

LGUHS Parent Newsletter

APRIL 2026

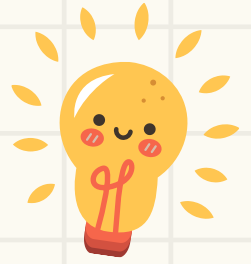


As of April 1st Only 51 Days Left Until School's Out!

During the month of April some of the classrooms will be watching their baby chick eggs hatch while others will be watching the butterfly cocoons hatch. Spring activities are happening, as well as outdoor playing. April is a lively month in schools, with students diving into all sorts of spring activities that get them closer to nature and the whole life cycle thing. In some classrooms, kids gather around incubators, super excited to see baby chicks start pecking out of their eggs. It's a cool way to learn about the magic of life. Meanwhile, other students are totally into watching caterpillars turn into butterflies. Seeing butterflies pop out of their chrysalises gives them a peek into just how amazing these little creatures are. And with the warmer weather and all the new greenery, kids love playing outside. These hands-on experiences spark a sense of wonder and make springtime in schools really special.



What's Happening



CLOSED 4-3

Good Friday

No School Monday 4-6



4-28 Geauga Parent Meeting

4-29 Painesville Parent Meeting

4-30 West Parent Meeting



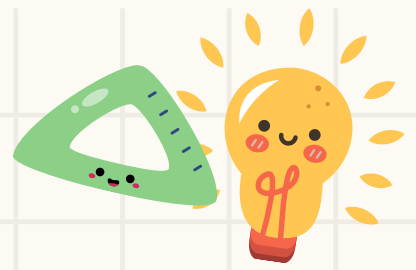
Art Show with GLOW Gallery

4-23





Nutrition



Practical Tips for Healthier and Less Stressful Family Restaurant Trips

By: Wendy Kirby RDN, LD

Eating out used to be something families did only for special occasions, but today it's part of everyday life. Americans now spend nearly half of their food budget—and consume about a third of their calories—on meals prepared away from home. This makes restaurant habits an important part of children's overall eating patterns.

Here are some simple strategies to make dining out healthier and more enjoyable for your child—and for you.

1. Time: Children have limited patience in restaurant settings—the longer the wait, the more likely they are to become restless.

- Call ahead for reservations or ask about call-ahead seating to minimize waiting time.
- Arrive early to avoid the busy dining hours and shorten your wait.
 - Order efficiently by placing your full order as soon as the server arrives instead of waiting through multiple ordering steps. If you're in a hurry, you can also request the check when your meal is served.
- Pack small, quiet activities—such as coloring pages or a favorite toy—to keep your child occupied during short waits.

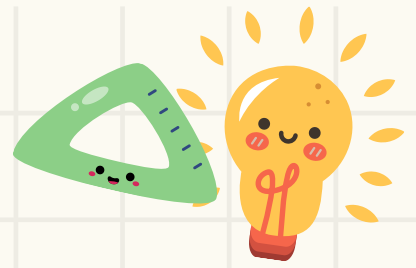
2. Take a healthier approach to kids' meals by offering a wider variety of options. Consider sharing an adult entrée or choosing sides that include fruits, vegetables, or lean proteins.

Many kids' menus rely heavily on fried foods and may not provide balanced nutrition.





Resources



Summer Camp and Enrichment Program

- **Applications are now being accepted for Geauga JFS's 2026 Summer Camp and Enrichment Program.**
- **This program assists parents with the fee for their child to attend camp or another enrichment activity. This program is funded solely through donations.**
- **Children whose families are low income are eligible to apply. Verification will be required.**
- **Donations can be made to Special Services of Geauga County and mailed to PO Box 309, Chardon, OH 44024. Please included "Summer Camp" in the memo of your check.**

Please contact Sara Shinger, Geauga Co. JFS @ 285-9141, ext. 1263 for more information



Welcome to

Preschool Prom

A Night in Candy Land!

Thursday, May 14, 2026

6:00PM - 7:30PM

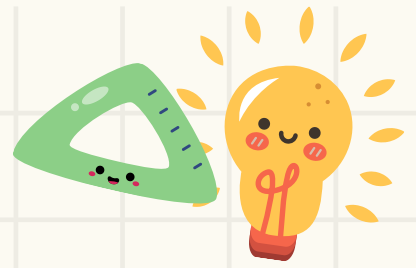
Dancing, Games
& Sweet Treats!

Parents & Kids Dress to Impress!

At Painesville Township Park Community Center
1025 Hardy Rd, Painesville



Pictures



West 5 making Leprechaun traps

