

Discoveries Learning Center

discoveries@brighthorizons.com

July 2014

Our tax ID # is:
04-2949680



From the Director

Welcome to Discoveries' Planet Water! During the summer we explore and learn everything we can about water. We have a fun and fantastic Summer Program planned with biweekly curriculum themes of Marine Life, Beach Fun, Art week, Pirate Adventures and Camping Trips! Woven into this curriculum are many wonderful learning activities: Science projects involving Marine Biology and the Physical Science linking water and liquids: flow/gravity, evaporation/steam/vapor, and the changes of frozen/solid liquids, our favorites being ice-blocking down the slopes and the making of ice cream! Children will be involved with the Math skills of patterning, counting, adding and sorting shells, rocks and driftwood. The Language learning will be rich with reading from our huge collection of books about Marine Life.

Just a reminder, you must pick-up your child BEFORE the scheduled end of their day, per your admission agreement schedule. If you must be late, please call the center and let us know. There is a late pick-up charge of \$1 for each minute late.

Please note the dates in the box to the right. We will be closed on August 28 & 29 for staff In-Service training and meetings.



We are excited to prepare for a new school year with many new and returning faces!

Important Dates

June 30-July 11

Introduction to Marine Life



July 4, Friday

Independence Day

Discoveries is closed

July 14-July 25

Beach Week

July 24, Thursday at 9:15 a.m.

School House Field Trip to UCSB's Marine Laboratory (DATE CHANGE)

July 28-August 1

Week of Art

July 29, Tuesday at 10 a.m.

How is Ice Cream made day?

August 28 & 29

Staff Development Days

Discoveries is closed

(Be sure to consult the calendar in the kiosk and copies in the office for Discoveries' yearly closure dates and events)

TRY THIS AT HOME: Homemade Bubbles

Children of all ages love bubbles and it's quite easy to make your own. Simply mix 1 quart water, 8 tbsp. liquid detergent, 4 tbsp. glycerin, and 2 tsp. sugar. Make a bubble blower by bending a coat hanger into a circle. Try your new bubble solution at the beach or while waiting for an outdoor concert to start!

Connect with Bright Horizons



Get Out With Your Child!

Summer is the perfect time to spend time with your child outside... at night! Camping, even in your own back yard is a way to put children in touch with nature. A study in the 1990's found that people who grew up to be conservationists almost invariably had someone in their lives who introduced them to nature as a child. Here are some things that you can do when camping in your yard, or even on the deck:

- Build a Fire: dust off the hibachi, get your child to help collect kindling / fire wood, teach them how to layer the materials and the importance of fire safety before lighting. This is a sense-sational experience: feel the warmth, see the flicker and glow, smell the smoke, hear the crackle and don't forget to enjoy the taste of s'mores!
- Bug Watch: hang a white sheet outside and shine a light on it. Many different insects will be attracted to the glow. Make a list of the different kinds of bugs, then go online and try to identify them.
- Night Sounds: Try sitting quietly in the dark and just listen. What do you hear? Domestic animals like dogs barking? Wild animals like owls, frogs and crickets?

Discoveries Tuition Changes for the 2014 - 2015 School Year

Scheduled tuition rates will change in **September**. Please see the attached Tuition Rate Sheet.

The hourly rate for extra-hours and drop-ins will stay the same at:

- \$11/hour in the School House
- \$12/hour in the Farm House and
- \$13/hour in the Toddler House

Please schedule any extra-hours or drop-in days in the office a week ahead of time to improve availability.



Eat Right!



*** Did You Know?**

A child might have to try a new food ten or more times before he/she accepts it. In other words, even if a child says "yuck" at first he/she might still end up liking that food. You can help by encouraging children to taste new foods.

*** Did You Know?**

When children are urged to "clean their plates," it can lead to overeating. Instead, serve preschoolers small portions of food. A child who's still hungry can have a second small portion. This minimizes waste and encourages children to stop eating when they're full.

Parenting Tip: "Staycations"

This summer, many families are taking "staycations" where they visit local sites with their children and discover new adventures close to home. Here are a few ideas for a fun staycation: Visit your local library for free passes to local museums and attractions. Look at your community through the eyes of a tourist: Check out family walking tours, concerts, festivals, and other activities. Follow your child's interests. If their passion is horses, there may be a horse show nearby. Ask your child's teacher or other families at the center for ideas. Relax and enjoy this family time without needing to pack up or go too far.

♥ KARIN'S CORNER ♥

When you take your children to get their shots, please remember to bring us a copy of your child's updated yellow card, or a copy form the doctors office. Thank you to all the parents who have been following up with me and ensuring that all our children's files stay up to date! We appreciate your diligence in this matter.

READY for SCHOOL



READY for SCHOOL Parent News--Executive Function: What Is It and How Can I Support Its Development in My Child?

The term, executive function, is an educational buzz word that's getting a lot of attention these days. Executive function has been compared to an air traffic controller in the brain. Through executive function, we manage the myriad complex tasks and challenges facing us daily. Executive function encompasses several skills, such as working memory, inhibitive control, and cognitive flexibility which are defined below.

Working memory refers to the ability to remember important facts or details, and call them up as needed. Through working memory, you remember to pay bills, take your child to a doctor's appointment, or perform tasks at work.

Inhibitive control allows you to make reasonable, measured choices, rather than responding to every whim or desire. You also learn persistence and focus. You clean the house when you'd rather watch television. Inhibitive control allows you to forge strong social relationships. You learn when to "bite your tongue," and when to be honest.

Brain flexibility refers to the ability to change course, admit a mistake, or see another's perspective. Flexible thinking is a necessary skill for any interactive relationship, including school projects, team sports, or assignments at work.

Executive function skills are critical for later success in school and social settings. Teachers sometimes refer to executive function skills as "getting ready to learn" skills, because without these traits, children have difficulty focusing, prioritizing and persisting at a task. Early childhood is the ideal time to boost these skills. Below are a few suggestions for building executive function skills in the early years.

- Establish predictable routines and schedules. Use visuals or charts to help children understand your expectations. Spend time teaching children how to complete simple jobs, such as picking up toys, washing paint brushes, or setting the table at lunch. Learning to follow through and complete tasks helps boost working memory and inhibitive control.
- Play games, such as "Simple Simon," or "Red Light, Green Light." These games teach children to listen and follow directions.
- Offer open-ended toys, such as wooden blocks, to build problem-solving and cognitive flexibility. How many ways can you make a tower?
- Encourage dramatic play activities, such as playing house or playing store. This type of open-ended play boosts problem-solving, language development, and focus. Scaffold play initially for young children by assigning roles or offering props. Say, "I'll be the waiter and you can be the cook. Let's pretend that we're making spaghetti." As children mature, their play becomes more independent, as well as more abstract. Children may assign roles or extend the play over several days. They may also use objects symbolically. For example, a child might use a block to represent a camera.

Resources:

Center on the Developing Child at Harvard University (2011). *Building the Brain's "Air Traffic Control" System: How Early Experiences Shape the Development of Executive Function: Working Paper No. 11*. Retrieved from www.developingchild.harvard.edu

Galinsky, E. (2010) *Mind in the Making*; William Morrow Publishing

4519 Hollister Ave, Santa Barbara, CA 93110 | P: 805-683-3001 | Mon-Fri, 7:30 a.m.– 5:30 p.m.

Family Matters Series Webinar

Bright Horizons® partnered with Ellen Galinsky, author of the highly acclaimed bestselling book *Mind in the Making* (Harper Collins 2010), to bring families a parenting webinar about executive skill development in young children.

You can watch the recorded webinar at www.brighthouse.com/execwebinar.

Bright Horizons News



Parents Magazine Spotlights Bright Horizons Expert

Bright Horizons was referenced in an article from the July 2014 edition of *Parents Magazine*. In the article, Potty Pressure, Linda Whitehead, Ph.D., vice president of education and development, offers thoughtful tips and advice about how to get your little one on track when it comes to potty prep. Linda advises that although the path to potty training varies from child to child, a little support from parents, teachers—and even from the other students—can go a long way.

Parents

Read the full article at <http://www.brighthouse.com/pottypressure>.

A separate *Parents Magazine* article features feedback from Dr. Linda Whitehead, where she discusses the benefits of family-style dining. A large part of the Bright Horizons curriculum, family-style dining not only helps children develop healthy eating habits, but also enables children and teachers to enjoy a meal together in a calm, respectful atmosphere. According to Linda, family-style dining also boosts self-confidence, teaches children mathematical concepts and builds fine motor skills.

Read the full article at <http://www.brighthouse.com/mealstyles>.

SAVE THE DATE: July installment of the Family Matters Webinar Series!

Family Matters

A Bright Horizons Webinar Series

Seize the Summer: Fitness for Busy Families

Presented in collaboration with PHA
Wednesday, July 23, 3:00 pm est

Keep checking www.brighthouse.com/webinar for the latest information as it becomes available!