



GardenWorks

Gardening is a dynamic activity that facilitates children's innate connection to the natural world. Whether digging in soil, composting food waste, planting seeds in wet paper towels, or growing herbs in a classroom, children can have delightful experiences with nature. Playing or working in a garden stimulates all five senses while children learn new skills, develop self-confidence, socialize, become nurturers and have fun. Children are energized when they dig, mix soil and water; explore dirt, worms, leaves and insects. When gardening, a child will rarely ask, "What am I supposed to do?" because their innate curiosity takes over.

The essence of gardening helps children develop an appreciation for life. Planting seeds, watering and watching them grow is a wondrous experience that gives children invaluable insight into the possibilities as well as the limits of natural life cycles. Furthermore, it promotes an understanding of the necessity of preserving our natural resources such as water, sunshine and soil to grow and sustain plant life. Making gardening an integral part of our curriculum enriches children's lives as well as our own.

When children grow edible plants often even the most discriminating eaters may want to feast on a large variety of vegetables. Creating a "green" classroom with living plants also enhances the environment by connecting children to nature. There is much concern about the growing world population and the shrinking resources available to sustain it. Part of our *Toward a Better World* curriculum is to help children develop empathy, caring and compassion for others and for the earth. Immersing children in the natural environment is vital because this can encourage children to want to protect and care for something that is real and meaningful to them.

We recently planted our own gardens on the back playground and would love for you to stop by and to see the progress. We already have cucumbers, watermelon and pumpkins sprouting!

June

2nd Abby
3rd Nevaeh
10th Talon
22nd Isaac
29th Mason

Reasons to Celebrate

The Growing World of Toddlers

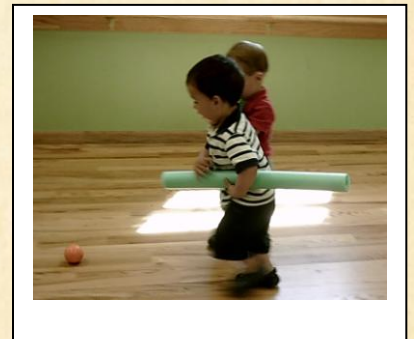


Artsmart : In Toddlers this month we learned all about balls! In visual art, we learned to experiment and explore color and also make deliberate markings and drawings using a ball. We learned these objectives by expressing creativity in our own way, with teacher direction, and using developmentally appropriate art materials just right for our little hands.



Science Rocks: We learn to use active questioning by describing and discussing our observations and experiences with teachers. During our ball painting we talked about the different colors we were using and what colors were created when two or more colors ran together.

Movement Matters: In creative movement we learn to develop increased body coordination and balance by playing games that require coordinating movements and that work on our eye-hand coordination.



Well Aware: During this activity we learned to strengthen and refine large muscles by developing walking, running and stretching skills. The children were given a ball and a noodle to play “hockey.” Noah, Max and Mason enjoyed learning how to manipulate the ball from one place to another without using their hands. They used teamwork and cooperation and had fun exploring what it was like to hit the ball with one noodle and also two!



June Healthy Hot Lunch Menu!

Mondays

Turkey Sandwich with Peach Jam on Whole Wheat Bread with Fresh Fruit and Fresh Vegetable

Tuesdays

Chicken Enchiladas with Fresh Fruit and Fresh Vegetable

Wednesdays

Broccoli Mac and Cheese with Fresh Veggies and Fresh Fruit

Thursdays

Chicken Soft Tacos with Fresh Veggies and Fruit

Fridays: Little Caesars

Pepperoni or Cheese Pizza
With Fresh Fruit or Veggies
And a Chocolate Chip Cookie

You can still enroll in **Automatic Hot Lunch!**

Speak to a member of the front desk staff and add \$50 to your tuition check at the beginning of the month to enroll in **Automatic Hot Lunch**. That's all you have to do! We'll even take care of signing your child up each day!

East Longmont Bright Horizons

June 2013 Snack Menu

| Mon | Tue | Wed | Thu | Fri |
|---|---|--|---|--|
| <p>3 AM Snack: Pancakes with 1% milk</p> <p>PM Snack: Tortilla chips with non-fat salsa/bean dip</p> | <p>4 AM Snack: Vanilla yogurt with fruit slices</p> <p>PM Snack: Edamame Succotash with WG crackers</p> | <p>5 AM Snack: Whole Grain Cereal with 1 % milk</p> <p>PM Snack: Soft pretzels with marinara dip</p> | <p>6 AM Snack: WW English Muffins and apple butter</p> <p>PM Snack: Cereal bars and 1% milk</p> | <p>7 AM Snack: Chef's Choice</p> <p>PM Snack: Chef's Choice</p> |
| <p>10 AM Snack: Mini bagels with cream cheese</p> <p>PM Snack: Garden veggies with WW saltines</p> | <p>11 AM Snack: Whole Grain Cereal with 1 % milk</p> <p>PM Snack: Mini carrots and low fat ranch dip</p> | <p>12 AM Snack: French Toast Sticks and 1% milk</p> <p>PM Snack: Hummus and whole grain crackers</p> | <p>13 AM Snack: Cheesy eggs with wheat toast</p> <p>PM Snack: Graham crackers with cottage cheese</p> | <p>14 AM Snack: Chef's Choice</p> <p>PM Snack: Chef's Choice</p> |
| <p>17 AM Snack: Fruit & Yogurt smoothies</p> <p>PM Snack: Pudding with graham crackers</p> | <p>18 AM Snack: : Whole Grain Cereal with 1 % milk</p> <p>PM Snack: 1% Cottage Cheese and cherry tomatoes</p> | <p>19 AM Snack: Pancakes with 1 % milk</p> <p>PM Snack: Tortilla chips with non-fat bean dip</p> | <p>20 AM Snack: Vanilla yogurt with fruit</p> <p>PM Snack: Garden veggies with WW saltines</p> | <p>21 AM Snack: Chef's Choice</p> <p>PM Snack: Chef's Choice</p> |
| <p>24 AM Snack: Biscuits with apple butter and 1 % milk</p> <p>PM Snack: Edamame Succotash with WG crackers</p> | <p>25 AM Snack: Waffles with 1 % milk</p> <p>PM Snack: Choc Chip Granola Bars with 1% milk</p> | <p>26 AM Snack: Apple Strudel Oatmeal</p> <p>PM Snack: Garden veggies with WW saltines</p> | <p>27 AM Snack: Whole Grain Cereal with 1 % milk</p> <p>PM Snack: Fresh fruit with cheese cubes</p> | <p>28 AM Snack: Chef's Choice</p> <p>PM Snack: Chef's Choice</p> |

READY for SCHOOL News

READY for SCHOOL Parent News: Beginning Geometry



Preschoolers develop early concepts of geometry as they manipulate shapes and become increasingly aware of spatial relationships.

Van Hiele's (1986) Levels of Geometric Thinking may help you understand the stages of development you will see in your child:

- Level 0 – Children learn to recognize geometric shapes by viewing them as a whole.
- Level 1 – Children learn individual characteristics of shapes such as “a triangle has three sides.”
- Level 2 – Children learn more complicated relationships between the characteristics of a shape – for instance, they may come to understand that a square is a rectangle because it has all the same properties of a rectangle.

Most preschoolers are operating at level 0. Children in the primary grades are typically at level 1. Providing children with opportunities to explore and experiment with shapes and their properties allows them to move through the stages, but movement is typically slow.

A few suggestions follow for activities and materials to encourage geometric thinking in young children:

- Block play is great for shape recognition. Children learn much just through their own spontaneous, independent block play. For example, the simple process of matching and sorting similar blocks at clean-up time builds geometric thinking. When you have time, asking open-ended questions may help to spur children's thinking to the next level. Ask questions such as:
 - “How is your block tower different from mine?”
 - “What will happen if I take out the bottom block?”
 - “Can you tell me what I need to do to make my block building look just like yours?”
 - “Can you put 2 blocks together and make another shape?”
 - “We are getting ready to clean up now – how will you remember what you built?”
- Make spatial vocabulary a regular part of the language you model for your child. Acting out stories such as “The Three Billy Goats Gruff,” for example, offers numerous opportunities for children to show their understanding of “under,” “over,” “across,” “near,” “far,” etc.
- Ask shape questions as part of your play together. For example having shape blocks or cardboard or paper shapes available, ask “Have you seen this shape before?” “Where have you seen it?” “Can you find a shape like this in our home?” “Do you think this shape would roll or slide?” “Can we stack these shapes?” “Can you cut this paper to make another shape?” “Can you make a square (circle/triangle) with pipe cleaners/yarn?”

Resources:

Copley, J. V. (2000). *The Young Child and Mathematics*. Washington, DC: National Association for the Education of Young Children.

van Hiele, P. M. (1986). *Structure and Insight: A theory of mathematics education*. Orlando, FL: Academic.

Family Resources



Introducing: Family Resources on BrightHorizons.com!

In addition to providing stimulating and loving environments for children to learn and thrive, at Bright Horizons we are proud to also provide an online community where families can connect with resources and share ideas. To further this effort, we have launched a brand new *Family Resources* area on BrightHorizons.com.



Family Resources has been designed to help you find parenting tips, education articles, learning activities and engage in conversations. It includes:

- **Learning at Home Activities:** A database of learning activities to provide during teachable moments that naturally emerge from everyday life situations, covering key developmental and academic areas including social skills, language acquisition, science, math, learning to read and more.
- **eFamily News Articles:** A weekly article providing advice, strategies, tips, resources and news about current parenting issues you may be facing.
- **Parenting Webinars:** A parenting video series designed for growing families with topics such as potty training, breastfeeding, child nutrition, early learning, and positive discipline.
- **Online Community:** A social network for parents and educators to share ideas, get perspectives and ask questions.
- **Parenting Blog:** Working parents share their everyday challenges to succeed professionally and personally.
- **Parenting Resources for Growing Children:** Parent resources and children's activities designed to help you continue your child's learning and discovery at home. Includes:
 - *Growing Readers*
 - *Growing Learners*
 - *Growing Scientists*
 - *Growing Givers*

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