

Preschool News



Why Summer Learning?

The Importance of Reading and Writing All Year Long

*Joseph J. Cozzo, President/CEO
Buffalo Hearing & Speech Center*

It has been a long school year and summer is again upon us. When summer does finally come along here in Western New York many of us have a natural tendency to want to let our children “have some time off from school”. Children of all ages are looking forward to the change of routine and focus of school and are only too happy to let us forget about reading, writing and arithmetic for awhile. But the summer months are important ones for parents to share with their children in ways that may not be available to them during the course of the busy school year. One of the most important things you can do with your children during the summer school break is to help them keep a focus on reading and writing. These two important life skills are essential to your child’s future, academic, social, and vocational growth.

Why are reading and writing important?

As adults we know how important reading and writing are in all parts of our lives. We also know that a passion for reading and writing can help children and teens find ways to understand not only different cultures and worlds but also themselves. Writing can help them find ways to work through and communicate their hopes, fears, and dreams. The foundation for these skills starts at birth. Reading readiness starts in the home with reading interactions between the parent and the child. From the time you bring your baby home, they are like “learning sponges”, absorbing your voice, your words, and your enthusiasm, and respect for reading. You set the stage for what they will be learning in school with this very important life skill.

Why read and write during the summer?

Research tells us that children and teens that do not read and write during the summer face a big loss in their literacy growth when they begin the new school year. This means the summer months offer a wonderful opportunity for families, and caregivers to help improve reading and writing. Counties that educate their children year round find that there is a less significant learning curve drop off with children who are in stimulating learning environments without a summer break. That is why your home during the summer months becomes such an important part of your child’s overall learning potential.

What can you do?

How can you as a family member or caregiver help your child or teen read and write more this summer? There are some very simple things you can do to help them develop a lifelong love of reading and writing:

- Visit ReadWriteThink’s Learning Beyond the Classroom.

Start with online support and engaging resources developed by teachers and other literacy experts. Best of all, everything on the site is completely free. This is a great resource available online to help parents learn ways to engage their children in reading and writing activities. You can find this free resource at www.readwritethink.org.

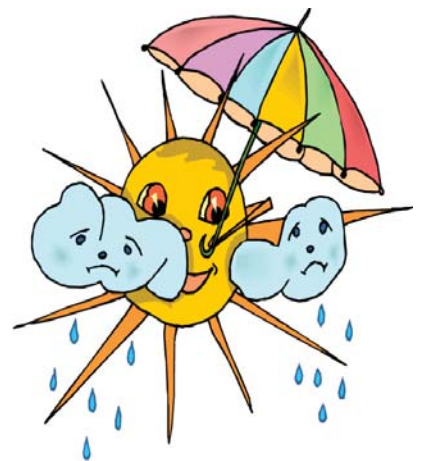
**BUFFALO HEARING &
SPEECH CENTER**

Volume 2, Issue 3

Spring/Summer 2008

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Preschool News

WHY SUMMER LEARNING CONT.

- Get caught reading and writing.

You do not need a computer to help your child with reading and writing. Let your child or teen see you engaging in everyday literate activities like reading the newspaper or making a grocery list and talk about what you do. Your modeling of these important tasks and skills will communicate to your child that you value reading and writing and they will be more likely to follow your lead to read and write. If they can engage with you in these activities, they will begin to imprint these values, which can greatly aid them in their skill attainment.

- Read and write to your child or teen.

Snuggle up with a book and your child before bed. Share books on tape with your teen aged children or read aloud on summer car trips. With young children the words of the story may be less important than the role of modeling the skills and spending time with you in an activity that is a positive learning experience for them. You may very easily just look at the pictures in books with your child and tell them a story about it, or focus their attention on the colors, shapes, and letters in the book. You can also stimulate their imaginations by asking them to tell a story about the picture they see. And do not forget writing. Leaving short notes on the refrigerator, a nighttime message on a pillow, or a letter expressing your pride in an accomplishment encourages reading and demonstrates the power of words. Start small with little children and help them to see that writing is something that you take pride in and value.

- Share a love of reading and writing together.

Read some of the books, magazines, or websites your child or teen is reading and then discuss them together. Encourage writing as a companion to reading. You can write a journal, scrapbook, or blog as a family, taking time to record daily events. You can even write group e-mails or letters to family and friends. As your child grows older, writing will be the compliment to reading that will serve as a gateway to future vocational possibilities.

Enjoy the summer months with your child. Remember, if you want to give your children a head start on getting back to school next September, you can do that by reading and writing with your children all year long. It is easy and fun to do. Have a Great Summer!

News From the School Nurse

Sunshine and exercise are essential to the healthy development of young children. Children who regularly spend time outdoors are generally more fit and have a lower risk of childhood obesity. We should all encourage children to be outside, moving, and safe!

But remember that too much sun exposure may not be good for young children. Too much unprotected exposure to the sun's UV radiation can lead to sunburn, wrinkles and skin cancer.

Research indicates that one serious childhood sunburn could trigger skin cancer later in life.

So how should sunscreen be applied?

- Follow the directions and shake the bottle before using.
- Rub sunscreen over skin to make sure the coverage is even
- Make sure all skin is covered, including the neck and ears

How much should be applied?

- Sunscreen should be applied liberally and evenly to all exposed areas before sun or water exposure



News from the School Nurse/Classroom News

SUNSCREEN ARTICLE CONT.

When should sunscreen be applied?

- Sunscreen should be applied before doing any outside activities
- Whenever you're spending time outdoors - picnics, walking, swimming.

How often should sunscreen be applied?

- Reapply sunscreen after swimming, sweating and toweling off
- Reapply OFTEN!

What strength is best?

- A Sun Protection Factor (SPF) of 15 or higher is recommended.
- For children under the age of 6, an SPF of 30 or higher is recommended.

Remember that sun safety is important every day, even on cloudy days. Be a role model! Make sun safety a part of your every day activities!!

Loree Wright, RN

ROOM 112

Hello! I, Miss Genie, was very excited to become the new teacher in Room 112. Since I started, six new friends have joined the room: Shawn, Kearah, Darryl, Connor, Clayton, and Janet! I have also welcomed Miss Maryann, (classroom aide) and Miss Donna (Speech Language Pathologist) to the classroom team! The sun is shining bright in our classroom! The kiddoes are very proud of the great big sun they made. Come stop by and see it!

We also had fun making kites, clouds, raindrops, and messy mud puddles with our feet! We loved making mud (chocolate pudding) and eating it too! We were very motivated with inside and outside walks, the playground, and "cooking activities" which are incorporated in monthly themes.

In the weeks to come, we will be learning about flowers, pond life, and bugs! We will continue working on answering "wh" questions, vocabulary, and turn-taking skills.

Happy Birthday to: Maleek 4/13; Korey, 4/24

Miss Genie, Miss Maryann and Miss Donna

ROOM 116

Just as the saying goes "Spring Has Sprung!" Rain has fallen and umbrellas have opened while thunder crashed and lightning flashed inside our classroom. Using all of our senses, we have been learning about the changes in our weather as well what is wet and what is dry. There have also been many bright and sunny days where we have learned about what makes a rainbow and how the days are getting longer.

Have you noticed the spring animals in your yard, taken a closer look at the animals in a pond, or lifted a rock to discover the various bugs hiding below? We have been reading books, singing songs, engaging in finger plays and making several different creatures of the spring. Take some time out of your busy day to take a walk (rain or shine), point out the leaves growing on the trees, hop like a bunny, listen to the thunder and watch for the lighting, or dig a hole and see what you can find! You can make the world of a difference by taking five minutes and enjoying the little things!

Not only has the weather changed, our classroom speech therapist has also changed. Welcome Erin to our classroom, we look forward to your enthusiasm and expertise!

Future themes include: garden/planting/flowers, the zoo, the ocean, the beach and camping.

Happy Birthday to: Christopher H., 3/17; Matthew, 3/22; Xyairaea, 4/19; Taron, 4/21; Shamar, 4/30; Robert F., 7/9; Jalon, 7/21; Amere, 7/23; Anthony M., 8/27

Mr. Matt, Ms. Erin & Mrs. Lisa

Classroom News

ROOM 114

Classroom 114 has been enjoying our springtime themes of April Showers and May Flowers. Our kiddos are busily brightening the room with rainbows, flowers and plants after a long winter.

All of our friends have been enjoying the sunshine, playground and walks around the neighborhood watching the trees budding and flowers starting to spring up.

We want to welcome our new friends, Marquel, Wayne and Ronald. Over the next few weeks, we will be exploring bugs, night time (including a PJ party for our friends!) and other end of the year fun.

Happy Birthday to: Marquel, 4/10; Jimmie, 4/13; Robert C. 5/27; Isaiah, 6/5; Myles, 6/7; Angel, 6/10; Ronald, 7/14; Nazeer, 7/23; Dasia, 7/20; Amajin, 8/5; Raven, 8/12; Anthony, 8/19; Patrick, 4/16; Wayne, 4/18; Khimony, 4/19

Happy Spring from Rm 114!!!!!! Miss Erin, Miss Andrea, Miss Catherine.

ROOM 154

Room 154 has been enjoying the spring and having fun learning and singing about the pond animals: turtles, ducks and frogs. Our favorite songs have been "Five Little Ducks" and "Five Speckled Frogs" and we enjoy singing and moving to them and making animal noises.

Our themes to come will include birds, flowers, butterflies and water. We will be painting with feathers and water and of course singing many new songs.



All of us are hoping the weather will be warm and sunny almost everyday now so we will have many chances to go to the playground and on walks.

Welcome to our new friends Nathaniel, Vincent and Devin and our new teacher Miss Linda.

Happy Birthday to Amerah 5/25, Vincent 7/1, Nestor 7/8, Angelina 7/23, Adam 8/29, and Jaydiel 8/30.

ROOM 156

Room 156 has been learning all about Spring. We made many wonderful projects about bugs, flowers, and the zoo. We have enjoyed books about these topics too. We planted our own flowers in May and are watching them grow.

Our class is looking forward to summer and will welcome our new friend, Matthew in July.

Happy Spring or Summer Birthday to: Luis, 6/25 and Chase, 7/21.

Have a safe and wonderful break!!!

Miss Julie, Miss Mary, Miss Erica.



ROOM 160

Please join our newest friends or "New Kids on the Block" in Classroom 160 at the North Street Center! They are: Ayah, Caden, Evan, Joshua, Kenny, and Zakai. The staff team members are: Becky Moorman, Special Education Teacher, Donna Becker, Speech-Language Pathologist, and Classroom Assistant's Audra Waydiel and Amanda Ayers.

Classroom News

ROOM 160 CONT.

We are off to a great start this spring getting to know each other and have enjoyed seeing our mom and family members come share center events like “Music with Miss. Erica” to celebrate the Week of the Young Child (and thanks for the beautiful quilt pieces you all sent in) and the “Ten Little Monkey’s” puppet show.

We are going to be wrapping up spring and moving into summer themes before we can blink an eye! In May we will be continuing our exploration of all things spring, like weather, plants, and animals associated with the season. In June we will visit some old time favorite nursery rhymes and the zoo.

We are excited about moving some of our play activities outdoors as we are enjoying warmer weather. Look for sunscreen permission forms to be coming home soon so we can safely enjoy water play as the temperatures rise!

In recognition of May as better hearing and speech month, let’s continue our efforts to encourage our children to establish and maintain eye contact whenever they are speaking to us and us to them! Thanks for all your support and involvement! We look forward to a fun filled summer!

Happy Spring/Summer Birthday to: Joshua, 3/8; Zakai, 3/26;Caden, 4/14; Evan, 7/24.

Becky Moorman, Classroom Teacher

ROOM 162

Classroom 162 has been growing since our last newsletter. Our new friend in the AM Preschool is Isaiah, while Raekwon, Jakyia, and Jakaylah are the new friends in the PM Preschool.

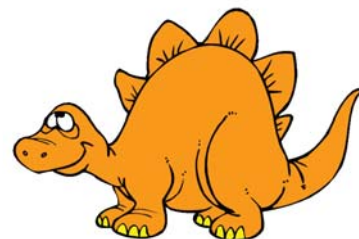
The children like to read books and talk about animals. Some of our favorite books are Brown Bear, Brown Bear, What Do You See? And Polar Bear, Polar Bear, What Do You Hear? Five Little Monkeys Jumping on the bed is out favorite rhyme. The children also enjoy learning new songs such as, “Goldfish” and “We Are The Dinosaurs.” The children especially enjoy musical activities in the classroom.

We also have a new classroom assistant who will be with us through the summer. Her name is Julie Kosmerl. The children love Ms. Julie and she is a wonderful addition to our classroom.

Friends who are celebrating Spring or Summer Birthdays are: Jakaylah, 3/18; Jayden, 4/1; Nate, 4/9; Jaleeah, 5/12; DeJon, 5/29; and Ryan, 6/12.

Thank you for your interest and support of our classroom.

Miss Jen, Miss Rose, Miss Julie



GREENSPAN CLASSROOM #6

This month in Greenspan 6 we are investigating insects and bugs. Along with insects and bugs we are studying gardening and plants. The students will be planting their own flowers so that they can have the opportunity to watch them grow.

At home, you can talk to your children about the insects and plants that you see when you are playing outside. As always, encourage the students to talk about the color, size and shapes that they see in their environment.

One area that we have grown in is our daily living skills (eating with spoons and forks, toileting, dressing ourselves, and playing cooperatively with others). Parents continue to work on these areas with your little ones so that they can develop these independent skills.

Happy Birthday to: Jerome, 5/30; Anita, 6/1; Shane, 7/26.



Classroom News

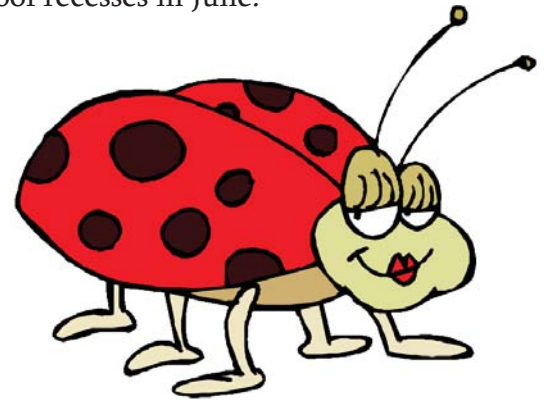
GREENSPAN CLASSROOM #8

We have been working on many themes over the last several weeks including pond life, flowers, planting, bugs, and insects. We will be reading many Eric Carle books to help us learn about many of the bugs and insects; *The Very Hungry Caterpillar*, *The Very Lonely Firefly*, *The Grouchy Ladybug*, and *The Very Noisy Click Beetle*. For the remainder of the school year, we will learn about nursery rhymes and zoo animals.

We'd like to take the opportunity to say a warm goodbye and good luck to our very special friend Will; who will be moving out of state and leaving our program when school recesses in June. We wish him and his family all the best always! We will miss you!!

Upon return from the break at the end of June, the rest of the children look forward to an exciting and yet busy summer session with theme lessons that include the beach, carnival, ocean life, and dinosaurs.

We are also excited to have a few more weeks to continue to closely play with our friends who will be graduating and moving onto Kindergarten start September, before saying goodbye to them.



Happy Birthday to: Amani, 5/18; Mya, 6/7.

Miss Laura, Miss Michelle, Miss Kim, Miss Kimberley, Miss Tracie

ORAL SCHOOL NEWS

We are proud to announce that we have opened another classroom in the Oral Deaf Education Program. We are continuing to expand and it is exciting to watch the children make such wonderful progress.

We would like to welcome our new teachers that have joined us in the past couple months. Andrea Hutton is a speech language pathologist, working in the Red Room. Ellen Cunningham, teacher of the deaf, and Molly Reimondo, teacher's aide are working in our new classroom with our Early Intervention children. Our little ones in the Green Room are certainly keeping them on their toes.

We will have had our second parent dinner on Wednesday, June 18th in which we have the opportunity to thank our parents for believing in us and sending their beautiful children to our program. It is always a great evening getting to know each other better. We are looking forward to our end of the year picnic scheduled for Monday, June 23rd. We are hoping for a lot of family support and some nice weather to go along!

The Oral School staff is excited about attending the AG Bell convention in a couple weeks along with the other Moog Curriculum Schools and Oral OPTION Schools around the country. It should be a wonderful learning experience for our staff who can attend. I would like to extend my best wishes to everyone for a happy and healthy summer!

Lynn Shea, Director, Oral School

Classroom News

ORAL SCHOOL RED ROOM

The past months have been very exciting for the Red Room. We now have a second preschool classroom which consists of Nathan, Christian, Wen, Emma, Briona, Isaac, and Jacob. It has been a wonderful transition for everybody!

Our classroom is now full of questions, jokes, and the occasional little arguments as we are becoming more social with our peers. The children have learned about bugs, food, the pond environment, and the zoo.

We are also learning about numbers, counting, patterning, colors, and shapes. We are excited about learning how to recognize and trace our names.

Happy Birthday to: Jacob, 3/20; Isaac, 3/24; Emma, 4/9; Christian, 4/14 and Nathan, 5/14

Miss Erin

ORAL SCHOOL GREEN ROOM:

The Green Room is Back!! We are now the Oral School Early Intervention Room. We welcome our new teacher, Ellen Cunningham, and classroom aide, Molly Reimondo. Our friends include Mason, Ryan, Averie, and Anthony. We have had a lot of fun and are keeping busy in our new classroom. Our favorite activities are painting, shaving cream, and Jell-O!

Happy Birthday to: Anthony, 4/11; Ryan, 6/14, Mason, 8/4; and Averie, 8/29

Miss Ellen

ORAL SCHOOL BLUE ROOM

It is amazing how fast this year has gone by! We have been very busy learning about spring, bugs, community helpers, transportation and the zoo. We are looking forward to our summer break and coming back to learn about picnic, camping, the beach and the ocean.

We have welcomed a new student to our classroom since our last newsletter; her name is Jada. We hope everyone has a wonderful and relaxing vacation. See you after the break!

Happy Spring-Summer Birthdays to: Tucker, 3/24; Sienna, 5/18; Jada, 5/29; Willow, 5/30; and Shalenid, 6/17.

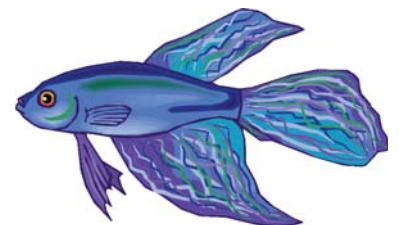
Miss Laura, Miss Sharon, Miss Tracy, Miss Denise, Miss Kim and Miss Alyssa

OLD FIRST WARD INTEGRATED SITE

After Spring Break, we welcomed a blue Beta fish to the classroom. The children and staff voted on her name and 'Blueberry' won!

We had a dental presentation by the UB Smile Clinic and also had our school pictures taken in April. Themes have included Spring in which we planted flowers and gardened, and the themes Frogs, Bugs and Insects brought delicious and creepy food projects.

In May, we studied Butterflies and Caterpillars by having caterpillars in the classroom. We observed the stages of the caterpillar and then set our butterflies free on our playground.



Classroom News

OLD FIRST WARD INTEGRATED SITE CONT.

During our Farm theme, we made butter and sang, "Down on Grandpa's Farm" by Raffi. We invited our Mothers/female representatives to a luncheon for Mother's Day. To enhance our study of the Zoo, we took a field trip there. Welcome Dylan to BHSC!

Happy Birthday to: Keagan, 3/13; Dylan, 6/2; Jaizhon, 6/5; Maurice, 7/1; Iyona, 7/2; Dwight, 7/3; Myleea, 8/8

Miss Tracy

FAITH HEAD START INTEGRATED SITE

Mothers, Aunts and Grandmothers were invited to visit our classroom throughout the week prior to Mother's Day for "Mommy and Me" week. Students put on a short presentation for our visitors where they recited the story, Brown Bear, Brown Bear and sang a character education song with music and sign language.

Our students also participated in various spring activities with their family members including planting sunflowers, making spring artwork and making worms and dirt with cookies and pudding. We would like to thank the family members of our students who were able to join us! A good time was had by all!



Our class would also like to welcome our new team members, classroom aide, Kaleigh Richardson and Speech Pathologist, Maxine Baskerville. In addition, we would like to congratulate our former Speech Pathologist, Kelly Stanton on the birth of her son Dylan Charles born on April 27th!

Happy Birthday to: Nathaniel, 3/22; Kyshawn, 5/5; Giana, 7/28.

Miss Kerry

MARYVALE INTEGRATED SITE

The integrated site at Maryvale has been very busy with our recent themes of transportation, spring, insects and the works of Eric Carle. The children especially enjoyed the activities surrounding The Very Hungry Caterpillar! We have just begun a two week theme on zoo animals in preparation for our field trip to the zoo in June.

In May we welcomed Big Mama Boo, a professional storyteller into our classroom. She treated us all to exciting stories told with puppets and musical instruments. At the end of her time with us, her grandson, Jamal, a student in our class, presented her with flowers from the whole class! Thanks Big Mama!

We are looking forward to the end of the year cookout and outdoor activity day. It will be a bit sad to say good-bye to those students who will be heading off to kindergarten but we know they will do well in their new classrooms! Good luck to everyone!

Happy Birthday to: Tayien, 3/28 and Anthony, 5/17.

Mrs. Teal, Ms. Jessica, Ms. Jane, Ms. Karla, and Mrs. Miller.



Classroom News

SHERIDAN-PARKSIDE INTEGRATED SITE

We started off the month of May learning about bugs and insects! We enjoyed using a caterpillar puppet and pretend food to act out “The Very Hungry Caterpillar” by Eric Carle. This led to the AM group making a large caterpillar together and the PM class to making clothespin butterflies. We are also anxiously waiting for our butterflies to hatch from their cocoons! As a group we have made many observations of how the caterpillars have changed – bigger/longer/slower ... once they become butterflies, we will release them outside.

Parent participation is always encouraged and this month we had a very successful Mommy & Me Day on May 12. The mommies enjoyed iced tea and cookies and made a special beaded necklace with their child. Most of the mommies also joined us for lunch!

We also had a Spring Dinner & Dance on May 16. The parents and children were treated to a delicious dinner, wonderful door prizes, and a basket raffle. Fun was had by ALL!

We wish everyone a fun and safe summer!!!

Happy Birthday to: Anthony, 3/29; Tyler, 4/24; Tarron, 4/25; Matthew, 4/28; and Alex, 5/23.

Ms. Tricia, Ms. Amy, Ms. Joanna, Ms. Diane, Ms. Maria, Ms. Becky, Ms. Jenn, Ms. Genie



GREAT STRIDES INTEGRATED SITE

We would like to welcome Daniel, Davin and Jermell who joined our class in March. Our class has been busy creating and discussing signs of spring, first through the weather and now through things we see.

We have been reading “The Very Hungry Caterpillar” and “We Are Going on a Nature Hunt” to incorporate the spring themes along with other stories, fingerplays and music. We will continue this unit and learn about seeds, plants and flowers. We will attempt to grow some bean plants and watch them split and grow right in front of our eyes. The children have been able to take advantage of some of this beautiful weather and try to play outside on our playground every day. We have had a lot of fun chasing around after bubbles.

We have also had a presentation by the dentist, who discussed healthy foods for our teeth and how to brush them properly. Miss Lilly, a volunteer from Roswell Park, comes to the classroom each week and tells classic folktale stories from far away places. She makes the stories come to life allowing the children to utilize props or play games to retell the story.

Happy Birthday to: Jermell 5/11 and Davin 5/12.

Miss Carmen and Miss Lisa



The Parent Connection

On Wednesday, May 14th, the ECP Puppeteers presented “Ten Little Monkeys Jumping On The Bed” for the preschool.

The parents were invited and they, along with their children, enjoyed the performances. We had two surprise puppeteers for the puppet show. The children were delighted by our very own Mr. Joe Cozzo, President and CEO, and Ms. Maura Sullivan, Human Resources Representative, who did wonderful jobs as our Narrators. They engaged the children in the play and a wonderful time was had by all.

Special thanks to Mr. Matt who designed our set which looked just like a bed and Miss Malinda was our stage manager. Miss Genie was very kind and loaned us our 10 monkey puppets. Miss Erica was on board to provide background music and Miss Denise Slepinski provided our monkey crafts. Without their help, our production would not have been half as entertaining.

The ECP Puppeteers consisted of: Miss Patty, Mr. Matt, Miss Judy, Miss Lisa, Miss Trish, Miss Rebecca, Miss Malinda, Miss Jennifer, as the Doctor, and Miss Barbara as Mama Monkey.

Miss Amy Amato and Miss Denise Slepinski were also a part of our ensemble and made sure that the children were able to count down the monkeys as they jumped on the bed. We thank them for being our number turners! Take a look at the pictures of our puppet show on the picture page.

The ECP Puppeteers look forward to another fun production in the Winter of 2008!

Hope to see you there,
Miss Barb and the ECP Puppeteers



The Parent Connection would like to thank all of the parents and teachers who participated in this year’s Pizza Hut Book-It! The program ran from March 3rd until April 25th. Each spring our school participates in this nationwide event which is a wonderful way to encourage early literacy both at home and at school. I was also happy to see so many parents drop down and borrow books from our Parent-Child Lending Library for Book-It. Remember, we are here year round for your literacy needs.

During Book-It, we ask the teachers and parents to read to their children everyday and to record the names of the books read on a poster at school and on a special calendar at home. Each child received a coupon redeemable for a free Personal Pan Pizza from Pizza Hut for participating in Book-It at the end of the month. Recently, our preschool celebrated with a pizza party at the end of the event.

We would like to extend a special thanks to Miss Mynnie Skinner, one of our Special Education Teachers, for her wonderful donation of a free book to each child in our Early Childhood Program as a reward for participating in Book-It. Keep reading and see you next year!

Miss Barbara

Craft Corner

Have you ever made homemade play dough before? It is an easy and fun craft for you and your preschooler to try over a rainy weekend. There are many versions of this craft but the advantage of this recipe is that it does not require heating, so your children can help you measure, mix and knead it.

Ingredients

3 cups flour
4 tablespoons salt
1 cup cold water
2 tablespoons vegetable oil
1 teaspoon food coloring and 1 teaspoon vanilla



Method

1. Mix all the ingredients and knead into a firm dough.
2. Store the dough in an airtight container in the fridge when not in use, so that the dough can last for a few weeks.

Optional: Some teachers add a bit of Kool-Aide to their dough for fragrance and color; others add a little vanilla flavoring. I do not recommend doing so because many preschoolers try to eat it as it smells and looks like candy. Have Fun!

Kids in the Kitchen

Monkey Mix

This is an easy and fun snack that preschoolers can help Mom or Dad prepare and one that is also nutritious. Let the children measure out the ingredients by the cup full as a good math activity. Don't forget to wash down this yummy treat with a glass of water. Nutrition information follows the recipe. Enjoy!

Difficulty: Easy

Ingredients:

1 cup dried banana chips
1 cup flaked coconut
1 cup chocolate chips
3 cups Cheerios

Directions:

- Mix all the ingredients in a gallon-size zip-top bag. Shake well. Yield: 6 cups
Makes 12 servings.

Nutrition information (serving size: 1/2 cup):

Calories: 290

Fat: 16g

Fiber: 3g

Sodium: 127.3mg

Sugar: 23.5g Protein: 3.3g

Carbohydrates: 35.4g

Potassium: 205mg

Calcium: 83.1mg





Parent Newsletter

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Mission Statement

Buffalo Hearing & Speech Center provides comprehensive treatment for adults and children with speech-language and hearing impairments by integrating state-of-the-art technology with diversity, respect, integrity, positive relationships, compassion, and teamwork.

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