

## What's Inside

Winter at New Horizon	1
A Proud Supporter of Military Families	1
Kids' Health Fitness Tips for the Whole Family	2
St. Michael Center Grand Opening	3
Cook With Your Kids!	3
Toy Recalls	3
Winter Boredom Busters	4



Winter is the season in which people try to keep the house as warm as it was in the summer, when they complained about the heat.

Author Unknown

## Winter at New Horizon

**Boys and Girls Club** New Horizon Academy partnered with the Boys & Girls Club's "Kids Can Give" program for the 15<sup>th</sup> consecutive year. Our partnership enabled the Boys & Girls Club to hold their annual Christmas Sale. The Christmas Sale offers club members, ages 6 to 18, the opportunity to "purchase" gifts to give to their family. The club members earn points throughout the year to use to purchase the gifts. Donations for the "Kids Can Give" program were accepted at all New Horizon Academy locations from November 12<sup>th</sup> through December 8<sup>th</sup>. Because of our families, the Christmas Sale has become very successful, and we are proud to sponsor another wonderful year! Thank you to all of our families who donated gifts!

**Professional Development Day** On Monday, February 18, 2008, all New Horizon Academy employees will meet at the Earle Brown Heritage Center in Brooklyn Center for the 6<sup>th</sup> Annual Professional Development Conference. Over 1,000 New Horizon Academy staff members will take part in workshops and seminars designed to enhance their teaching skills and increase their knowledge of key issues in the field of early childhood education. In addition, the 2007/2008 Teachers of Distinction will be recognized. All of us at New Horizon Academy extend our most sincere appreciation to our New Horizon families. It is your support that makes this very meaningful conference possible!

### **New Horizon Academy will be closed on the following days this winter season:**

- Tuesday, December 25<sup>th</sup>, for the Christmas holiday
- Tuesday, January 1<sup>st</sup>, for New Year's Day
- Monday, February 18<sup>th</sup>, for President's Day

### **Winter Reminder:**

Please be sure to bring weather-appropriate clothing for your children each day during the winter months. New Horizon also asks that you label all clothing with your child's name, including hats, mittens, boots, etc.

## A Proud Supporter of Military Families

**"Operation Surge" Child Care**—Through a grant from the National Association of Child Care Resource and Referral Agencies, the New Horizon Academy in East Apple Valley was chosen to provide Saturday drop-in child care services for families with a parent currently on active duty and deployed in the Middle East. The program operated from May through October. Families who used the service were able to schedule appointments or just enjoy some personal time, while knowing that their children were being cared for in a safe, nurturing environment.

**Reintegration Child Care**—During the months of September and October, New Horizon Academy provided care for the children of National Guard members who have recently returned from a tour of duty in Iraq. Participating centers included Bloomington-Minnesota Drive, downtown St. Paul, and Minneapolis-Marquette. Fun and stimulating activities entertained the children, while the returning soldiers and their spouses attended a full day of reintegration sessions at a nearby hotel or convention center. The reintegration sessions, part of Camp Ripley's "Beyond the Yellow Ribbon" program, were developed with the intention of changing how soldiers and airmen are reintegrated back into their communities. All of us at New Horizon Academy were proud and honored to provide this service for our returning soldiers and their families!

# *Kids' Health—Key Facts About Seasonal Flu Vaccine*

The single best way to protect against the flu is to get vaccinated each year. There are two types of vaccines: the “flu shot” and the nasal-spray flu vaccine. Each vaccine contains three influenza viruses; the viruses in the vaccine change each year based on international surveillance and scientists’ estimations about which types and strains of viruses will circulate in a given year.

## *When to Get Vaccinated*

October or November is the best time to get vaccinated, but you can still get vaccinated in December and later. Flu season can begin as early as October and last as late as May.

## *Who Should Get Vaccinated*

In general, anyone who wants to reduce their chances of getting the flu can get vaccinated. However, it is recommended that certain people should get vaccinated each year. They are people who are at high risk of having serious flu complications or people who live with or care for those at high risk for serious complications.

People at high risk for complications from the flu include:

- Children ages 6 months to 5 years
- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions



## *Who Should Not Be Vaccinated*

There are some people who should not be vaccinated without first consulting a physician. These include:

- People who have a severe allergy to chicken eggs
- People who have had a severe reaction to the influenza vaccine in the past
- People who developed Guillain-Barré syndrome (GBS) within 6 weeks of getting an influenza vaccine previously
- Children less than 6 months of age
- People who have a moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen

Information courtesy of the Centers for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov)

# *Fitness Tips for the Whole Family*

In today’s fast-paced world, it can be challenging for families to find the time for physical activity or fitness. In fact, recent research shows that many kids and their parents are not exercising at all. This has resulted in increased overweight and obesity in America’s youth, and it can lead to serious problems such as heart attacks and diabetes later in life. Exercise provides health benefits, and it’s also a fun way for families to spend time together. To help you get started, here are some tips provided by the President’s Council on Physical Fitness and Sports.



- **Become a Role Model for Your Family**—Each of us learns by example. Whether you are a parent, grandparent, child, or family friend, you can be the person to motivate your loved ones to become fit. If watching TV every evening is your routine, turn it off and create “family walk time” instead. Make fitness a priority in your life and others will too.
- **Make Fitness Fun**—One of the major reasons people don’t stick to a fitness routine is that they become bored. Children are especially prone to short attention spans, so think about some creative ways to turn your family exercise time into an adventure. Try a scavenger hunt: list four or five items for children to look for on a walk—a leaf, bottle cap, etc. At the end of the walk, the child with the most items selects the next adventure.
- **Don’t Let Rainy Days Keep You Down**—Any kind of weather can mean fitness fun when you are creative. Play Twister or other indoor activity games that require some physical movement. Build an obstacle course in the basement or garage. Or use an indoor bench or steps for a step-aerobic workout. Invent a new dance and name it after your family or share dances from each generation in your family.
- **Leave a Fitness Legacy**—Just like a cherished photo, a valued heirloom, or a family tradition, a love of fitness can be passed from one generation to the next. The gift of physical activity and health is a priceless one—one that you and your entire family will value for life. One great way to build a legacy is to work together to earn the President’s Active Lifestyles Awards (PALA), available both for young people and adults through the President’s Challenge program. Visit [presidentschallenge.org](http://presidentschallenge.org) for more information.

## St. Michael Center Grand Opening



*A Grand Affair!*

Our newest location in St. Michael celebrated its grand opening on Saturday, November 3<sup>rd</sup>, by hosting a fabulous fall festival! Parents and children had a wonderful time with pony rides, hayrides, face painting, cookie decorating, games, music, and a tasty harvest feast catered by our staff.

Our St. Michael management team is led by veteran director, Erica Mielke. Both Erica and her assistant director, Liz Iddings, have been with New Horizon for many years, and both have extensive experience as both classroom teachers and managers. Together with our terrific St. Michael teaching staff, Erica and Liz are excited about bringing New Horizon's programs to families living in northwest Hennepin county.

The new St. Michael center is located just off of Highway 241 and Interstate 94 on Oakwood Parkway. For more information, call 763-497-0536.

## Cook With Your Kids!

### Apple POCKETS



Here is a fun recipe for your child's first apple pie! You'll need 2 Golden Delicious apples, 2 tablespoons sugar, 1 teaspoon cinnamon, flour for dusting, and 1 package (7.5 oz.) refrigerated biscuits. Heat your oven to 350° F. Peel the apples and grate them into a medium bowl. Ask your child to combine the sugar and cinnamon in a small bowl and mix together. Stir half of the cinnamon mixture into the grated apples. Roll each biscuit into a 5-inch circle. Let your little one spoon some apple mixture onto the circles of dough. Fold the circles over and pinch the edges to make a half-moon shape. Place on a baking sheet. Brush the pies with water and sprinkle with the remaining cinnamon sugar mixture. Bake for 20 minutes. Enjoy!



## Toy Recalls

Every parent is undoubtedly aware of the multiple toy recalls that have been affecting the U.S. toy industry in 2007. As a childcare provider, New Horizon makes every effort to stay on top of these recalls and remove the affected toys from our centers. Lists of recalled toys are updated in our centers as they are announced and removed from the classrooms accordingly.

If you have any questions regarding any of the recalled toys, or the safety of your child with regard to the recalled toys, please feel free to contact your center director.



New Horizon Academy  
16355 36th Avenue N  
Suite 700  
Plymouth, MN 55446  
Office: 763-557-1111  
Fax: 763-383-6101  
[www.NewHorizonAcademy.net](http://www.NewHorizonAcademy.net)

Editor: Mary Terrass  
Designer: Jessica Moretter



## Winter Boredom Busters

**Saturday Live! at St. Paul's Central Library** Every Saturday at 11:15 a.m., St. Paul's Central Library hosts *Saturday Live!*, which is a free series of events featuring puppets, magicians, wild animals, storytellers, and more. Every week features a new theme that's sure to entertain all ages. Central Library—St. Paul, 90 West Fourth Street, St. Paul, MN 55102, 651-266-7000.

**Free Sundays-Bell Museum of Natural History** This Minneapolis museum, which is free every Sunday from noon to 5 p.m., features displays and events on science and natural history, including Minnesota habitats. All ages. Bell Museum of Natural History, University of MN, University Avenue & 17th Avenue SE, Minneapolis, MN 55455, 612-624-7083.

**Saturdays at The Works** The Works is open on Saturdays only and is located on the third floor of the Edina Community Center—it's a Technology Discovery Center rather than a traditional museum. The center is designed to make learning science and technology fun for kids ages 5-15 years through the use of hands-on exhibits. The Works also offers classes, camps, and birthday party packages. Open 10 a.m. to 4 p.m. on Saturdays only. Admission is \$4 for all; children under 3 years admitted free. The Works Museum, Third Floor, Edina Community Center, 5701 Normandale Road, Edina, MN 55424, 952-848-4848.

**Can You Tell Me How To Get To Sesame Street?** The gang from Sesame Street will be the star of Minnesota Children's Museum's newest temporary exhibit running October 2007 through April 2008. The hands-on environment will encourage children to explore math, science, and engineering in a fun and familiar setting. All ages. Open Tue-Thur, Sat & Sun, 9 a.m. to 5 p.m., Fri, 9 a.m. to 8 p.m. Closed Mondays. Admission is \$7.95 for all ages, free for members and children under 1 year old. Minnesota Children's Museum, 10 West Seventh Street, St. Paul, MN, 651-225-6000.

**Kidtoon Films** This national program features a different G-Rated film each month—a handful of local Carnike Theaters (Oakdale, Mounds View, and Apple Valley) are partners, and they have showtimes of the monthly film on Saturdays and Sundays. Visit the website for a current listing of participating theaters and more information on showtimes. All ages. [www.kidtoonfilms.com](http://www.kidtoonfilms.com)

**Choo Choo Bob's Train Store** This Grand Avenue train store is chock full of fun and toys! It hosts free storytimes at 10 a.m. on select Tuesdays and Saturdays—Engineer Paul usually hosts them each week, but it's best to call or check the schedule on the website's event schedule before your visit. Even on non-story days, the store is a place for free fun; there are train tables (with surrounding benches for parents) located in the rear of the store that are open for play during business hours. They also offer birthday party packages in their train-themed party room for a reasonable price. All ages. Choo Choo Bob's Train Store, 2050 Marshall Avenue, St. Paul, MN 55104, 651-646-5252, [www.choochoobobs.com](http://www.choochoobobs.com).

**Candyland** Think of the scene at the candy shop in Willy Wonka and the Chocolate Factory, and that's pretty close to what you'll find at the two metro locations of Candyland. Expect to experience the smell of fresh caramel corn (and cheese corn to die for), the memories of old-time candy canisters, and the sweet joy of eating homemade fudge. The St. Paul location is within walking distance of the Children's Museum and the Minneapolis location is in LaSalle Court, which is connected to Macy's and walking distance away from Block E and Target Center. All Ages. Visit the website for more information: [www.candylandstore.com](http://www.candylandstore.com)