

# Bright Horizons at Rockaway



May 2013

## From the Director

### Well Aware Family Event

#### Healthy Living Activities for the Whole Family!

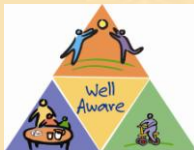
**Bright Horizons Child Care and Early Education** invites you and your family to join us for a healthy, fun-filled event

**Wednesday, May 22, 2013**  
**5:00 p.m. – 7:00 p.m.**

Parents, you will have the opportunity to learn more about our [Well Aware](#) curriculum that focuses on wellness, fitness and health in young children, take home ideas, tips, recipes and resources to healthy family living!

- Fun-filled *Movement Matters* activities:
  - Obstacle courses for children of all ages
  - Games that will get you up and moving
  - Activities for children (and adults) of all ages
- Art activities
- Healthy cooking ideas

**Bring a Friend and get Healthy Together!**



## Important Dates

05/01	May Day & Mother Goose Day
05/02	Brothers & Sisters Day
05/05	Cinco de Mayo Parade
05/06	Cinco de Mayo
05/07	National Teachers Day
05/08	No Sock Day
05/09	Clean Up Your Room Day
05/10	Mother's Day Tea (3:15pm)
05/13	Limerick Day
05/14	National Chicken Dance Day
05/15	National Chocolate Chip Day
05/16	Wear Purple for Peace Day Parent Partnership Conf. Call (12:30pm)
05/21	Health & Fitness Day
05/22	Well Aware Event (5pm-7pm)
05/23	Fresh Fruit Day
05/27	Memorial Day (BH of Rockaway Closed)
05/30	Water a Flower Day

### Special Weeks:

05/06-05/10 Teacher Appreciation Week

## Reasons to Celebrate

### Happy Birthday to You!

05/01	Miss Maria	05/24	Ryan W.
05/06	Hayden D.	05/27	Bailey D.
05/17	Lily M.	05/27	Lucas N.

# Classroom Highlights



## Focus – ArtSmart

### Infants

#### FOCUS – Visual Arts: Exploring with Various Art Materials

##### Skills Observed:

- \*Exploring texture through Sensory Scanning - fingering, handling
- \*Enhancing fine motor skills
- \*Enhancing cognitive skills
- \*Cause & effect experience
- \*Direct Attention-observing, listening, manipulating
- \*Opportunity for creative play with natural items

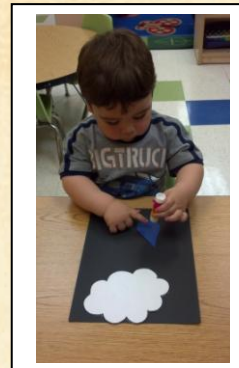


### Toddlers

#### FOCUS – Visual Arts: Exploring with Various Art Materials

##### Skills Observed:

- \*Enhancing fine motor skills
- \*Enhancing cognitive skills
- \*Cause & effect experience
- \*Sensory exploration



### Preschool

#### FOCUS – Dramatic Arts: Exploring Literacy through Dramatic Arts

##### Skills Observed:

- \*Opportunity to act out skits, poems, and stories
- \*Opportunity to explore various books displaying various styles of art



### Preschool

#### FOCUS – Music: Exploring Literacy through Music and Dance

##### Skills Observed:

- \*Opportunity to explore music, visual art and dance
- \*Opportunity to perform a dance connected to emerging themes



### Pre-kindergarten

#### FOCUS – Visual Arts: Exploring Primary Colors through Visual Arts

##### Skills Observed:

- \*Exploring a variety of art materials
- \*Enhancing fine motor skills
- \*Opportunity to explore emerging ideas and reflect upon their art
- \*Cause & effect experience
- \*Opportunity to enhance Visual/Spatial development
- \*Active hands-on engagement



# What is School Readiness?



READY for  
SCHOOL

## **READY for SCHOOL Parent News: What does School Readiness Really Mean?**

A report that grew out of a partnership of 17 states identified five factors most important in children who are ready for school or what the report calls “Ready Children”. These factors included:

- **Overall physical well-being and motor development:** Children possessing age-appropriate fine motor skills which involve coordinating their eyes and hands to complete tasks such as stacking blocks; putting together puzzles; connecting building toys like Legos®; drawing and using a paint brush; or writing, typically experience success in school.
- **Social and emotional development:** Children who interact positively with other children typically also do well in a school setting. Many of the skills children learn from their families and in child care such as taking turns, sharing, listening to others, developing empathy, and functioning as part of a group, help with school success.
- **Approaches to Learning:** The ability to follow through on one-step directions (“Hang up your coat”) or multi-step directions (“Get some crayons, take them to the writing table, and have a seat”) is another school readiness indicator. Cooperativeness, persistence, independence, curiosity, and creativity are also important.
- **Cognition and General Knowledge:** Developing an observant, inquisitive mind which looks at, labels, asks questions, notes similarities and differences, and solves problems is another important school skill.
- **Language Development and Literacy:** The development of a significant talking (expressive) and understanding (receptive) vocabulary is important as well as later recognizing the relationships between letters and sounds.

Not surprisingly, only one of these factors, recognizing the connection between letters and their sounds, is what we typically think of as a school readiness skill. Instead, a well-rounded child who interacts well with others, follows directions, effectively uses her hands to manipulate small parts, and has an inquisitive mind, possesses key readiness skills.

Also not surprisingly, the report states that families can play a critical role in preparing their children for school success is by reading to them daily, starting when children are infants and toddlers. Enrollment in high quality child care programs is another factor in school success.

For more information, you won’t want to miss the May 7th webinar, **Mind in the Making: The Seven Essential Life Skills Every Child Needs** with Ellen Galinsky. This session will provide even further insight into the key school and life readiness skills that may be less familiar to parents. To register, **please visit** [www.brighthorizons.com/mindinthemaking](http://www.brighthorizons.com/mindinthemaking).

Families and teachers working together can help ensure that all our children are *READY for SCHOOL*.

Reference: *Findings from the National School Readiness Indicators Initiative – A 17 State Partnership*.

(February 2005). Sponsored by the David and Lucile Packard Foundation, the Kauffman Foundation and the Ford Foundation. Prepared by Rhode Island KIDS COUNT.

# Parent Webinar Series



**JOIN US for our next Parent Webinar!**

**MIND** in the Making

Bright Horizons, in conjunction with Families and Work Institute invites you to join Ellen Galinsky for our next parent webinar about the skills adults and children need in order to succeed in the 21st century.

**Mind in the Making: Executive Function and the Seven Essential Life Skills  
Every Child Needs  
Tuesday, May 7, 2013  
8:00 p.m. – 9:00 p.m. EST**

For over a decade, Ms. Galinsky has worked with top researchers from across the country, filming their experiments and studying their results how we learn best. In her recently released highly acclaimed best selling book, *Mind in the Making* (Harper Collins 2010), she identifies seven life skills that are essential to success—in school, the workforce and in life.

During the webinar, Ellen will outline the meaning and importance of Executive Function of the brain and why they underlie Life Skills, describe the seven essential Life Skills, as well as provide parents with easy everyday things they can do to foster these Life Skills in their children and themselves. Attendees will see videos of researchers “in action” sharing studies on the topic, and gain the ability to apply what is presented not only to parenting techniques but adult learning as well. In addition, 5 lucky webinar attendees will receive a free copy of *Mind in the Making*.

**To register for this webinar, please visit [www.brighthorizons.com/mindinthemaking](http://www.brighthorizons.com/mindinthemaking).**

**Presenter Bio: Ellen Galinsky, President and Co-Founder of Families and Work Institute (FWI)**

*Ellen Galinsky helped establish the field of work and family life while at Bank Street College of Education, where she was on the faculty for twenty-five years. Her more than forty-five books and reports include the highly acclaimed *Mind in the Making: The Seven Essential Life Skills Every Child Needs*, *Ask The Children* and the now classic *The Six Stages of Parenthood*. She has published over 125 articles in academic journals, books and magazines. At the Families and Work Institute, she oversees the largest nationally representative studies of the U.S. workforce and workplace.*

*Ms. Galinsky holds a Master of Science degree in Child Development/Education from Bank Street College of Education, a Bachelor of Arts degree in Child Study from Vassar College and numerous honorary doctoral degrees. She is a past President of the National Association of the Education of Young Children. Ellen Galinsky is married to artist Norman Galinsky, and they are the parents of two grown children: Philip and Lara.*

**Connect with Bright Horizons**



**Did you know...** Bright Horizons has a new website! Visit our new **Family Resources** page to access resources for growing families including: parent webinar archives, eFamily news articles, learning at home activities and more!

**Check out our Facebook page for your chance to ‘Discover Family Resources and Win’ an iPad mini! (Contest ends 5/3)**