

Bright Horizons at Research Triangle Park News

From the Director

With the clocks springing ahead on March 12th, we are eagerly anticipating the fun outdoor activities that accompany spring time in North Carolina! At RTP, we too are planning ahead. To start, we have a team working on a few playground enhancements that we are sure the children are going to love exploring. Secondly, several of our classes are gearing up to begin *GardenWorks*.

What is *GardenWorks*?

GardenWorks primarily grows out of two curricular elements of *The World at Their Fingertips: Science Rocks* and *Well Aware*. Science learning opportunities abound within gardening projects. Children learn about the cycle of life, what it takes to nurture a plant and so much more. Similarly, health and wellness learning is embedded throughout *GardenWorks* as children sample new vegetables they have never tried before and learn how healthy foods nourish the body. *GardenWorks* also touches on many of the concepts which are part of *Toward a Better World* which includes a focus on making the world a more sustainable place. Gardening can be a great interactive and learning experience for children of all ages, from infants through school age, either as an activity for one day, a week-long project, or an ongoing project throughout the year.

Watch for updates in your classroom's What in the World and documentation boards for highlights about *Garden Works*.

Happy Spring!!!

Important Dates

March 2 – Dr. Seuss' Birthday

March 20 - First Day of Spring!

April 14 – Center Closed

April 21 – Science Fair

April 24-26 – Week of the Young Child



Reasons to Celebrate



Happy Birthday!

March 16th - Ms. Sheronda!

March 27th - Ms. Loretta!

Happy Anniversary!

Ms. Loretta - 21 years!

Bright Horizons at Research Triangle Park

2352 So Hi Drive, Durham, NC 27703

919.686.0080 | rtp@brighthorizons.com

M-F 7am-6pm



CLASSROOM HIGHLIGHTS

Happy Birthday Dr. Seuss!



CAT IN THE HAT!

MR. BROWN CAN MOO, CAN YOU?



READY FOR SCHOOL NEWS

Building Responsibility

When asked what traits parents would like to see in their children, one of the most common responses is “to be responsible.” According to the Center for Parenting Education, being responsible is a key to children’s future success both in school and in the larger world.

Contributing to the family by helping with age-appropriate chores instills a sense of responsibility and fosters competence in young children while teaching them valuable life skills. By making helping part of your family culture, you demonstrate that contributions, big and small, are part of the expectations of life. Taking the attitude that “in our family everyone helps” is much more effective than “this is a job that you must do.”

With young children, the goal is for the contribution to be enjoyable so it instills a sense of pride. Include your child in the process of planning and assigning jobs. Choose jobs that are appropriate for your child’s developmental capacity and temperament. Below are some suggestions:

Toddlers:

- Help put toys away
- Sort and match socks
- Carry own backpack or lunchbox
- Classify items to recycle (cans, paper)
- Turn off lights and the water faucet

2-3 Year Olds:

- Help feed pets
- Dust with socks on hands
- Clear own dishes from table
- Help set the table and fold napkins
- Carry laundry to the washer

4-5 Year Olds:

- Water plants
- Set and clear the table
- Carry out recycling bins
- Make own bed (if simple)
- Rake leaves

Family members develop a closer connection to each other by working side-by-side to complete a task. Every family is unique, yet in all families, it takes cooperation to run a household. Children’s contributions help them recognize their competence and the importance of their role in the family. When everyone pitches in, tasks get done more quickly. For additional ideas obtain the READY for SCHOOL Family Activity Cards available for preschoolers from your center.

For more information, see The Center for Parent Education website:

<http://centerforparentingeducation.org/library-of-articles/responsibility-and-chores/developing-responsibility-in-your-children/>

BRIGHT HORIZONS NEWS

Come to our OPEN HOUSE in April!



Each year, Bright Horizons welcomes new families to our community. And, year after year, we've found that the best way to meet these families is through you!

Next month, we will be hosting an Open House Week where new families will be able to discover what makes a Bright Horizons education unique.

If you have a friend or family member that might be interested in joining, we would be happy to provide information for you to share with them! Please see your Center Director for details. We hope to see everyone at Open House Week!

Join Bright Horizons This Summer for Fun, Friendships, and Exploration!

Our two summer camp programs, *Camp Explorations: Preschool Adventures* (ages 3-5) and *Camp Explorations: School-Age Adventures* for school age (ages 6-12), take advantage of everything summer has to offer.

Our teachers develop a fun curriculum that uses surrounding communities and special visitors as an extension of the camp and integrate technology throughout the programs. Children learn about the world around them while exploring nature, experimenting with science, and engaging in creative arts.

To learn more about summer camp programs at your center, talk to your center director. Programs vary by location.



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