



TMC CRYSTAL CITY
CENTER
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September 2011 Newsletter

WELCOME TO A NEW SCHOOL YEAR

IT'S SCHOOL TIME AGAIN!

We are very happy to have your child in TMC. We believe that by all of us working together we can make this a very successful year. We at TMC consider it very important that you be an active part in your child's education.

You are invited to call or visit the school any time you have a question or concern regarding your child. Your child's teacher will be doing a Home Visit and a Conference Call. This will help the Teacher get to know your child better and at the same time you will get to know the teacher better. If you have expertise in a specific field, an unusual hobby, or have a different culture that you would like to share, please let us know. We would be happy to have you share with the class.

ES TIEMPO DE ESCUELA OTRA VEZ!

Estamos muy gustosos en tener a su hijo/hija en TMC. Es nuestro creer que si todos trabajamos juntos podemos tener un año muy exitoso. Es bien importante que ustedes tomen una parte active en la educacion de sus hijos/hijas.

Estan invitados a visitar o llamar el centro cuando tengan una pregunta tocante su niño/niña. La maestra de su hijo/hija ira a una visita a su casa y tambien hara una llamada telefonica para una conferencia tocante su hijo/hija. Esto ayudara a la maestra conocer a su hijo/hija major y a la misma vez usted tambien conocera a la maestra. Si acaso usted tiene una especialidad en un talento o pasa tiempo y gustaria compartir con los niños, por favor de avisarnos. Nos daria mucho gusto que usted comaptiera con los niños.

MEET THE CRYSTAL CITY CENTER STAFF

CENTER MANAGER: Graciela T. Rodriguez

CDAs: Magdalena Botello & Criselda Gonzales

FSAs: Francisca Tellez, Manuela Fernandez, Pablo Garcia

PRESCHOOL TEACHERS: Ernestina Zavala, Ruby Velasquez, Irma Ruiz

INFANT / TODDLER TEACHERS: Rousana Cervantez, Irma Garza, Juanita Hernandez, Pat Esquivel, Andrea Ballesteros,

Jessica Alvarado, Cynthia Perez

TEACHER AIDES: Michael Mendez, Phylicia Martinez, Luisa Mendoza

BUS DRIVER/CUSTODIANS: Joe Navejar, Diana Reyes

BUS AIDES: Norma Olivarez, Mary Jane Surita, Angie Fuentes, Jennifer Montoya, Lyzandra Salas, Lynette Cuellar

HEALTHY FAMILY RECIPE



Frozen Yogurt Pops

Prep time: about 1 to 2 hours

Ingredients: 1 8-oz. container of your favorite flavor of yogurt

Utensils: small paper cups, wooden popsicle sticks (available in craft stores), plastic wrap

Directions:

Pour yogurt into paper cups. Fill them almost to the top.

Stretch a small piece of plastic wrap across the top of each cup.

Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.

Put the cups in the freezer until the yogurt is frozen solid.

Remove the plastic wrap, peel away the paper cup, and eat your pop!

Serves: 3 to 4

Serving size: 1 pop

Nutritional analysis (per serving):

127 calories	5 g protein	2 g fat	21 g carbohydrate
0 g fiber	7 mg cholesterol	73 mg sodium	
262 mg calcium	0 mg iron		

Note: Nutritional analysis may vary depending on ingredient brands used.

Variations and suggestions:

If you like, you can make this recipe using plastic ice-pop molds instead of the paper cups and popsicle sticks.

For a cool-looking snack, fill your cups only halfway with one flavor of yogurt in Step 1. Follow Steps 2, 3, and 4. Remove your pops from the freezer, take off the plastic wrap, and spoon in another flavor of yogurt that's a different color. Put the plastic wrap back on and freeze once more. When your pops are frozen, you'll have two-colored treats!

Reviewed by: [Allison Brinkley, RD, LD/N](#)

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ENJOY!