



Love is in the Air

Please join us with your family this Saturday, February 7th from 4:30-6pm in the Social Hall of our Circle Campus for our annual Valentine's Day and Silent Auction gathering. This proves to be one of WCC most well attended and most enjoyed events by children and adults alike.

Be sure to "Rock the Red" (also representing Heart Health Month) and be ready to dance the evening away with pizza and a cash bar. More details will follow soon. We could not do this without our wonderful volunteers led by Layla Gibbons and Whitney Fore. Thank you both and to all who have so generously donated to our Silent Auction which raises valuable funds for WCC programs and services.

Below are pictures from last year's Valentine's Day/Silent Auction. We look forward to seeing you Saturday with bells and red on!

Libby King, WCC Executive Director

Best,

Libby





Meet Tara Gabriele

We are delighted to introduce Tara Gabriele, who works as an assistant in the Teddy Bear's class. Tara brings warmth and enthusiasm in her engagement with the children. She is a recent graduate of the University of Maryland and enjoys spending time with her family and friends. She loves her Italian culture and food and recently went to Italy after graduation to visit family.

Q&A With Tara and Westy

If you could go back to being a kid for a day, what's the first thing you would do that you did when you were a kid?

I would go outside and sit in a hammock under the apple blossom trees in front of my house in New York.

What song instantly puts you in a good mood?

Doses and Mimosas.

If you could see any musician/group perform, dead or alive, who would that be?

Queen.

What would you like to tell your younger self?

Enjoy and embrace every moment.

What is your favorite bucket list accomplishment?

Winning the Mid-Atlantic Regional Championship in rowing and going to the National Championship.

What TV series are your favorites?

The Sopranos, South Park, and Snowfall.

What is your favorite cuisine/dish?

Spaghetti alla Carbonara.

What sound drives you crazy?

The sound of people chewing.

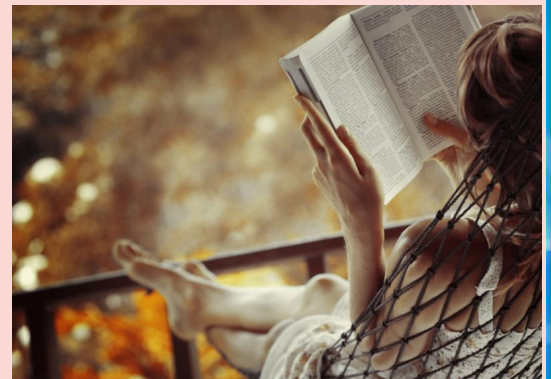
What is the most challenging and best part about being you?

I always work as hard as I can and do everything to the best of my ability; however, I am a perfectionist and sometimes can't accept failing.

Which well-known person would you most like to have a drink with?

Megan Thee Stallion.

Thank you for sharing yourself with us, Tara. It's wonderful to get to know you better. *Your friend, Westy*



MUSIC FACTS ABOUT THE LEGENDARY BRITISH ROCK BAND QUEEN



YOO.RS



WCC Summer Camp Registration Open

Summer camp registration is available at: <https://form.jotform.com/250186409843158>. WCC Camp offers fun-filled themed activities and runs from June 15 - August 14th, Monday through Friday, 8-5:30pm. This coming week families can register or re-register making online deposits on Kindertales. Details to follow.

WCC children are given first priority for placement until February 28th. WCC's Camp fills up fast so hurry and register today!



WCC Fall Enrollment

WCC has openings for the next school year 2026-27 for most classes. If you have not enrolled your child for next year and plan to do so or have neighbors or friends interested, please contact WCC's business manager Clare Cahill at 301-229-7161 or Clare.Cahill@wccbethesda.com.



WCC Cold Weather Gear

WCC offers different types of apparel and accessories for each season. Here's our very own Angie Kamara (left) sporting a warm WCC hooded sweatshirt. Get yours today! Samples are on display at the Circle Campus foyer. Order today: <https://wcc-backtoschool.itemorder.com> WCC receives a percentage of sales with proceeds benefiting WCC's programs and resources.

Thank you for your support of WCC!



How to Handle Picky Eaters

WCC provides reading resources for our parents on a variety of helpful topics at www.wccbethesda.com. Here's one to help with picky eaters.

Respect your child's appetite — or lack of one

If your child isn't hungry, don't force a meal or snack. Likewise, don't bribe or force your child to eat certain foods or clean his or her plate. Serve small portions to avoid overwhelming your

child, and give him or her the opportunity to independently ask for more.

Stick to the routine

Serve meals and snacks at about the same times every day. Provide juice or milk with the food, and offer water between meals and snacks. Allowing your child to fill up on juice or milk throughout the day might decrease his or her appetite for meals.

Be patient with new foods

Your child might need repeated exposure to a new food before he or she takes the first bite.

Encourage your child by talking about a food's color, shape, aroma, and texture, not whether or not it tastes good. Serve new foods along with your child's favorite foods.

Make it fun

Serve broccoli and other veggies with a favorite dip or sauce. Serve a variety of brightly colored foods. Add chopped broccoli or green peppers to spaghetti sauce, top cereal with fruit slices, or mix grated zucchini and carrots into casseroles and soups.

Recruit your child's help

At the grocery store, ask your child to help you select fruits, vegetables, and other healthy foods. At home, encourage your child to help you rinse veggies, stir batter, or set the table.

Minimize distractions

Turn off the television and other electronic gadgets during meals. This will help your child focus on eating. Keep in mind that television advertising might also encourage your child to desire sugary foods.

Don't offer dessert as a reward

Withholding dessert sends the message that dessert is the best food, which might only increase your child's desire for sweets. You might select one or two nights a week as dessert nights and skip dessert the rest of the week or redefine dessert as fruit, yogurt, or other healthy choices.

Don't be a short-order cook

Preparing a separate meal for your child after he or she rejects the original meal might promote picky eating. Encourage your child to stay at the table for the designated mealtime even if he or she doesn't eat. If you're concerned that picky eating is compromising your child's growth and development, consult your child's doctor. In the meantime, remember that your child's eating habits won't likely change overnight, but the small steps you take each day can help promote a lifetime of healthy eating.



FEBRUARY

7 - WCC's Valentine's Day Dance, 4:30-6 pm. See above details.

11 - Five Guys Fundraiser, 4pm, Details to follow.

16 - President's Day -- **WCC Closed**.

28 - WCC Summer Camp registration due for WCC families before being opened to the community at-large.



MARCH

10 -12 Scholastic Book Fair, Circle Campus 8-6pm.

19 - Ledo Pizza Fundraiser, 4-9 pm. Details to follow.

30-31 - Spring Break, **WCC Closed**

APRIL

1-6 - Spring Break, **WCC Closed**

22 - Panera Fundraiser, 4-8 pm, Details to follow.

Winter Apparel and Activities

Please remember to dress your child for winter weather conditions. Hopefully one day soon we will have temperatures above 32 degrees to get children outside for play. In meantime, we will have indoor play. Staying inside does not have to be boring. Check out these cold weather safety tips and fun activities from the Maryland Department of Education that you and your family can do in your home this winter.

- Build a blanket fort. Break out your sheets, pillows, and blankets and set up cozy tents. You can even turn it into an indoor camping adventure with sleeping bags and snacks.
- Hold a family game night. Play board games, card games, or puzzles with the whole family. Many puzzles and games can help your child improve their math and cognitive skills too.
- Plan a dinner party. Use your favorite plates and napkins and decorate the table any way you like. Wear fancy clothes or costumes, cook a special meal together, and turn dinnertime into a fun, memorable event.

Winter Safety Tips for Kids

Winter weather can be harsh, especially for young children. Ensure you and your family stay safe this season with these outdoor winter safety tips.

- Cover children's heads, necks, and hands outside to prevent frostbite and keep warm in cold temperatures.
- Make sure children drink plenty of fluids. Dry winter air can lead to dehydration quickly.
- Schedule break times when playing outside where children come indoors to warm up.
- Wear sunscreen. You can still get sunburn outside even in the wintertime.

February is the 100th Anniversary of Celebrating Black History Month

In 1926, [Dr. Carter G. Woodson](#) broadened public awareness of the impact of Black Americans on our nation's history by launching [Negro History Week](#). This year's [Black History Month](#) marks 100 years of national observances dedicated to observing the role of Black history in American history and honoring the achievements of Black Americans. For more information and a list of this year's celebrations and events please visit: <https://www.blackhistorymonth.gov>



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