

Mountain Lakes Country Day School

Cooking with your child recipes:



Clementine Banana Smoothie

INGREDIENTS

- 2 bananas
- 2 clementines
- ½ cup vanilla yogurt
- ½ cup cold milk
- 1 cup ice

INSTRUCTIONS

Blend ingredients in a blender until smooth. Adjust the milk to reach desired consistency.



Dairy Free Creamy Mango Orange Smoothie

INGREDIENTS

- 1 cup fresh or frozen cubed mango
- 1 small orange or clementine
- ½ banana
- 1 & ½ cups of coconut milk
- 2-3 ice cubes if desired

INSTRUCTIONS

Blend ingredients in a blender until creamy smooth.

These smoothies are sweet, delicious & loaded with cold & flu fighting Vitamin C.

DRINK & ENJOY!



Upcoming Events

February

Chinese New Year-2/1
Valentine's Day-2/14
President's Day-2/21-CLOSED

March

April

Week of the Young Child
4/4-4/8
Good Friday-4/15-CLOSED

Important Announcements

Remember to sign in/out your child each day

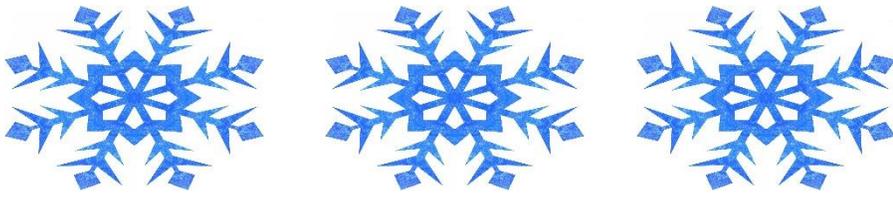
Every child should have weather-appropriate extra clothes to be kept at school

In case of inclement weather stay informed by:

Following us on Twitter

Or
Check our website
MLCDS.com

Or
Call 973 983-9831 for a recorded message



What's Happening

Infants & Toddlers made it through the holidays & are ready for the New Year. They are talking & reading about dinosaurs, health & safety & all things Winter.

Preschool & Pre-K are finishing the road study & starting the building study. Studies are a way for children to begin to use inquiry-based learning which develops higher level thinking skills and encourages the exploration of new ideas. Some of the things we considered about roads included: how they're made, bridges, tunnels, road signs & who works on roads.

Everyone is looking forward to celebrating Chinese New Year & Valentine's Day in February!



Mandarin oranges have always been considered as a traditional symbol of good fortune. The word orange, when spoken in Mandarin, sounds similar to the word "wealth." The orange hue also symbolizes gold. Giving mandarins to loved ones during the Chinese New Year celebration is wishing someone happiness & prosperity.

While exchanging gifts is a good practice for Chinese New Year it's more about spending quality time with the people you love. Mandarin oranges are a simple way of showing appreciation to the people you love & to wish them happiness, just as they have brought happiness to you!