



A child's place, a family place.

Young Times

Newsletter of the Rosa Lee Young Childhood Center

Vol. 3: No. 1

Fall 2006

Director's Desk

Rosa Lee Young has always enjoyed the generous support of so many wonderful people. I would like to thank some of our steadfast supporters who provided grants and donations during the past year.

- * **Senator Dean Skelos** for a Legislative Member Item Award of \$15,000.

This money allows Rosa Lee Young to continue to provide the services of a social worker.



- * **United Way of Long Island** for \$13,000 towards tuition assistance for families in need.

- * **Rockville Centre Community Development Citizens Committee** and the Community Development Office for a Community Development Block Grant for facilities maintenance and renovation.

- * **Nassau County Bar Association** towards kitchen renovations and new appliances.

- * **United Church of Rockville Centre**

- * **Bank of New York**

- * **National Council of Jewish Women South Shore Section**

- * **All our friends and supporters** who responded most generously to our fund raising appeals.

Your generous support enables Rosa Lee Young to continue to provide quality education and care for children and families of our community.

Jeannine Rey
Executive Director

A New School Year

This fall marks the 34th year that Rosa Lee Young has provided wonderful education and care for the children of families from Rockville Centre and the surrounding communities. As we begin our school year, we welcome two new staff members to Rosa Lee Young, **Jennifer Smith** and **Iris Rosales**.

Jennifer is a full-time teacher in our Pre-K class. She recently received her Bachelors Degree in Early Childhood Education from C. W. Post College of Long Island University. She is now pursuing her Master's Degree at Post. It is a pleasure to have Jennifer working with our children.

Iris is now preparing food for the children in the Center's food services program. Iris comes to Rosa Lee Young with a delightful enthusiasm for her work. She also brings her daughter, who is enrolled in the toddler class, to Rosa Lee Young. Welcome to both our new staff members.

We also welcomed several new children to the Center. Each year it is difficult to bid goodbye to those youngsters who have aged out into elementary school, but then we enjoy welcoming our new children.

Presenting "Nutra Bird"

Rosa Lee Young's children and parents were fortunate to have **Lisa Mack**, registered dietitian and Board Member, present a variety of healthy food choices at two meetings. For the younger set, Lisa put on her "Nutra Bird" suit, a friendly feathered costume (like Big Bird) and led a demonstration where the children were offered a healthy array of snacks to sample.

For the parents, there was a great deal of tasting and discovering with just a few guidelines:

- * **Eat a rainbow** of foods every day
- * Offer a new food at least **10 times** (don't let the first "no!" be the final word)

- * Offer a **variety** of choices
- * Beware of processed foods: try the **freshest** possible foods to increase the likelihood of **fiber**
- * Use fats sparingly; **olive, canola and flax seed oils** tend to be the best for long-term health
- * Offer snacks **appropriate in size** for little ones such as baked (not fried) chips, whole grains, pretzels and rice cakes, low fat yogurt, salsa and hummus for dipping

Finally, Lisa advises parents to be open to the combinations their children invent (such as pita dipped in vanilla yogurt or apple slices with hummus). If it's healthy and your child enjoys it, why not?

Rosa Lee Young Childhood Center

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Mission Statement

Rosa Lee Young Childhood Center is committed to providing high quality education and care for children from economically, ethnically and racially diverse families in and around Rockville Centre.

2005 House Tour Raises \$10,000

The October 28, 2005 Outstanding House Tour was a tremendous success. Over \$10,000 was raised towards the purchase of a new school bus. Village residents (and friends of Rosa Lee Young) generously purchased more than 100 tickets towards the event and we received additional funds as donations. Seven homeowners in the North part of the Village agreed to let Rosa Lee Young supporters tour their houses. The

evening ended with a reception hosted and underwritten by The Garden Gate, on Sunrise Highway in Rockville Centre.



"Did you hear? Our Outstanding House Tour raised \$10,000

towards a new school bus."

Parent Association

The Rosa Lee Young Parent Association provides an outlet for greater interaction among the parents of children at RLY and useful information on topics affecting the health, welfare and education of our children. In addition, the Parent Association has been instrumental in raising funds to foster the needs and goals of the Center.

Since April of 2005, we have raised over \$1,600, sponsored presentations by nutritional and educational experts and organized a 2005 summer family

picnic at Eisenhower Park. We welcome parents to contact us with suggestions, ideas or topics they would like to see addressed by the Parent Association.

This year we had our **second annual Parent Association Fall Family Picnic** on Saturday, Oct. 7, from 11:00am-3:00pm, at Eisenhower Park. The Parent Association **Back to School Night** was held on Thursday, September 21st from 7:00-8:00pm, at the Center.

Board News

Long-time Board of Trustees member, **Ruth Keller**, was honored at the Spring Luncheon of the National Council of Jewish Women South Shore Section with the Hannah G. Solomon Award for leadership and service to others. Well done, Ruth, you are an inspiration.

The Board of Trustees is delighted to welcome **Lisa Mack**. Lisa was a driving force behind the success of our House Tour in October. Lisa's considerable effort and powers of persuasion convinced Rockville Centre residents to open their hearts and their homes to the house tour visitors.

Growing Strong at Rosa Lee Young

Rosa Lee is committed to developing children's minds and bodies.

Learning about food and healthy eating is woven into activities of the



program and special events. (See *Nutra Bird* article page 1.) Getting youngsters interested in healthy eating involves making them part of the food process.



Children also learn about growing food. They start plants from seeds in their classrooms and then plant them outside in the garden. They have a wonderful time harvesting their "crop." Growing and preparing their



own food increases the likelihood that children will taste new foods and textures.



The **nutrition program** provides a wonderful opportunity for **science, math and reading** lessons. Learning about how plants grow teaches children about life cycles. Following a recipe builds vocabulary, and determining "how much" in a recipe increases the child's understanding of math. Sometimes the nutrition program can be used to teach youngsters about different cultures.



Using chopsticks is not only fun but also opens the way for discussions about China. The nutrition program is a good illustration of how every activity at Rosa Lee Young is a **learning experience**.

Growing strong involves staying healthy. Our children have the opportunity to attend the **Teddy Bear Clinic** at Mercy Hospital. They visit



the hospital and meet with doctors and nurses who explain to them about how the hospital is a place that makes children well and keeps them well. The youngsters come away from the visit with a good feeling about a hospital experience.

Dr. Glen Shanock, a dentist, visited the Center and talked with the



children about taking care of their teeth. Having a friendly dentist visit their Center and answer questions about their concerns, reduces the children's anxieties about going to the dentist. Our youngsters enjoy learning more about developing good health habits that can stay with them for life.

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Rosa Lee Young
CHILDHOOD CENTER



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Always Busy at Rosa Lee Young

This past September, **Maria DelValle** and Jeannine Rey, our Executive Director,



attended the Foster Grandparents Luncheon at the Coral House in Baldwin. Maria, who volunteers as a

foster grandparent at Rosa Lee Young, was one of the seniors honored at the luncheon for her service in the program. The Nassau County Department of Senior Services sponsors the luncheon. We are very proud of the wonderful contribution that Maria makes to our Center!

As with most non-profit organizations, we are always looking for ways to raise

needed funds. We are beginning our **Benefactors Program** asking our wonderful supporters to help us with costs for the Center. See newsletter insert.

We are delighted that another Boy Scout (from Troup #717) working on his **Eagle Scout** Badge has chosen to make Rosa Lee



Young the focus of his project. **William Pressimone**, who attended Rosa Lee Young as a youngster, is now refurbishing some of our building and grounds. We

will provide more information about his work as he progresses with the project. Thank you Billy!

Save the Date!

Another fund raising event will take place on November 4th. Rosa Lee Young will hold a **garage sale** at 436 Laurel Road in Rockville Centre from 9:00 A.M. to 4:00 P.M. Any one wishing to donate items is asked to call the Center at 516-536-5674. We are looking forward to a great sale, so come join us and find a treasure.