental health issues can cause a lack of focus, motivation and determination in children.

Conclusion

Setting goals can play a vital role in improving confidence, developing self-worth and providing a sense of purpose. With a goal in mind, children stay on-target, develop the skills they need to improve and successfully achieve. Finally, remember and reflect on the good stuff! An intentional and regular practice of gratitude is the foundation for both compassion and appreciation. Instituting a practice of gratitude harnesses the power of positive thinking.

PARENTS REMINDERS & EVENTS



Tuition and Payment

Tuition must be paid by the end of business on Mondays by 9:00 pm through the Smartcare system. Payments made after Monday must be in the form of cash or money order. We no longer accept personal checks for late payments.

If payments have not cleared by the end of business on Tuesday students will not be admitted into school on Wednesday until all financial obligations are met. All late payments will be assessed a \$30.00 late fee. This policy will be enforced.

Any questions concerning this matter, please contact the administration office at (803) 254-0068.

Kidz Korner

Wake up your brain with this ***"BRAINTEASER!"*** Funny yet Corny Christmas Riddles!

Question: I can be 100 yards long but you can hold me in your hand. What am I?

Last week's answer: Saturn.

Celebrations/Events/Fields Trips

Date	Event
08/28	Early Dismissal at 12:00 pm (Academy Only)

****All field trips and guest speakers are subject to change!****



Dining at the Den Weekly Menu

August 19 - 23, 2024



MONDAY

Lunch

Lasagna
Garden Salad
Corn on Cob
Garlic Bread
Milk

Snack

Yogurt
Water



TUESDAY

Lunch

Baked Wings
Mac-n-Cheese
Green Beans
Mandarin Oranges
Milk

Snack

Sliced Apples w/ Caramel
Spring Water

WEDNESDAY

Lunch

Golden Fried Fish
French Fries
Sliced Pineapple
Milk

Snack

Turkey Sandwiches
Fruit Punch



THURSDAY

Lunch

Street Tacos
Refried Beans
Sliced Oranges
Milk

Snack

Turkey Squares
Lemonade

FRIDAY

Lunch

Pepperoni/Cheese Pizza
Corn on Cob
Apple Sauce
Milk

Snack

Watermelon Triangles
Milk



August 2024 Menu

Menus are subject to change



August 5-9, 2024

<p><u>Lunch</u> Chicken & Waffles Tater Tots Fresh Strawberries Milk</p> <p><u>Snack</u> Animal Crackers Milk</p>	<p><u>Lunch</u> Spaghetti w/Meat sauce Golden Corn Nibbles Applesauce Garlic Bread Milk</p> <p><u>Snack</u> Cinnamon Rolls Milk</p>	<p><u>Lunch</u> Corndog Nuggets French Fries Orange Wedges Milk</p> <p><u>Snack</u> Turkey Square Sandwiches Milk</p>	<p><u>Lunch</u> Chicken Sandwich w/Trimming Potato Chips Peaches Milk</p> <p><u>Snack</u> Frozen Fruit Treat Water</p>	<p><u>Lunch</u> Soft Taco w/Trimming Seasoned Rice Pineapple Chunks Milk</p> <p><u>Snack</u> Brownies Milk</p>
---	---	---	--	--

August 12-16, 2024

<p><u>Lunch</u> Sub Sandwich on Wheat w/Trimming Potato Chips Mixed Fruit Milk</p> <p><u>Snack</u> Baked Cookies Milk</p>	<p><u>Lunch</u> Meatballs In Gravy Mashed Potatoes Green Beans Pineapple Cubes Milk</p> <p><u>Snack</u> Jello and Peaches Milk</p>	<p><u>Lunch</u> Grilled Chicken Wraps Sun Chips Slice Apples Milk</p> <p><u>Snack</u> Strawberry Yum Yum Milk</p>	<p><u>Lunch</u> Hamburgers French Fries Fresh Fruit Milk</p> <p><u>Snack</u> Goldfish Milk</p>	<p><u>Lunch</u> Chickens Wings Pasta Salad Orange Wedges Milk</p> <p><u>Snack</u> Turkey & Cheese Cu- bes Crackers Milk</p>
---	--	---	--	---

August 19-23, 2024

<p><u>Lunch</u> Lasagna Garden Salad Corn on Cob Garlic Bread Milk</p> <p><u>Snack</u> Yogurt Water</p>	<p><u>Lunch</u> Baked Wings Mac-n-Cheese Green Beans Mandarin Oranges Milk</p> <p><u>Snack</u> Sliced Apples w/ Car- amel Spring Water</p>	<p><u>Lunch</u> Golden Fried Fish French Fries Sliced Pineapple Milk</p> <p><u>Snack</u> Turkey Sandwiches Fruit Punch</p>	<p><u>Lunch</u> Street Tacos Refried Beans Sliced Oranges Milk</p> <p><u>Snack</u> Turkey Squares Lemonade</p>	<p><u>Lunch</u> Pepperoni/Cheese Pizza Corn on Cob Apple Sauce Milk</p> <p><u>Snack</u> Watermelon Triangles Milk</p>
---	--	--	--	---

August 26-30 2024

<p><u>Lunch</u> Salisbury Steak Roasted Potatoes Green Beans Milk</p> <p><u>Snack</u> Animal Crackers Milk</p>	<p><u>Lunch</u> Sausage & Cabbage Muffins Fresh Fruit Milk</p> <p><u>Snack</u> Sliced Apples w/Carmel Milk</p>	<p><u>Lunch</u> Ravioli Corn Nibbles Apple Sauce Milk</p> <p><u>Snack</u> Turkey & Cheese Cubes Crackers Fruit Punch</p>	<p><u>Lunch</u> Gold Bird Asparagus Scalloped Potatoes Fruit Cocktail Milk</p> <p><u>Snack</u> Pringle Chips Milk</p>	<p><u>Lunch</u> Fish Sandwich French Fries Pears Milk</p> <p><u>Snack</u> Donut Holes Milk</p>
--	--	--	---	--