

Bright Horizons at Beverly Cummings Center

February 2015



From the Director



Join us for our curriculum Showcase event!

- During the event, families will have the opportunity to:
- Explore your child's NEXT classroom and visit with the teachers
- Learn more about our curriculum, *The World at Their Fingertips®*
- Engage in activities with your child that highlight STEM (science, technology, engineering, and math) learning in the classroom

Family Dinner 6:00 p.m. – 6:45 p.m.

Parent Panel 6:30 p.m. – 6:45 p.m.

Classroom Exploration 6:45 p.m. – 7:30 p.m.

Toddler, Preschool, and Kindergarten Prep families who will not be graduating to public school are invited to visit the classroom and experience the next step in your child's education. Time will be set aside for parents to share their personal experiences, meet our teachers, and connect as a community. Please RSVP signing up at the front desk so we can prepare for dinner.

Important Dates

February 5: Ron the Puppetman visits

February 6: Last day to complete your survey

February 13: Fancy Dress Day

February 16: CENTER CLOSED

Last day of Awards of Excellence

Nomination period (See p.4)

February 25 and 26: Clix Spring Portraits

Have you signed up for Online Payments?

Did you know that we now offer a new, easy way to pay tuition? Our Online Payment Solution is a secure online web portal accessed via the Family Information Center.

With the new Online Payment Solution, you can:

- Take writing monthly tuition checks off your to-do list
- Pay tuition through our secure online system powered by JP Morgan Chase
- Easily access billing statements and view account balances

Visit <http://familyinfocenter.brighthorizons>

Connect with Bright Horizons



Classroom Highlights

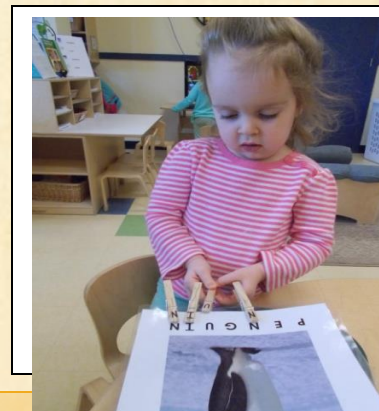


Infants- What a great month we had in Infants. The infants had a great time welcoming our new friends Hudson, Eva, Elijah, Helena, Kiran and Katherine. We also want to wish Gwendolyn and her family the best of luck. We will all miss you. Mirabel has transitioned up to Toddlers, we all wish you the best as you grow and learn all the new things. Ms. Rebecca has been coming into the classroom and we have been exploring the new materials that she supplies to all of them.



Toddlers- The toddlers would like to welcome Haven, Dylan and Mirabel! This month the toddlers learned all about the season of winter. They explored snow and ice and participated in Science Rocks melting experiments. Some of the toddlers made a snowman in their classroom and made predictions about what that thought would happen to him, by the end of the day. ("Snowman be squishy"-Ava W., "Melted!"-Cash) We then checked on our snowman and were amazed to find water and slush where their snowman was. Toddlers also practiced counting, size discrimination and artistic representation by creating snowflakes. The most excited part of this month is the cardboard challenge. We had such an amazing response from toddler parents bringing in cardboard! Thank you for all of your contributions. The toddlers have been working hard creating snow covered hills, trees and snowflakes out of cardboard as well as papermache animals, as we create our enchanted forest. We are so excited to show it off next week!!

Preschool- This month we welcome Aviva, Ella, Andres and Isabella to the Preschool program! The children have been focusing on our STEM curriculum (Science Technology Engineering and Math) while learning about snow and ice, Arctic animals and transportation. The children engaged in open-ended activities that flexed their analytical and creative muscles. We presented the children with mini marshmallows, large marshmallows and various sized toothpicks. Children were then challenged to use only those materials to make a 3-D structure of their choice. They also participated in a math game. Each child rolled the dice, counted the dots and then used tweezers to place that number of cotton balls onto a polar bear.



Kindergarten Prep- The month of January has been extra cold so we haven't been able to play outside as much, but we have been doing a lot of fun activities inside! The children have been practicing S.T.E.M. by working on our winter store! They have been working on different parts of the store over the last several weeks. They have used math to measure and weigh boxes as well as work on money value and how much they want their items to cost. They also engineered a snowman by stapling paper cups together and helped to figure out how to make the top smaller than the bottom! They used their language and writing skills to write signs and posters and art smart to make the structure of the body look like red bricks! We have also been discussing animals that live in winter climates, asking "Big Questions" like *why does it snow?* and working on a projecting S.T.E.M. project of a marshmallow igloo!

READY for SCHOOL Parent News: Building Emotional Intelligence for a Lifetime of Emotional Well-Being

Emotional intelligence, or the ability to process both emotions and thoughts to make optimal choices, begins to develop in early childhood and has profound implications for later life success. Children who have strong emotional intelligence perform better academically in school, are less likely to engage in risky behavior, and have lower incidents of depression or violent behavior later in life, according to a study published in the Archives of Pediatric and Adolescent Medicine.

At Bright Horizons Family Solutions, educating the whole child has always been our mission. We believe that positive, nurturing environments set children on the path to healthy social and emotional growth. Below are a few tips for fostering emotional intelligence:

- **Set a positive example.** Emotional intelligence develops from a combination of environment, relationships, experiences, and biological and genetic traits. When children see adults working out problems, expressing emotions appropriately, and building nurturing relationships, they're more likely to gain those skills themselves.
- **Respond to children's needs promptly.** Young children can't always verbalize their needs and feelings. They may cry, fuss, or even have a meltdown to express hunger, fatigue, fear, or frustration. Responding to a baby's cry doesn't spoil her, but teaches her that the world is a safe place and that she can trust the adults in her life.
- **Help children identify and express their feelings.** Identifying and expressing emotions is part of a healthy emotional response to life. Help children understand that emotions aren't scary or bad, although they can feel powerful. Verbally identify emotional responses and offer solutions. For example, you might say, "You're crying and I can tell you feel really sad and mad that Jessie took your car. I'm going to help you solve this problem."
- **Help children consider someone else's point of view.** Children are naturally somewhat egocentric, so this one takes time and practice, but once children can identify their own emotional responses, they can begin to walk in another's shoes. Label how you're feeling for children and help them begin to think about others' perspective.
- **Set age-appropriate expectations.** Sharing is very hard for toddlers and twos, but as children head into the preschool years, they can begin to learn turn taking with support from caring adults. Help children by modeling the words to use. For example, "Ask Jamal if you can play with the car."

Like every aspect of a child's development, emotional intelligence develops at an individual rate. However, caring adults can support and maximize growth, ensuring a happy, productive future.

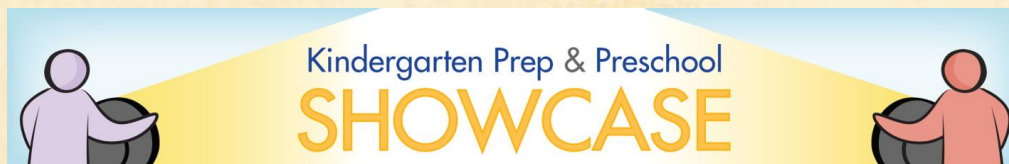
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Hawkins, J. David, Jie Guo, Karl G. Hill, Sara Battin-Pearson, and Robert D. Abbott, "Long-Term Effects of the Seattle Social Development Intervention on School Bonding Trajectories," Applied Developmental Science: Special Issue: Prevention as Altering the Course of Development, Vol. 5, No. 4, 2001, pp. 225-236.

Bright Horizons News



See How We Prepare Children for Kindergarten – and Beyond!



Explore with us your child's NEXT classroom during our Kindergarten Prep and Preschool Showcase. This event offers families the opportunity to get a sneak peek to the next stage of education with Bright Horizons.

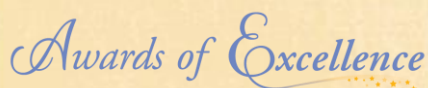
During the event, our teachers will be sharing classroom activities highlighting STEM (science, technology, engineering, and mathematics) learning, offering ways in which families can extend STEM learning at home with your child.

Our Kindergarten Prep and Preschool Showcase event offers a chance to:

- Experience your child's NEXT classroom
- Engage in activities focused on STEM learning
- Meet with our teachers and be inspired by their love of education
- Connect with other families in your Bright Horizons community

To learn more about the Kindergarten Prep and Preschool Showcase event at your center, talk to your center director, or child's teacher. We look forward to you joining us during this family event. Be on the lookout for your personal family invitation!

2015 Awards of Excellence—Nominate Someone with HEART!



At Bright Horizons, our *Awards of Excellence* program helps us recognize the extraordinary work, dedication, and passion of our employees. We are pleased to invite you to help us recognize the many wonderful early childhood professionals and other dedicated Bright Horizons employees who show their commitment to children and families each day.

As part of our *Awards of Excellence* recognitions, we honor one teacher from each division of the company with the Janice Hill Award. This prestigious award recognizes teachers who demonstrate dedication and passion for early childhood education. It honors teachers who help to create a positive, nurturing environment for the center or school as a whole. They guide and support their colleagues and model respectful interactions with children and families.

Here's your opportunity to acknowledge those who consistently impress you with their extraordinary efforts!

Nominations may be made through Friday, February 13. Please take a few moments to help us recognize those who impress, support, and care for us with their excellence each and every day. To learn more, or to submit a nomination, visit our website: www.brighthorizons.com/awards.