

Landmark Center News

April 2013



From the Director

Dear Landmark Families,

We want to let you know that as part of the action plan for our annual parent survey we have been working hard on updating our monthly snack menu to include more nutritious options. We added green peppers, mangos, pineapples, pita chips with hummus and pita bread to our menu. We will continue to provide organic whole and 2% milk for the children.

We will continue our partnership with Simmons College by offering the swimming lessons for the preschoolers beginning May 13, 2013. Mindy Williams - Director of the swimming program will be here to discuss the program on Thursday, April 18th at 5:30pm in the Movement Matters room. Caitlin E - our preschool Education Coordinator will be sending more information about the program.

The Toddler 4 classroom has welcomed Rheanna Reece as the new Primary Teacher! Rheanna has great enthusiasm and energy and we look forward to have her join our team at Landmark. We continue to work with our Recruitment Coordinator to fill the other primary teacher position for our Toddler 1 classroom.

Every April BH celebrated Employee Appreciation Month. We will be celebrating this important event in May. We will be posting our specific center celebration plans for the teachers. Thank you to all the families that nominated and posted comments on the recognition website.

This is a friendly reminder for all families to PLEASE FOLD their strollers in the closet and the front hallways. We were recently cited by the City of Boston Fire Department for partially blocking the main entrance - unfolded strollers were parked in front of the doors. All strollers must be folded and stored against the wall. I met with our facilities department and we will be installing stroller storage outside the center. We will keep you posted with any updates.

Thank you again for your continued support of our center and program. And thank you to all the families that participated in our Annual Family Survey - as always we appreciate your comments and feedback and are working on goals related to the results.

Important Dates

- Monday April 8th Boston Red Sox Opening day, please remember to wear your Red Sox gear!
- Thursday April 18th Swimming Program meeting @5:30
- Mr. Ron Tuesday, April 23rd
- Picture Day Friday, April 26th

Reasons to Celebrate

Happy Birthday to the children and teachers who celebrate their birthday's in April.

Classroom Highlights

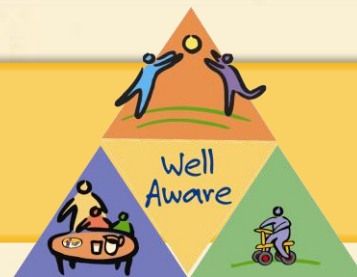


In the Month of March the infant program welcomed Donna to infant 1 as a primary teacher and Jasmine as a new assistant teacher in the afternoon. **Movement Matters** toys. We also got to enjoy some new **Movement Matters** room crawling through tunnels, playing with the tents and even climbing up and down the stairs. We were very excited to enjoy going on buggy walks and exploring the sights and sounds in Kenmore Square. **Sensory Exploration** was one of the exciting activities that the infant program enjoyed. They explored with cornmeal and water play. This month the infants really enjoyed **Art Smart**. They painted on newspapers, painted with cars. We look forward to the nice weather and spending more outdoor time this spring.

We had a wonderful month in the Toddler Program. The children enjoyed lots of great sensory experiences, art smart activities, and some great cooking projects. We have been exploring different textures for **Art Smart** activities. This month we did some painting with salt. We had a variety of different color paint for the children to choose from, with salt added to it. The salt in the paint made a crystallized effect on the construction paper. For our **Language Works** toddlers have been reading books about colors. To go along with the interest in colors the toddlers got a chance to paint using many different colors. This month we made some really yummy dishes. We made ham, and cheese white bread, sushi roll-ups and a chicken mushroom white pizza. The children really enjoyed being apart of the process of the ham and cheese sushi roll-ups. They were given the ham and cheese to put in various order. Then with the help of their teachers they began the rolling process. This is a great fine motor for the toddlers. The children also made delicious chicken white pizza. The children were given their own individual piece of pizza dough to make their very own personal pizza. They were each given chicken, white sauce, mozzarella cheese, peppers, and mushrooms. The children were encouraged to build the pizza. After we finished making our pizzas, we baked them to perfection and enjoyed them as a tasty afternoon snack. I'm so excited to see what new experiences we will find to explore and share with as we spring into the next month.

I can not believe March is already over! It was a great Month for the Preschool Program. This month Preschool 1 has been very interested in learning about different animals and their habitats. They have been working in small groups; and each child picked a specific habitat to explore. For an **Art Smart** Activity they painted the habitat on a large poster and then cut out the animals that live there. Their **Science Rocks** forming out of the paper mache and adding it to their bird house. They are currently on display in Preschool one! Preschool 2 has been busy counting. Many activities took place for **Math Counts**. They have been using a lot of materials to count to 100. They invited the parents and children to bring 100 of different objects. Some of the items were marshmallows, spaghetti, paperclips, and popcorn. Preschool 3 has also been exploring with paper mache. They have been making their own instruments. They were also interested in sharks and other sea creatures. They have been reading books about sharks, painting and drawing pictures of these undersea creatures. They have also been measuring each other bodies to see how long a great white Shark actually is.

Well Aware



This article was written in conjunction with [Partnership for a Healthier America](#) (PHA)

How should parents introduce new healthy foods to their children?

That's one of the most common questions our childhood wellness experts hear. Even if you know exactly what to feed your children, getting them to actually eat it can be a challenge. And, especially for busy parents, it's hard finding the time to prepare a wholesome snack, let alone put an entire dinner on the table.

The good news though, is that the helpful and healthful resources available to families are only getting better.



Here in the Bright Horizons community, we hosted a webinar last year on *Growing a Healthy Eater*, which is [available for parents to watch any time](#). It's full of suggestions for creating nutritious snacks and meals for even the pickiest eaters. It also features a guest expert from the Partnership for a Healthier America (PHA), which works with the private sector and its honorary chair First Lady Michelle Obama to end the childhood obesity epidemic.

One of the webinar's takeaway tips is to introduce your children to only one new healthy food at a time, and mix in other long-time favorites. Providing a sense of comfort when kids try foods for the first time will encourage them to take a bite of something new and different and also foster an appreciation for exploring healthy choices throughout their lives. This is something we strive to do in our programs, as we build lifelong healthy eating habits.

For parents, this kitchen table tactic is now a whole lot easier thanks to another resource that PHA just launched – or should we say pinned? The [MyPlate Recipes](#) page on Pinterest features tons of recipes from America's favorite cookeries – like Better Homes and Gardens, Bon Appétit, Family Circle, the Food Network, Good Housekeeping, Gourmet and Real Simple. Most of the recipes combine classic comfort foods with healthier ingredients to create delicious dishes that are more likely to entice the smallest diners at the table. Plus, the meals are rich in the nutrients that growing bodies need – in fact, the best part of MyPlate Recipes is that the whole collection was inspired by the USDA's nutritional guidelines. Parents can rest assured that every pinned dish can fit into a wholesome family meal plan.

Want to introduce your kids to a new fruit?

Try the [Vanilla-Date Breakfast Smoothie](#) on the [Breakfast board](#) or [Blueberry Pudding](#) from the [Food Group: Dairy board](#).

Need to stir up excitement over vegetables?

Try [Browned Butter Gnocchi with Broccoli and Nuts](#) from the [Kid-Friendly Meals board](#) or [Sicilian Cauliflower Pasta](#) on the [Quick & Easy Meals board](#).

Or how about something completely novel?

Try the [Zucchini-Pineapple Quick Bread](#) from the [Prep Now, Eat Later board](#) or the [Bulgur Veggie Burgers with Lime Mayonnaise](#) from the [For the Grill board](#).

Find these culinary creations and countless more pinned to [MyPlate Recipes](#). You can also learn more about the recommended food groups and healthy behaviors your family can adopt by checking out the [What's MyPlate All About? board](#).

Because Bright Horizons joins PHA in their commitment to the health and wellness of the children in our care, each center and school has recently received an additional resource, [Healthy Children, Healthy Lives: The Wellness Guide for Early Childhood Programs](#), a book co-authored by our Director of Education and Development, Rachel Robertson. It's a one-stop shop for information on every wellness issue, including how to foster a love of healthy food from the start. It's just another way we are promoting lifelong healthy development at Bright Horizons.

For more tips and resources on eating right and staying healthy visit [PHA](#) and [Bright Horizons](#) online.

Bright Horizons News



Well Aware: Building the Foundation for a Lifetime of Healthy Habits

Promoting physical development and wellness is a fundamental responsibility of any high-quality early childhood program. At Bright Horizons we take that responsibility seriously, and developed the *Well Aware* curriculum to foster positive attitudes toward healthy living through experiences, activities and interactions with caring adults. Teachers implement *Well Aware* on a daily basis with activities that help develop children's physical fitness and promote an understanding of how food, exercise, and healthy choices impact our lives.



In addition to learning about nutrition and developing physical fitness, *Well Aware* incorporates Bright Horizons' health and safety practices—teaching children about the importance of making healthy and safe decisions. Proper hygiene, eliminating germs, preparing healthy foods, and adhering to safety rules are integral parts of *Well Aware* that are introduced to children of all age levels in developmentally-appropriate ways.

Through the *Well Aware* curriculum, we strive to help children develop healthy habits that contribute to their overall well-being and set them on the path for future success. Our goal is to empower children with the knowledge to make increasingly independent, healthy choices to prepare them for success in school and life.

JOIN US to Experience Well Aware in Action:

Stay tuned for more information about our *Well Aware Open House* this spring to experience how we make health and wellness fun and exciting for your child. Our *Well Aware Open House* is an opportunity for you to:

- See the skills your child is developing each day to stay healthy
- Participate in *Well Aware*-themed activities with your child & your child's teachers
- Learn more about Bright Horizons' health and safety practices
- Take part in our *Movement Matters Family Fitness Challenge* (and win prizes!)
- Enjoy healthy snacks and refreshments
- Spend time with other families at our center

Connect with Bright Horizons

