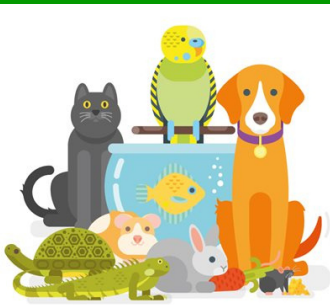


MARCH 2021 • VOL. 1

# BONNEY LAKE

## ECEAP

253-862-5260



### What are we learning?

We have started a study on pets!  
We have already talked about what we already know about pets and what we want to know. During the study we will learn about what kinds of animals can be kept as pets, how to take care of them and what types of jobs you can have when working with pets and what types of pets have jobs!

### Zoom schedule

Monday 10:00 am Kindergarten readiness

Tuesday 10:00 am & 2:00 pm and  
**New social time zoom 3:00 pm**

This the perfect time for your child to interact with other kids in a non teacher led zoom. This is the zoom time to show off your favorite toy or to show us your pet or talk about your day.

Wednesday 10:00 am & 2:00 pm

Thursday 10:00 am & 2:00 pm  
with the Pierce County librarians

### Changes to curbside meals from Sumner-Bonney Lake School District starting Monday, March 1st

Multi-day meal packs will be offered curbside one day a week on Mondays.

Two sizes of meal packs to choose from, one pack per child.

3 day pack: For students attending school in person two days per week and eating school meals onsite.

5 day pack: For students not eating at school, for full time distance learners, or any child in the community aged 18 or younger, whether or not they are enrolled in the district. Please note that time and location for pick up has changed

Locations: Lakeridge Middle School, Mountain View Middle School, and Sumner High School

Time: 11:30 a.m. to 12:30 p.m.

## Want to be a Policy Council Representative?

We have ONE opening!

Our Early Learning Center is part of the Puget Sound Educational Service District (PSESD), Which operates Early Learning programs like ECEAP, Head Start and Early Head Start in King and Pierce Counties. Policy council is a group of parents who make important decisions about how the whole PSESD Early Learning program should operate. Each center or site elects parent representatives who join with administrative staff and the PSESD board of directors to make this a program that works well for all the children and families served.

Parents are compensated for their time - Please let Cyan know if you are interested

[cyan.bower@piercecountywa.gov](mailto:cyan.bower@piercecountywa.gov) 253-862-5260

## TOOTH HEALTHY FOODS

Tooth healthy foods are low in sugar and high in fiber and nutrients, such as fruits, vegetables, cheeses, meat, beans, and whole grain breads and pastas.

Tooth unhealthy foods are foods that are starchy and high in sugar, such as crackers, dried fruit, chips, and cookies, as well as juice and soda pop.

Eating "tooth unhealthy foods" creates an acid that attacks teeth.

Continual snacking on tooth unhealthy foods or drinking juice or soda causes repeated acid attacks. Repeated acid attacks cause cavities.

It is important to eat meals and snacks at regularly scheduled times.

This reduces the number of acid attacks on teeth.

### Tooth healthy foods

fresh fruit, vegetables and protein rich foods  
like nuts, cheese and meats.

### Tooth Unhealthy foods include

crackers, chips, dried fruit, fruit leathers, fruit  
snacks, and cookies.



Teeth need breaks between meals and snacks to prevent cavities. Schedule regular meals and snack times for your child.

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