

First National Bank CDC

December 2014



From the Director

During this Holiday Season, the teachers have been focusing on others and on giving back to the community. In November our Better Together group started collecting coats and winter items for Open Door Mission. On November 18th, 10 teachers volunteered at the Lydia House to gather and package gifts for Project Santa. The Lydia House is the Bright Space that our center has adopted. The Lydia House serves homeless women and children in our local community. Last week we donated 234 lbs of old toys and stuffed animals to the Timberlake Outreach Center. We want to thank you for your support in helping us give back to our community. Together we can move mountains.

Now that the weather is getting colder, snow will be falling. Please remember to park back from the curb in the parking lot so that your bumper is not over the sidewalk. This will help the crew to be able to remove snow from the entire sidewalk which will help our parking lot be safer for children and families. Thank you for your attention to this matter.

Lastly, if you did not have the opportunity to have a Parent Teacher Conference with your child's teacher and would like one please let your teacher know and we will make that happen.

Take care of yourself and have a great holiday with your family!

Kind Regards,
Heather

Important Dates

Nov 17-Dec 19: Winter Weather Coat Drive

December 1: K-Prep 2 Make-up Conferences

December 3: 3:00 PPG & Better Together Meeting

December 5: K-Prep 1 Make-up Conferences

December 10: K-Prep to sing Winter Songs at the Winter Garden at 10:00 to kick off Holiday Book Fair! Please come join us!

December 18: Last Stretch & Grow Class
Director Meeting: Heather off site from 9-4:00pm

December 22-26: Heather on Vacation

December 24: Center closes at 3:00

December 25: Center is closed

January 1st 2015: Center is closed

Reasons to Celebrate

Happy Birthday

Joanie- December 1st
Chef Mike- December 2nd
Mandy- December 18th

Connect with Bright Horizons

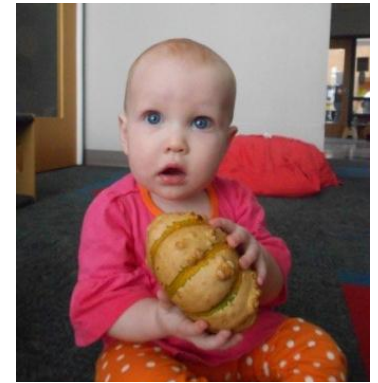


Classroom Highlights



Infants

Infant 1 spent time this month exploring gourds in the classroom. Infants use their senses to explore the properties of objects. They are also developing early language skills as they listen to the words used to describe the gourd such as smooth, bumpy, heavy, orange, and stem. By listening to language, infants are able to hear key sounds that they soon learn to repeat.

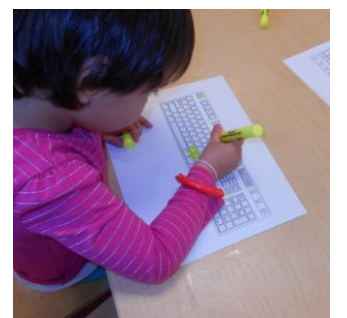


Toddlers

The weather outside has caught the attention of the toddlers. After the snow melted, the toddlers took the opportunity to explore snow flake snow using their senses. Toddlers are learning to formulate “why, what and how?” questions and the opportunity to creatively explore materials encourages them to investigate and ask those questions.

Preschool

Preschoolers are learning to identify letters, especially those in their own name. Combined with the 21st Century Technology of a QWERTY Keyboard, the preschoolers in Preschool 3 practiced identifying the letters in their name by searching a printout of a QWERTY keyboard for the corresponding letters in their name and highlighting them.



Kindergarten Prep

In Kindergarten Prep, children are learning to make purposeful marks and letters. While learning to write their names, the children in Kindergarten Prep 1 practiced writing their names in cornstarch. This gave children the opportunity to practice making the four basic strokes of uppercase letters- Big Line, Little Line, Big Curve and Little Curve.

Share The Experience!



Tell a Friend About
Bright Horizons!

**Effective
December
1-31st**

**Refer a new
family to
FNB CDC
and you
could earn
\$200 dollars
in tuition
credit!**

**(\$200 for
full-time/
\$150 for
part-time)**

*Credit redeemable after new family has been enrolled for 30 days.

Family Partnership Call

Thursday, December 4th
12:00 PM
Phone Number: 888-886-4283
Pin: 564-632-3558

Agenda

Center Updates: Giving back to the community
Make-up Parent Teacher Conferences
New Computers to arrive for Admin this week
New Literacy Bags come out this month
Holiday Hours & Closings
Family Referral Program

Safety & Facilities: Merle is back
Tim Trent now oversees the CDC

Guests of the Month: Doug Malchow, Kindergarten Prep Teacher &
Diversity Champion to discuss how we celebrate
Holidays at the center

Upcoming Events: K-Prep Caroling at Winter Garden Dec. 10th at 10:00

Teacher Appreciation: Staff Holiday Party will be on December 12th from
7:00-9:00 at Old Chicago.

Staffing Update: Openings: Foreign Language, Infant Teacher, Resource

Open Forum: Questions



News – better late than never...



Our Infant 2 classroom honored our heroes of 9/11 in September by making cards and cake and taking them to our local fire, police, and military.

Fun at Home

Winters in the Midwest can be cold; bone chilling, frozen face cold. When we cannot get outdoors we are often times left looking for things to do indoors that keep us from getting the winter time blues. Here are some great ideas for a fun from the [Family Resources](#) section of the Bright Horizons website.

Learning at home ideas: Exploding Milk Colors

You Will Need: 1 pie plate, Whole milk (about a cup), 3-4 different colors of food coloring, 1 bottle liquid soap

Directions: Fill the pie plate with milk and allow it to come to room temperature. Add a few drops of food coloring to milk. Put a single drop of liquid soap in the middle of your plate, and watch your milk colors explode!

Tip: Ask: "How much milk should we use?" What colors do you want to add?" "How many drops of blue are you going to use?" "What do you think will happen?" Why this works: Milk contains fats and proteins in solution. Any change in the solution (adding soap) affects these fats and proteins. The soap makes the fats and proteins twist, bend and change into all kinds of shapes. The soap has weakened the surface tension, which is the watery skin that holds the liquid's molecules together. When they move they mix the colors. Ask "What happened to the colors?" "Do you see new colors now?" "Why do you think the colors move?"



Check out the [Family Room Blog](#) for more fun ideas, parenting tips and resources.



Learning at home ideas: Scarf Play

You Will Need: One or two scarves of different textures and colors

Directions: While your baby is happy and playful, lay him on his back on the floor or bed and stand or sit next to him. Take one of the scarves and wave it over your baby's body. Hold the scarf over the baby within his reach and encourage him to reach up for it. Also hold it off to the side and see if he can turn his body toward it. "Where's Mary? Peek-a-boo, there you are. Whee, it's soft. Can you reach it? Stretch, that's it. Yeah."

Tip: Let your baby get used to the feel of the scarf before you put it over his face and pick up on his cues if he doesn't seem to like it over his face. If he's not interested in peek-a-boo continue holding it over his body instead.

December Menu

1. Wheat toast, orange slices, & milk Chili Mac, blueberries, & fresh cauliflower. Cheese with whole grain crackers	2. Scrambled eggs, wheat toast, applesauce, & milk. Fish sticks, carrots, & fresh apple slices. Orange slices, bran muffin	3. Whole grain waffles with fresh strawberries, & milk. BBQ pork on a bun with sweet potatoes & steamed mixed veggies. Yogurt and peaches	4. Cream of Wheat Cereal, with fresh melon & milk Chicken breast, rice, & fresh green salad. Fresh vegetables w/ cottage cheese	5. Whole grain cinnamon Oatmeal peaches & milk. Hamburger on whole wheat bun with lettuce/tomato & oven-baked french fries. Cucumber & fresh pita
8. Corn flakes Cereal, with bananas & milk. Soft Tacos (ground beef, flour tortilla, lettuce & tomato) with oranges. Nutra grain bar	9. Bagel with pears & milk. Potato skillet with ground pork, whole wheat toast & steamed broccoli. Homemade muffin	10. Scrambled eggs, with applesauce, & milk. Turkey & cheese on wheat bread with steamed broccoli & carrot/raisin salad. Hummus and pita	11. Cheerios with bananas & milk. Grilled cheese sandwich on rye with tomato soup & fresh pears. Cheese and Ritz crackers	12. Sausage biscuit with oranges & milk. Pork chow Mein with crunchy chow Mein noodles and tomatoes Chef's choice
15. Cheerios with bananas & milk. Spaghetti with meatballs (ground beef) and fresh green salad. Fig Newton's	16. Whole grain English muffin with apple slices & milk Roasted chicken & rice, with steamed broccoli & fresh green salad. Homemade Smoothies	17. French toast with orange slices & milk. Cheese quesadilla with black beans & plums. Freshly baked Banana bread	18. Bran muffin with fresh kiwi & milk. Turkey potpie with pie crust, peas & fresh cucumber salad. Homemade peach cobbler	19. Pancakes with fruit cocktail & milk Sloppy Joes with cornbread, & steamed cauliflower. Chef choice
22. Wheat Cereal, with fresh bananas & milk. Tuna salad on wheat with fresh mangoes & banana. Fresh cucumber & pita	23. Sausage biscuit, fresh oranges & milk. Grilled cheese sandwich on rye with tomato soup & fresh pears. Homemade tortilla chip with salsa	24. Make your own Omelet with fresh oranges & wheat toast. Baked Ham with fresh dinner roll, coleslaw & sweet potatoes. To go snack	25. CLOSED	26. Chef's choice
29. Chex Cereal with bananas & milk. Beef enchiladas with fresh fruit. Homemade muffin.	30. Oatmeal with fresh peaches & milk. Pork chop with kaiser roll, mashed potatoes & fresh apricots. Hardboiled egg & fresh oranges	31. Waffles with eggs, fresh blueberries & milk, Cheese quesadilla with black beans & plums. To go snack	1. CLOSED	2. Chef's choice

READY for SCHOOL Parent News – The Flu Season Fight: Keeping Children Healthy

Young children get as many as 12 colds a year, or up to one cold per month, says the University of Maryland. Because each cold lasts 7 to 14 days, it may seem like your child is sick more often than he's well. Although you can't prevent every cold, you can reduce the risk and help your child stay healthier this cold and flu season. Below are a few quick tips for keeping the common cold (and flu) at bay.

- **Get your flu shot.** Getting the [flu shot](#) every year is the single most effective way to prevent the flu, according to the American Academy of Pediatrics (AAP), which recommends the flu shot for everyone age six months and older.
- **Wash your hands.** Adults know to wash their hands to keep germs at bay, but children are notoriously forgetful. Teach your child to wash her hands before eating, and after using the bathroom, playing outdoors, handling animals, or using a tissue. Teach your child to wash his hands after coughing or sneezing, or better yet, show your child how to cough or sneeze into the elbow of his sleeve. Show your child how to use soap and scrub all parts of her hands well for at least 120 seconds. Keep a bottle of waterless hand sanitizer in your bag for when you're out and about.
- **Make a predictable bedtime.** Lack of sleep can make children and adults more vulnerable to illness, and can also prolong recovery time, suggests the Mayo Clinic. Infants and toddlers need between 12 and 18 hours of sleep daily, depending on their age. Preschoolers need 11 to 12 hours of sleep daily, while school-age children need about 10 hours of sleep.
- **Keep ill children home.** Children in a group setting are bound to share germs, but we can limit their exposure by keeping children who show signs of respiratory illness home. The AAP recommends that children remain at home until all signs of fever are gone for 24 hours, without the aid of anti-fever medications and children are able to participate comfortably in all usual program activities, including outdoor time.

Boost your family's well-being and fend off common respiratory illnesses with a few, simple preventative measures. You'll miss fewer days of work and your children will stay healthier – and happier.

Bright Horizons News



Make a Difference with Your Holiday Shopping



Without spending any additional money, you can make a big impact on the life of a child experiencing homelessness or other crises. When you buy books, toys, music, and more as part of your holiday shopping on Amazon, 8% of your purchase will be donated to the Bright Horizons Foundation for Children from Amazon.com using this link.

Just click on [this Amazon link](#) and shop as normal. Visit our [FAQs](#) for more information about this program.

[The Bright Horizons Foundation for Children](#) is a nonprofit organization focused on brightening the lives of children, youth, and families in crisis, especially those who are homeless.

Make sure to save this Amazon page as a favorite and then share it with your family and friends! It works all year.