

# Eagle's Nest News

## August 2017

Eagle's Nest  
Children's Center  
Macon, GA



### Nutrition News

- Start with a healthy breakfast
- Let kids help plan and prepare 1 meal each week
- Eat together as a family as often as possible
  - Take time eating & chew slowly
  - Eat more veggies & fresh fruits
  - Eat more whole grains
  - Drink WATER!
  - Serve a variety of foods
  - Serve food in small portions



### Spirit Week- August 7th- 11th

- Silly Socks Monday
- Wild Hat Tuesday
- Superhero Wednesday
- Favorite Sports Team Thursday
- ENCC Spirit Day Friday  
(Wear your new ENCC shirt!)

### Parent Involvement

Parent Advisory Meeting August 17th  
at 5:15pm

Childcare provided! Join our PAC and find out how you can become more involved!



### Get Connected!

The Eagle's Nest is on Facebook!  
Search Eagle's Nest Children's Center and  
"Like" our page!  
Please interact with us on Facebook by liking,  
sharing, and commenting on posts!



### New Curriculum!

This August Eagle's Nest will venture out into a new learning opportunity. We have recently adopted the Pinnacle Faith Based Curriculum for the upcoming school year! Pinnacle is a research-based early childhood curriculum based on the works of Piaget, Gardner, and Erikson. The curriculum incorporates activities for all areas of development including social-emotional, cognitive, gross and fine motor, as well as language. The curriculum is taught with a theme based approach and each classroom will be learning about the same themes using age appropriate activities for each class. For August the overall theme is "All American."

The weekly themes are:

- July 31st- Aug 4th Wacky Olympics
- Aug 7th- 11th Sports Mania
- Aug 14th -18th Camping
- Aug 21st-25th-Hollywood
- Aug 28th- Sept. 1st-All American Food



### Note from the Director

Can you believe it's August? It's been a hot and wonderful summer at Eagle's Nest! We are excited for what is ahead. There are a lot of great things happening this month, so note them on your calendars as to not miss out!

Some highlights from July:

- Finalizing plans for new building!
- Hosting Nation Chapman's reading tour!
- Having a picnic with the children!
- Receiving new curriculum!
- Sending our 4 year olds to Pre-K &
- Welcoming several new families!

Anytime you have suggestions or concerns, please don't hesitate to contact me!

- Ms. Caroline

## Growth and Change

As the new school year changes, we have had several children “Graduate” to Pre-K! We have also had several new families join our center! I hope you seek out ways to make our new families feel welcome! As far as our new building goes, the final draft of floor plans has been submitted. Hopefully it will be approved by the state and a contractor will be selected within the next month! Stay excited— awesome things are happening here at Eagle’s Nest!



## Sanctuary Corner

### THE SANCTUARY COMMITMENTS



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The Sanctuary Model recognizes 7 commitments that contribute to a healthy and forward moving organization. At Eagle’s Nest, we uphold these 7 commitments and utilize them whenever decisions need to be made. We strive to make each family feel safe and facilitate open communication.

## Monthly Bible Verse

“So he did what the Lord had told him...”  
1 Kings 17:5

Our new curriculum incorporates a faith based teaching approach with a weekly Bible Story. For the month of August, we will be learning about

- Week 1 & 2: Elijah’s Faith
- Week 3: Daniel and the lions den
- Week 4: Shadrach, Meshach, and Abednego
- Week 5: Jonah and the big fish

Memorizing scripture is something I am personally passionate about, but has many developmental benefits. I want to encourage you to read these stories together at home, talk about the lessons in the stories, and practice the Bible verse together. Not only will your children learn the lessons from the scriptures, but they will see that faith is not something that is just discussed at church or school, but also at home. It will help build confidence, develop morality, and strengthen family relationships.

## Healthy Banana Chocolate Chip Muffins

### Ingredients:

- 1 1/2 cups whole wheat flour
- 1 cup rolled oats
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 semi-sweet chocolate chips
- 2 large eggs
- 1/2 cup unsweetened applesauce
- 1/4 cup skim milk
- 1 cup mashed banana



### Directions:

- Preheat oven to 400 degrees F. Grease 12 muffin cups or line with paper liners.
- Stir whole wheat flour, rolled oats, sugar, baking powder, baking soda, & chocolate chips together in a bowl. Make a well in the center. Whisk eggs in a separate bowl until frothy; mix applesauce, skim milk, & banana into eggs. Pour moist ingredients into well made in dry ingredients; stir just to moisten. Batter will be lumpy. Fill prepared muffin cups about 3/4 full.
- Bake in the preheated oven until a toothpick inserted into the center of several muffins comes out clean, 16 to 18 minutes. Cool in pan for 5 minutes before removing to finish cooling on wire racks.

## Happy Birthday!

Van— 4th

Wade— 15th

Ms. Shardasia— 16th

Adalyn—20th

happy  
birthday