

A Great Place for a Childhood

August 2015



From Brandi's Desk

Kindergarten Prep Information Session

If you have questions or just want to learn more about how we prepare your child in our Kindergarten Prep classroom, please join us for an information session on **August 6th** from 5:00 pm-6:00 pm. Childcare and light snacks will be provided so please RSVP!

Annual Center Carnival

Don't miss our annual Summer Carnival, Friday August 21st from 4:00pm-6:00pm. The School Age campers are busy planning a fun-filled afternoon with games, prizes and food for the whole family.

Transition Time

The start of public school marks a time of transition here at the center. As children leave our Kindergarten Prep program and go off to Kindergarten, we begin the great migration of children from one classroom to the next. This can be a time of heightened stress for families. Please be sure to take time to schedule an exit conference with your child's current teacher and at the same meeting we will plan time for you to talk to the new teachers. Developing a morning goodbye ritual with your child and stick to the same routine each morning will help you both start your day off with a smile.

Important Dates

**August 6th- Kindergarten Prep
Information Session 5pm**

August 10th- Staff Meeting

**August 21st- Center Carnival
4:00 pm-6:00 pm**

**August 24th- Afterschool Club Begins
August 24th- NC PreK staggered entry**

August 25th- September Tuition Due

September 7th- Center Closed

Coming soon...

October Curriculum Night Events

Reasons to Celebrate

Happy Birthday to...

8/1 Darlene (T-1)

8/23 Shawna

8/23 Peggy

8/30 DeAntony

Happy Anniversary to...

8/3 Kendra (2-2) 11 Years

8/20 Samantha (T-2) 3 Years

Connect with Bright Horizons



Summer Exploration



Infants

The infants explored water this summer with their parents during the Summer Splash Day Social. Parents and children splashed all afternoon and had time to get to know other families.



Toddlers and Two's

All Summer the Toddler and Early Preschool classrooms have been watching and caring for plants around the center. Check out the courtyard and garden plants!



School Age Campers

School Age campers in the X-Treme Careers Camp go an opportunity to interview author and illustrator Tatyana Feeney. Tatyana read her book *Small Bunny's Blue Blanket* and then took interview questions from the children. They learned how she started her career, what she studied in college and how long it takes her to write, illustrate and publish books. The children even took photographs to document their interview.

READY for SCHOOL News:

The Brain's Control Center – Executive Function Skills

Executive function skills, according to the Center on the Developing Child at Harvard University, “are the mental processes that enable us to plan, focus attention, remember instructions, and juggle multiple tasks successfully.” Kindergarten teachers often refer to executive function skills as “ready to learn” skills because they are the traits children need to listen, answer questions, work collaboratively, focus attention, and process information. If these skills are undeveloped, academic growth, personal relationships, and work habits might suffer.

Executive function skills begin to develop shortly after birth and peak during the preschool years (ages 3 to 6). These skills are nurtured through predictable, loving relationships and engaging, stimulating environments, and often develop through everyday experiences. Children with developmental delays, neurological disorders, such as ASD (autism spectrum disorder), or children experiencing illness, abuse, neglect, or poverty may need extra intentional support to build executive function skills.

Below are a few simple ways to build executive function skills with your child:

- Offer open-ended play materials, such as blocks and dolls. These toys encourage creativity and can be played with in endless ways. In contrast, toys based on movies or television shows are generally used in one, scripted way.
- Encourage pretend play and avoid overscheduling your child. Children need unstructured time every day to play. Young children might need your help to get started, e.g., “I’ll be the baker and you be the customer.” As their play skills grow, children can assign parts, prolong play over several days, or use props symbolically, e.g., a pine cone represents food. Elena Bodrova of *Tools of the Mind* at Metropolitan State College of Denver, found that this type of open-ended play teaches self-regulation and positive social skills as children learn to take turns, compromise, and collaborate.
- Give your child simple jobs around the house, such as wiping a table or sorting socks. Ask your child to follow simple 3-step directions.
- Limit media time and increase the time you spend reading to your child.
- Play board games or work on puzzles that promote problem-solving and critical thinking.
- Offer positive encouragement when your child is able to wait her turn or delay gratification.

Executive function skills aren’t new, but in recent years, they’ve been identified as critical for success in almost every area of life. They’re probably not something you think about, but you’re building them every day for your child as you talk, play, and work together.

References:

Center on the Developing Child, Harvard University. Key Concepts Executive Function. Retrieved at http://developingchild.harvard.edu/key_concepts/executive_function/.

Spiegel, A. (2008). Old Fashioned Play Builds Serious Skills. National Public Radio. Retrieved at <http://www.npr.org/templates/story/story.php?storyId=19212514>.

Tools of the Mind. Self Regulation. Retrieved at <http://www.toolsofthemind.org/philosophy/self-regulation/>.

Bright Horizons News



Curriculum Night 2015: “A Day in the Life”

Join us for our Curriculum Night event in October, where families, from all age groups, will have the opportunity to experience a *day in the life* of their child and learn about the upcoming year with **Bright Horizons®**.

Curriculum
Night 

During the event, you and your family will have the opportunity to: explore our curriculum, ***The World at Their Fingertips®***, discover how literacy education is woven into our curriculum, learn about your child’s daily classroom schedule and activities, and connect with teachers to ask any questions you might have.

Share in your Bright Horizons experience and invite your friends and family to join you at Curriculum Night. Please see our Center Director or your child’s teacher if you have questions or would like more information about Curriculum Night. We will see you there!