

Hopewell Herald

March 2015



Program notes...

This year The Child Development Center will be adding a new celebration to its calendar. Thanks to family provided information, we will be celebrating Farsang on Thursday, March 12th. Farsang is a Hungarian Carnival to chase away winter and welcome spring. The traditions include wearing costumes, parades and games. The classrooms will provide age appropriate activities during the day, including coloring masks and making donuts which are part of the tradition. Children are invited to bring in costumes or dress up clothes from home. There will be a centerwide parade at 4:00.

We welcome all families to share their traditions with us so that we can learn about and include even more events and celebrations at the Center.

Reasons to Celebrate



This month **Amy Sanchez** celebrates **15 years** and Rachel Coty Celebrates **5 years** with Bright Horizons!

Happy Birthday Danielle T on the 18th

Important Dates

Wednesday, March 4th: Justin's Jr. Sports Gym (8 of 10)

Thursday, March 5th: Cat in the Hat Pajama Party Concert w/ Yosi at 10:00 (celebrating Dr. Seuss's Birthday)

Wednesday, March 11th: Justin's Jr. Sports Gym (9 of 10)

Thursday, March 12th: Farsang Celebration

Wednesday, March 18th: Justin's Jr. Sports Gym (Last Day)

Wednesday, March 25th: Preschool/K-Prep and Kindergarten field trip to the NJ Planetarium

Thursday, March 26th: Parent Partnership Forum at 12:15

Call in number: 866.217.3840

Conference Code: **NEW** conference code is 6958245

Connect with Bright Horizons



Classroom Highlights



Infants

Although it might seem astonishing, mathematical concepts are indeed an important part of an infant's early learning. As an infant gazes intently at the geometric shapes and patterns of a toy or explores the spaces around her, she is experimenting with the earliest concepts of math. These first adventures help babies develop the building blocks they need to gradually learn more complex mathematical concepts.

Math Counts for babies enhances these early experiences by providing materials and activities that promote the development of a mathematical foundation. Through everyday occurrences, infant teachers nurture both an infant's awareness of mathematical concepts and support her development of related mathematical skills. (Excerpted from Bright Horizons Curriculum Guide)

Pictured: An infant learning how shapes feel by examining the curves of a soft circle and the angles of a soft triangle.



Toddlers

Math is a thrilling way for toddlers to make sense of their world. *Math Counts* offers teachers a framework for planning a learning environment in which children can compare, sort, group, and manipulate safe, toddler sized material and to learn from "number talk" such as "More/less", "big/little", and "full/empty". A toddler room is full of activities from small figures for sorting, to shape boxes for matching, to cups to stack by size, to sensory tables to learn comparison of quantity and volume. (Excerpted from Bright Horizons Curriculum Guide)

Pictured: A toddler learning concepts such as long vs. Short and big vs. small by building with Lego's.



Preschool

Mathematical concepts surround and fascinate children at this age. Whether they are counting how many marbles they have, comparing their foot sizes for a bar graph, fitting a cylinder into a circular hole, asking for more milk or establishing that they are second in line for the drinking fountain, preschoolers are constantly using and experimenting with mathematical ideas.

Math Counts offers a framework for developing the skills and abilities of young mathematicians, ensuring that children recognize math in everyday life. Classroom environments and accompanying experiences are designed to support preschoolers as they continually develop their mathematical thinking and quantitative reasoning. *Math Counts* ensures that children don't simply memorize numbers, but instead build mathematical reasoning skills so they can solve problems and use math in real and meaningful ways. (Excerpted from Bright Horizons Curriculum Guide)

Pictured: A preschooler learning geometry by using various shapes to complete a specific design.



Classroom Highlights



Kindergarten Prep



Pre-kindergarteners are fascinated by numerical concepts and mathematical thinking. They are enthusiastic mathematicians, engaging in math regularly as they build block towers, make patterns on canvas, complete puzzles or measure the length of a shadow.

Math Counts ensures that children develop the mathematical fluency necessary for kindergarten readiness. By exploring the foundational concepts of geometry, algebra and statistics, *Math Counts* ensures that children don't simply learn numbers by routine, but instead build mathematical understanding to develop quantitative reasoning, solve problems and use math in real and meaningful ways. (Excerpted from Bright Horizons Curriculum Guide)

Pictured: Happy Hayloft learning measurement by following a recipe.

Kindergarten

Kindergarten children are enthusiastic mathematicians. They've already mastered foundational concepts such as shape identification, patterning and rote counting and are expanding their mathematical abilities to incorporate more complex ideas. This age, children go beyond recognizing concrete amounts. They're now able to explore abstract mathematical ideas like simple story problems; to go beyond general ideas about time (like "today" and "tomorrow") and begin to tell time; and to understand mathematical concepts like biggest, smallest, more, less or equal.

The *Math Counts* curriculum teaches the core mathematical concepts and helps kindergartners expand their mathematical knowledge through daily opportunities for putting their know how to work. By infusing math into real and interesting experiences, children not only learn the elements of numeration and measurement as well as reasoning and quantitative skills, but they also develop enthusiasm for math. (Excerpted from Bright Horizons Curriculum Guide)

Pictured: A Kindergartener learning the concepts of "10's" and "1's" by using unifix cubes.



Partnership Forum



Looking back at February's Meeting...

The Parent Partnership Forum meeting was scheduled February 26th. Although there were no attendees, there was information that we wanted to be sure reached families in a timely manner. The following is information we would have discussed:

NAEYC: The Center is currently in the process of National Association for the Education of Young Children (NAEYC) re-accreditation. The final stage was a 2 day on site visit which occurred February 19th and 20th. Now we look forward to having the academy's accreditation decision within 90 days. Stay tuned!

Nurse Vicki: As we have highlighted in the weekly Monday Memeos, Nurse Vicki is currently on a leave of absence. The next update will be available March 10th. The Hopewell CDC administrative team will continue to work together to ensure that all aspects of the Center's *Well Aware* program remain consistent in Vicki's absence. In addition, the nurses from our network of Bristol-Myers Squibb Centers are available for consultation if necessary.

Teaching Strategies Gold: This month's topic was Teaching Strategies Gold. If you are interested please contact Sony for details.

Looking ahead...

The next Parent Partnership Forum meeting is scheduled for Thursday, March 26th at 12:15. You are welcome to join us in the CDC Conference room or join by phone. The call in number is 866.217.3840 and the **NEW conference code is 6958245**. The Agenda is below, but please feel free to contact Sony if you wish to add an agenda item

Agenda

- Calendar Review
 - Well Aware- update
 - Admin Team Update
- We hope you can join us!

Partnership Forum Cont'd



News From Nurse Vicki

March is National Nutrition Month and an excellent opportunity to review MyPlate, sponsored by the U.S. Department of Agriculture's Food and Nutrition Service to guide and encourage people to make daily healthy food choices. MyPlate, shown below is a visual tool that is easy to understand to help promote messages based on the 2010 Dietary Guidelines for Americans. We are all familiar with the Food Pyramid which evolved over the years to include the basic food groups, oils, and an exercise component. MyPlate, is a simplified, recognizable icon that includes the 5 basic food groups indicating that these food groups should be included on your plate every day. Oils are a component of the food groups, not a separate item on the plate. Although not depicted, exercise remains an important component of healthy living. MyPlate incorporates exercise by basing serving amounts for ages 2 and up, upon your age, sex, height, weight, and how much physical activity you usually do. Portion sizes, rather than servings have increased over the years contributing to the rise in childhood obesity. Portion is how much you choose to eat at one time, something you can control. Serving size is the amount of food listed on a product's Nutrition Facts label. Examples of serving sizes are:

- 1 slice of bread
- 1/2 cup rice or pasta(cooked)
- 1 small piece of fruit
- 1 cup of milk or yogurt
- 2-3oz. meat, poultry or fish

Your individualized plan for yourself and your preschooler ages 2-5 can be accessed at choosemyplate.gov. The website includes sample meal patterns, meals and snacks along with tips for healthy eating and picky eaters.

To encourage the intake of vegetables, I will be visiting the classrooms with raw and cooked samples of different kinds. I will discuss the nutrients in each and we will taste test. Children seem to be more interested in tasting if they can see the vegetable in its natural state, hear about how it is grown and then see the cooked transformation. Sweet potato fries are always a hit.

This is an excellent time of the year to think about and plan a small vegetable garden at home, where the children can participate in growing and eating their own food. We are fortunate to work in an area that contains several food cooperatives and many farm stands.



Eat Healthy, Stay Well

Bright Horizons News



See How We Prepare Children for Kindergarten – and Beyond!



Each year, Bright Horizons welcomes new families to our community. And, year after year, we've found that the best way to meet these families is through you!

This April, we are hosting an Open House week to welcome new families to learn more about our center. If you have a friend or family member that might be interested in joining the Bright Horizons family, we would be happy to provide information for you to share with them!

Please see your Center Director for details.

Join us for the next installment in our Family Matters Webinar Series in March!

Family Matters

A Bright Horizons Webinar Series

School Readiness: Beyond the Basics
Coming in March 2015

School readiness is so much more than knowing colors, shapes, and ABCs. It's also about social/emotional development, motor skills, and self-expression—which are especially important during those critical first five years, and can determine how well a child does in school and in life. A school-ready child is engaged, eager to learn, willing and able to follow directions, and happily adjusted to group life in a classroom setting.

The next *Bright Horizons Family Matters* webinar will explore how parents and teachers can work together to shape early experiences that provide the foundational skills for confidence and school success.

Registration details will be available in the next couple weeks. You can sign up to be notified when registrations open by visiting www.brighthorizons.com/schoolready.