



From the Desk of the Supervisor

What's New??

"Sometimes in the winds of change we find our true direction."
An Unknown Author

Annual Registration

This month you will be receiving the annual registration form. Please fill out **all** the **information** and return to your child's educator AS SOON AS POSSIBLE.

Valentine's Day

With Valentine's Day just around the corner, a reminder that due to extreme allergies, we have a **NO FOOD** policy. You are more than welcome to bring cards, stickers, erasers etc.

Income Tax Receipts **Reçus d'Impôts**

All income tax receipts for 2018 childcare fees will be distributed to all families ASAP.

Chocolate Quiz

- 1-What kind of chocolate is the healthiest?
-milk
-dark
-white
 - 2-How many milk chocolate bars would you have to eat to get the caffeine of 1 cup of coffee?
-two
-eight
-fourteen
 - 3-The average person eats about this much chocolate each year?
-2 pounds
-6 pounds
-12 pounds
 - 4-When do people eat the most chocolate?
-Valentines
-Halloween
-Easter
 - 5-Centuries ago, doctors used chocolate to treat?
- Tuberculosis
-fever
-headaches
 - 6-Chocolate is better for your teeth than dried fruit?
-true
-false
 - 7-Chocolate can cause?
-acne
-migraines
-both
 - 8-Plain low fat milk & low fat chocolate milk are about the same nutritionally?
-true
-false
- Answers**
1-dark
2-fourteen
3-12
4-Halloween
5-fever
6-true
7-migraines
8-false

Board and Staff News

The Board of Directors will not meet in February & March. They will meet April 10th. Please let Michelle know if you would like to attend.



Congratulations to Victoria for 12 years and Neven for 5 years of dedicated service at Terry Tan.

For more information regarding the new Canada Food Guide follow the link below

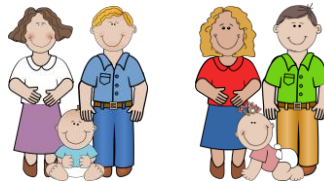
<https://food-guide.canada.ca/en/>

Also check @Terry_TanCC for updates



Special Dates

- 2-Groundhog Day
- 14-Valentines day
- 18-Family day
- 18- School closed



It is important that we can connect with you, especially in the event of an emergency! Please notify the centre if any of your contact information (email or phone) has changed.