



Kids 1<sup>st</sup> Academy  
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## Look at What's New at Kids 1<sup>st</sup> Academy!

### Stretch-n-Grow

We are pleased to announce the incorporation of the Stretch-n-Grow Program into our curriculum for Toddlers and Preschoolers. Stretch-n-Grow is a nationally recognized company that provides a well-rounded program providing comprehensive and age-appropriate fitness education.



The goal of Stretch-n-Grow is to lay a foundation of healthy habits. It helps kids learn that exercise is FUN and instills fitness and health habits early in their development. The program will emphasize age appropriate exercises that build flexibility, strength and endurance, using fun adventure stories and lively music. Classes will be offered at 9:30-10:30 AM on Tuesday for Toddlers (ages 18 mos-2.5 yrs) and Thursday for Preschoolers (ages 3-5 yrs).

### E-Learning

You may have noticed computers and LCDs in both the Pre-k & School Age classrooms. We are excited about introducing age-appropriate Internet use & teacher developed e-learning into your child's curriculum. These additions will give your child a head start in a highly connected world!

### USDA Food Program



United States Department of Agriculture

It has always been a standard practice to provide healthy, well-balanced meals at Kids 1<sup>st</sup>. With our entry and participation into the USDA food program, we will follow a meal pattern established by the USDA that follows the latest serving requirements for child and infant nutrition as established by the USDA.

The USDA reimburses participating centers for serving nutritious meals according to the USDA meal patterns. This reimbursement will allow us to fund other initiatives, such as Stretch-n-Grow & E-Learning. Thanks to all the parents who assisted in the application process.

### Step up to Quality

We recently had our initial kick-off meeting for Step Up to Quality. Step Up To Quality is Ohio's voluntary quality rating system for ODJFS licensed childcare programs. Step Up To Quality recognizes education programs that exceed quality benchmarks over and above Ohio's licensing standards. Supports and awards are available to assist programs in achieving and maintaining a Star Rating.

