

McNamara CDC

February 2026 Newsletter



Director's Corner

- ♥ Would you like to show your children, a teacher, or a staff member some extra love this Valentines day? Our Parent Advisory board is selling Candy grams that will be delivered Thursday February 12th! You can choose between an allergy free lollipop or gum-mies to be included with a message to your recipient! Please see the attached flyer for further details!
- ♥ Our facility will be closed Friday February 13th for Staff Professional development day and closed Monday February 16th in observance of President's day.
- ♥ We would like to invite all of our Families to join us February 12th from 3-4 pm for our Friendship Social in the Front Lobby. We will have refreshments and snacks available as well as a Valentine themed photo area.

Upcoming Events

- ◆ February 12th- Friendship Social
- ◆ February 13th- Facility closed Training Day
- ◆ February 16th- Closed Observance of President's Day

Admin

Announcements

Parents, thank you for your cooperation in getting annual fees updated!

Tips to Help Children Prepare for The Winter Blues

To help children beat the winter blues, consider the following tips:

Increase Exposure to Natural Light: Take your child outside for a walk during the daylight hours, even if it's cloudy. Keep your curtains/blinds open during the day to let in sunlight. **Maintain a Consistent Sleep Routine:** Set consistent wake-up and bedtime hours. Limit screen time an hour before bed to improve sleep quality. **Encourage Regular Physical Activity:** Exercise boosts endorphin production, improving mood and reducing stress. Indoor activities like yoga, dance, or interactive fitness games, and outdoor activities like sledding, hiking, or playing in the snow, ideally during daylight hours, can be beneficial. **Focus on a Balanced Diet:** Ensure meals include mood-enhancing nutrients like Vitamin D, Omega 3 fatty acids, and complex carbohydrates. Implementing these strategies can help your children maintain a positive mood during the winter season and ward off the effects of a Seasonal Affective Disorder (SAD).

Until next time, be safe and have fun.

Training team

Gina Donaldson, Chassidy Carr and Solitia Wilson

McNamara PAB presents

Valentine's Day Candy Grams!

Show your child, teachers, staff, and colleagues
some love with a Valentine's Day candy gram!

Each candy gram is \$1 and will help fundraise for
future events at the center.

Send your donation via Zelle (904) 874-3852 or
Venmo to @pfortycal, then fill out your candy gram
note at the front desk. Please include your name,
number of candy grams, and choose either an
allergy-free lollipop or gummies to accompany your
note.

Candy grams will be hand delivered to classrooms
on Thursday, February 12th

Questions?

Contact Jessica or Alison @
mcnamaraacdc.pab@outlook.com





Mini heart pizzas are a great way to celebrate Valentines with little hands!

You can also use prepared pizza dough instead of making your own pizza dough to save a bit of time.

Mini Pizza Hearts

Ingredients

- ♥ 1 tablespoon active dry yeast.
- ♥ 1 cup warm water.
- ♥ 1 teaspoon sugar.
- ♥ 2 tablespoons vegetable oil.
- ♥ 1 teaspoon salt.
- ♥ 2 1/2 cups all-purpose flour.
- ♥ 2/3 cup pizza sauce.
- ♥ 12 pepperoni slices.
- ♥ 1 1/3 cups shredded mozzarella.
- ♥ 3 tablespoons cornmeal.
- ♥ 4 tablespoons melted butter.
- ♥ Garlic powder to taste.

Directions

1. Mix yeast with warm water and sugar. Wait 5 minutes until mixture becomes foamy.
2. Pour yeast mixture into bowl, add oil and salt. Mix in flour gradually until dough forms.
3. Turn onto floured surface and knead until soft. Cover and rest for 10 minutes.
4. Split dough into 4 parts. Shape each into a circle, then cut and form into heart shape.
5. Place hearts on cornmeal-dusted parchment paper. Poke with fork to prevent bubbles.
6. Spread sauce, sprinkle cheese, and arrange pepperoni on each heart.
7. Cook at 450°F for 12-15 minutes until golden brown.
8. Mix melted butter with garlic powder and brush over hot crust.

https://recipesbyclare.com/recipes/mini-heart-pizzas#google_vignette

February 2026

Highlights for February

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2  GROUNDHOG DAY	3	4	5	6	7	8
9  Friendship Day	10	11 Friendship Art Project 	12 Friendship Day Friendship Social 3:30 p.m.	13 Center Closed Professional Development Day	14 Valentines Day 	15
16 Center Closed President's Day	17	18	19	20	21	22
23	24	25	26	27	28 	