



# Alexian News

## School News:

As we end the summer and head into fall we are saying goodbye to our Summer Staff, Ms. Jessica, Ms. Megan and Ms. Cristina. Please watch your email for more staffing information for the upcoming school year!

## Reminders:

If you are changing your schedule for the fall and you have not already done so, or you had a change in your schedule, please send an email to:

[justine.lupa@amitahealth.org](mailto:justine.lupa@amitahealth.org)

If your child is disenrolling at the end of the summer and you have not already done so please notify the office of your child's last day.

We are always looking for parents to join our Family Partnership Group. This group meets every other month from 5-6 pm and childcare is provided. If you are interested in joining please email amy at:

[amy.magnus@amitahealth.org](mailto:amy.magnus@amitahealth.org)

## Dates to Remember

Tuesday, August 16<sup>th</sup>: Kindergarten Prep Graduation, Kennedy Conference Center 6:30 pm

Tuesday, August 23<sup>rd</sup>: Family Partnership Meeting, Neihoff Cafeteria 5:00-6:00 pm

Monday, September 5<sup>th</sup>: Labor Day, School Closed

Wednesday, September 21<sup>st</sup>: Picture Day

Thursday, September 29<sup>th</sup>: Curriculum Night, Details TBA

## Parent Referral Program

**Congrats to the Krieger Family on their recent tuition credit of \$300 for their referral of the Flachbart Family! Our Parent Referral program is an easy way to earn some extra money! There are no limits to how many referral bonuses a family can earn!**



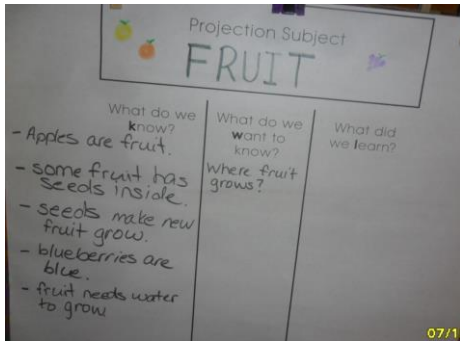
## Alexian Brothers Childcare

955 Beisner Road, EGV IL 60007

847-981-5929 | [www.brighterhorizonw.com/alexian](http://www.brighterhorizonw.com/alexian)

M-F 6:30 am-6:00 pm

# Curriculum Highlights



## What is a KWL Chart?



A KWL chart is a graphical organizer that supports learning in many different curricular areas. KWL Charts are an instructional reading strategy used to guide children's thoughts and ideas on a variety of topics. KWL Charts separate topics of interest into what children already Know, what children Want to learn, and then finally, reflecting on what they Learned after exploring a chosen topic. KWL Charts are one of Preschool and Kindergarten Prep's *Signature Practices!*

## Our World



Our world presents unique experiences to help children understand the diverse and global world they inhabit, enhancing their sense of responsibility and compassion for other people. This month the Summer Camp held a car wash to raise money to donate to a local charity "Feed My Starving Children". Our Summer Camp also volunteered their time this summer at FMSC, packing meals for children in Haiti!



## GardenWorks



We are very busy tending the garden boxes we planted at the beginning of summer! The children are carefully watching for our zucchini, cherry tomatoes, squash and cucumbers to ripen so they can harvest them and explore them further in their classrooms.

# READY FOR SCHOOL NEWS

## Outdoor Play

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A generation or two ago, children spent much of their time playing outdoors. Today, children spend as little as 30 minutes outdoors each day; and children have 50 percent less free time than they did 20 years ago, according to one study from the University of Michigan Institute for Social Research.

Yet children's needs haven't changed. Spending time outdoors improves physical health and reduces the risk of obesity and type 2 diabetes. Outdoor activity can also improve emotional well-being and cognitive function in children, even reducing the incidence of behavioral issues, such as Attention Deficit and Hyperactivity Disorder, according to a 2000 study published in *Environment and Behavior*. Perhaps most importantly, outdoor play is a source of joy and healing for children of all ages. Children who have regular experiences with nature are more likely to become conservation-minded adults. In this parent newsletter, we offer a few simple ideas for helping families rediscover outdoor play.

- **Schedule time.** Few parents would disagree that outdoor time is important, yet it often gets relegated to the low-priority list. Add at least one or two outdoor activities to your calendar each week to make sure they happen. These activities could be as simple as sitting on the front porch watching your children play in the evening or taking a walk to a nearby park. Outdoor activities will become a part of the routine if they're regularly scheduled.
- **Think outside the box.** Who says outdoor activities have to happen at certain times or places? Get creative. Pack a simple breakfast and go on a sunrise bike ride. Look for stars, bats, or fireflies at night. Eat meals outdoors during mild weather. Even playing board games or reading books outdoors is restorative.
- **Get prepared.** Outdoor adventures needn't be complicated or expensive, but it's a good idea to keep an "adventure pack" ready. Fill a backpack with the essentials – simple first-aid items, non-perishable snacks, sunscreen, insect repellent, and water. You could also add a lightweight pair of binoculars, a field guide and a compass. A quick internet search can help you find trails, hikes, and parks worth exploring in your area.

As you explore the outdoors, try to create a "yes" culture and think carefully about the rules you impose. Skinned knees and muddy clothes are a natural byproduct of healthy childhood play. Set boundaries for activities that could cause serious harm; otherwise, give your child ample freedom.

# BRIGHT HORIZONS NEWS

## Volunteering with Your Child

Raising children to be socially aware, community oriented, charitable-minded, and educated about their world is more vital than ever in today's global society. As a parent, you try to raise your child to become an active, compassionate member of society. One way to do this is through volunteering with your child – and summer can be a perfect time to do it!

The following suggested volunteer ideas, or “Brightening Lives Activities,” were created by the Bright Horizons Foundation for Children, and are a resource to encourage empathy, caring, and compassion.

### **Brightening Lives Activity: Make and Take Flowers to People in Nursing Homes**

**Here's How:** Decorate glass jars with small squares of tissue paper and water mixed with starch. Put flowers in the vases.

**Appropriate for Ages:** 4 - 7

**Variation:** Decorate small pots and put plants in them.

### **Brightening Lives Activity: Make Playdough for Children in Shelters**

**Here's How:** Combine 2 cups flour, 2 cups warm water, 1 cup salt, 2 tbsp vegetable oil, 1 tbsp. cream of tartar, food coloring. Teachers stir it over low heat. Divide it into individual bags.

**Appropriate for Ages:** 3 – 10

### **Brightening Lives Activity: Create a Library for Children in Shelters**

**Here's How:** Bring gently used books to class. Sort them by age group or fiction and non-fiction. Donate them to children in shelters.

**Appropriate for Ages:** 3 - 12

**Variation:** Collect gently used games or toys or children choose a favorite new book to donate on his/her birthday.

### **Brightening Lives Activity: Assemble Hygiene Kits for People in Shelters**

**Here's How:** Discuss what products people need for hygiene. Consider toothpaste, toothbrushes, dental floss, shampoo, soap, and deodorant. Parents and children together purchase a few extra items when buying supplies for our families. Sort items, and decorate and fill bags.

**Appropriate for Ages:** 3 – 12.



## CONNECT WITH BRIGHT HORIZONS

