

Childcare at Legacy News

December 2014



From the Director

Welcome New Assistant Director – Regina Griffin. Regina has transferred here from another Bright Horizons in Plano and has 12 years of experience in early child hood education and 4 of those as an administrator. Her official start date was December 8 and we are so happy to have her.

Cafeteria Closing – The JCP cafeteria, which provides our lunches will be closed for two weeks starting December 21 – January 2. Please be sure to review the tentative menu and let the teachers know what days your child(ren) will be in attendance. We need a head count as soon as possible.

Early Closing Update- We have had to add December 26 as a day we will close at 2:00 due to the water being cut off in the building.

Electronic *What in the World Happened Today(WWHT)* communications coming soon-Do you read the WWHT communication to find out what happened in your child's class each day? They are posted outside the classrooms and give a brief reflection of what the children participated in during the day and which curriculum element they focused on. We are planning to have these go out to you electronically soon and hope to add pictures. Please be sure that we have your current email to receive these daily.

Important Dates

Childcare at Legacy Dance Recital:

December 13, 2014

Winter Holiday Closings:

December 24, 2014 – close at 2:00

December 25, 2014 – closed

December 26, 2014 – close at 2:00

December 31, 2014 – close at 2:00

January 1, 2015 – closed

Director on Vacation

- December 26 thru December 31.

Reasons to Celebrate

Happy Anniversary Ms. Chand!!

Ms. Chand will have been with Bright Horizons 5 years on December 15.

We opened our 3rd Toddler room!!

Room 14 is now our 3rd toddler room with Ms. Amy as the teacher. We are looking for it to be full soon after the new year!

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Classroom Highlights



Exploring our new toddler room and playground...



In our new toddler room, our goal is to help each child reach their maximum potential in language and early literacy, early math and science concepts, large and small muscle skills, and social and emotional development. We have a group of young toddlers that all aged out of their infant room together taking their teacher with them on their new adventure. They are exploring new learning centers, family style dining and a new playground all together.

Toddlers are inquisitive and exploratory by nature, striving for independence and autonomy, while insatiably curious. Our ***Growing World of Toddlers*** program celebrates their uniqueness, guiding these newly independent children towards greater self confidence, and encouraging today's developmental capabilities that will lead the way toward achieving tomorrow's new skills.

READY for SCHOOL Parent News – The Flu Season Fight: Keeping Children Healthy

Young children get as many as 12 colds a year, or up to one cold per month, says the University of Maryland. Because each cold lasts 7 to 14 days, it may seem like your child is sick more often than he's well. Although you can't prevent every cold, you can reduce the risk and help your child stay healthier this cold and flu season. Below are a few quick tips for keeping the common cold (and flu) at bay.

- **Get your flu shot.** Getting the [flu shot](#) every year is the single most effective way to prevent the flu, according to the American Academy of Pediatrics (AAP), which recommends the flu shot for everyone age six months and older.
- **Wash your hands.** Adults know to wash their hands to keep germs at bay, but children are notoriously forgetful. Teach your child to wash her hands before eating, and after using the bathroom, playing outdoors, handling animals, or using a tissue. Teach your child to wash his hands after coughing or sneezing, or better yet, show your child how to cough or sneeze into the elbow of his sleeve. Show your child how to use soap and scrub all parts of her hands well for at least 120 seconds. Keep a bottle of waterless hand sanitizer in your bag for when you're out and about.
- **Make a predictable bedtime.** Lack of sleep can make children and adults more vulnerable to illness, and can also prolong recovery time, suggests the Mayo Clinic. Infants and toddlers need between 12 and 18 hours of sleep daily, depending on their age. Preschoolers need 11 to 12 hours of sleep daily, while school-age children need about 10 hours of sleep.
- **Keep ill children home.** Children in a group setting are bound to share germs, but we can limit their exposure by keeping children who show signs of respiratory illness home. The AAP recommends that children remain at home until all signs of fever are gone for 24 hours, without the aid of anti-fever medications and children are able to participate comfortably in all usual program activities, including outdoor time.

Boost your family's well-being and fend off common respiratory illnesses with a few, simple preventative measures. You'll miss fewer days of work and your children will stay healthier – and happier.

Bright Horizons News



Make a Difference with Your Holiday Shopping



Without spending any additional money, you can make a big impact on the life of a child experiencing homelessness or other crises. When you buy books, toys, music, and more as part of your holiday shopping on Amazon, 8% of your purchase will be donated to the Bright Horizons Foundation for Children from Amazon.com using this link.

Just click on [this Amazon link](#) and shop as normal. Visit our [FAQs](#) for more information about this program.

[The Bright Horizons Foundation for Children](#) is a nonprofit organization focused on brightening the lives of children, youth, and families in crisis, especially those who are homeless.

Make sure to save this Amazon page as a favorite and then share it with your family and friends! It works all year.