



Child Development Centers
of the Bluegrass

The CDCB Times

February 2011



Inside This Issue:

Chinese New Year

Black History Month

Heart Disease
Awareness Month

Announcements

Valentine's Day – February 14th!



Chinese New Year!

Chinese New Year is the biggest holiday celebration in China. Each year is symbolized by an animal; this year is the celebration of the Rabbit. Chinese New Year is the longest and most important celebration in the Chinese calendar. The Chinese New Year begins on February 3, 2011. The Chinese New Year's Days are also called the Spring Festival. The Spring Festival lasts 10 days; the Rabbit Year lasts one lunar year (12 months) --until Jan. 22, 2012.



Black History Month

February is the celebration and study of Black History Month. Americans have recognized black history annually since 1926 and was founded by United States historian Carter G. Woodson. Woodson chose the second week of February because it marked the birthdays of two Americans who greatly influenced the lives and social condition of African Americans.



STARS For Kids Now

CDCB's 4 – STARS rating has been renewed for another year! Way to go and keep up the good work!

National Wear Red Day – February 4th



February is Heart Disease Awareness Month Wear so please wear red the first Friday of February each year to help raise awareness about heart disease in women. Make health your best accessory! Heart disease is the number one killer of women. It can begin early, even in the teen years. A woman's risk for heart disease rises between the ages of 40 and 60. No matter how old you are, you can take steps to lower your risk for heart disease! Start by planning heart healthy activities during the month of February. But don't stop there-stay healthy and active all year long!



Kitchens of the Bluegrass Tour

We are quickly approaching our 9th Kitchens of the Bluegrass Tour. This is an opportunity for you or your friends to become a gold, silver, or bronze level sponsor or volunteer your time in helping us with this important fundraiser. The help and support that each and everyone offers are invaluable for the continuation of quality and care that CDCB provides. Please contact Heather Henry at hhenry@cdcgbg.org for more information on sponsorships and volunteer opportunities. Thank you for your support!



PARENT COMMITTEE MEETING

Thanks to Elizabeth McLaren for attending our parent committee meeting and providing a wonderful training on different behavior management skills for parents and their children.

CDCB will be closed February 18th for an in-service staff training day

CDCB will be closed February 21st for Presidents Day