

# Lawrenceville Ledger

February 2015



## From the Director

Many important events will be held this month:

The Kindergarten Open House will be on Thursday, February 5<sup>th</sup> at 4:00pm. Children who will turn five years old by December 31, 2015 are eligible for this program.

We invite you to the Preschool Showcase on Tuesday, February 10<sup>th</sup> at 4:00pm. During this event, families will have the opportunity to explore their child's next classroom and visit with the teachers; learn more about the curriculum, *The World at Their Fingertips*; and engage in activities with their child that highlight STEM (science, technology, engineering, and math) learning in the classroom.

Camp Explorations: X-treme Summer Fun is available to children between the ages of six through twelve. Please note that children must be 6 years old by June 1, 2015 or have completed a community-based kindergarten in order to be accepted into the program. Join us on Thursday, February 19<sup>th</sup> at 4:00pm for more information about the exciting events planned this summer.

Families are also welcome to attend Yosi's "Love and Friendship" concert on Friday, February 13<sup>th</sup>!

Stay Warm!

## Important Dates

**February 3** – Parent Partnership Meeting 12:15pm

**February 5** – Kindergarten Open House 4:00pm

**February 6** – Last day to complete Parent Satisfaction Survey

**February 10** – Preschool Showcase 4:00pm

**February 13** – Yosi's "Love and Friendship" Concert

**February 16:** Last day of Awards of Excellence nomination period/Center Closed

**February 19** – Camp Explorations Open House



### Connect with Bright Horizons



# Art Smart



## Infants

Infants are adventurous beings who learn about the world – and themselves – through their senses. Exploration of the arts in an infant program ensures that these young children are exposed to rich and diverse experiences that capture their interest, nurture their development, and excite all their senses.



## Toddlers

Early learning and developmental experiences infused with art nurture not only creative and artistic growth, but also enhance development in other areas including literacy, math, and science. Meaningful engagement in the arts allows children to make decisions, take action, think flexibly, learn about cause and effect, generate creative solutions, and begin to understand their physical capabilities.



## Preschool

Preschool- age children are creative by nature and enthusiastic about art. Not only do artistic experiences expand a preschooler's budding creative and artistic competencies, they also enhance learning and development in other areas such as math, literacy, and science. Artistic exploration encourages important skills such as flexible thinking, adaption, problem-solving, innovation, and follow-through.



## Kindergarten

Hand a kindergartener paper and paints and he'll get right to work. Some children might create splatter art, others might paint flowers, and still others may fold paper into a 3-D shape. No matter the approach, each child is applying his or her budding artistic sensibilities. Knowing that rich and varied experiences in the arts contribute to overall intellectual development, our Art Smart curriculum provides a framework for nurturing the development of these important skills and concepts.





## READY for SCHOOL Parent News: Building Emotional Intelligence for a Lifetime of Emotional Well-Being

Emotional intelligence, or the ability to process both emotions and thoughts to make optimal choices, begins to develop in early childhood and has profound implications for later life success. Children who have strong emotional intelligence perform better academically in school, are less likely to engage in risky behavior, and have lower incidents of depression or violent behavior later in life, according to a study published in the Archives of Pediatric and Adolescent Medicine.

At Bright Horizons Family Solutions, educating the whole child has always been our mission. We believe that positive, nurturing environments set children on the path to healthy social and emotional growth. Below are a few tips for fostering emotional intelligence:

- **Set a positive example.** Emotional intelligence develops from a combination of environment, relationships, experiences, and biological and genetic traits. When children see adults working out problems, expressing emotions appropriately, and building nurturing relationships, they're more likely to gain those skills themselves.
- **Respond to children's needs promptly.** Young children can't always verbalize their needs and feelings. They may cry, fuss, or even have a meltdown to express hunger, fatigue, fear, or frustration. Responding to a baby's cry doesn't spoil her, but teaches her that the world is a safe place and that she can trust the adults in her life.
- **Help children identify and express their feelings.** Identifying and expressing emotions is part of a healthy emotional response to life. Help children understand that emotions aren't scary or bad, although they can feel powerful. Verbally identify emotional responses and offer solutions. For example, you might say, "You're crying and I can tell you feel really sad and mad that Jessie took your car. I'm going to help you solve this problem."
- **Help children consider someone else's point of view.** Children are naturally somewhat egocentric, so this one takes time and practice, but once children can identify their own emotional responses, they can begin to walk in another's shoes. Label how you're feeling for children and help them begin to think about others' perspective.
- **Set age-appropriate expectations.** Sharing is very hard for toddlers and twos, but as children head into the preschool years, they can begin to learn turn taking with support from caring adults. Help children by modeling the words to use. For example, "Ask Jamal if you can play with the car."

Like every aspect of a child's development, emotional intelligence develops at an individual rate. However, caring adults can support and maximize growth, ensuring a happy, productive future.

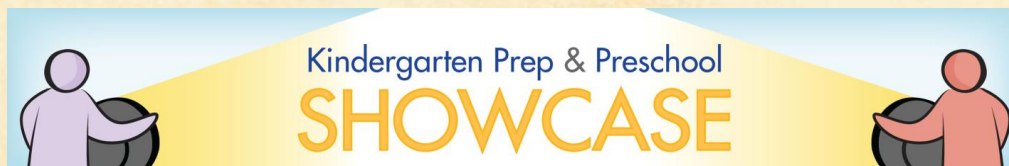
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*Hawkins, J. David, Jie Guo, Karl G. Hill, Sara Battin-Pearson, and Robert D. Abbott, "Long-Term Effects of the Seattle Social Development Intervention on School Bonding Trajectories," Applied Developmental Science: Special Issue: Prevention as Altering the Course of Development, Vol. 5, No. 4, 2001, pp. 225-236.*

# Bright Horizons News



## See How We Prepare Children for Kindergarten – and Beyond!



Explore with us your child's NEXT classroom during our Preschool Showcase. This event offers families the opportunity to get a sneak peek to the next stage of education with Bright Horizons.

During the event, our teachers will be sharing classroom activities highlighting STEM (science, technology, engineering, and mathematics) learning, offering ways in which families can extend STEM learning at home with your child.

Our Preschool Showcase event offers a chance to:

- Experience your child's NEXT classroom
- Engage in activities focused on STEM learning
- Meet with our teachers and be inspired by their love of education
- Connect with other families in your Bright Horizons community

To learn more about the Preschool Showcase event at your center, talk to your center director, or child's teacher. We look forward to you joining us during this family event. Be on the lookout for your personal family invitation!

## 2015 Awards of Excellence—Nominate Someone with HEART!



At Bright Horizons, our *Awards of Excellence* program helps us recognize the extraordinary work, dedication, and passion of our employees. We are pleased to invite you to help us recognize the many wonderful early childhood professionals and other dedicated Bright Horizons employees who show their commitment to children and families each day.

As part of our *Awards of Excellence* recognitions, we honor one teacher from each division of the company with the Janice Hill Award. This prestigious award recognizes teachers who demonstrate dedication and passion for early childhood education. It honors teachers who help to create a positive, nurturing environment for the center or school as a whole. They guide and support their colleagues and model respectful interactions with children and families.

Here's your opportunity to acknowledge those who consistently impress you with their extraordinary efforts!

**Nominations may be made through Friday, February 13.** Please take a few moments to help us recognize those who impress, support, and care for us with their excellence each and every day. To learn more, or to submit a nomination, visit our website: [www.brighthorizons.com/awards](http://www.brighthorizons.com/awards).