

# Bright Horizons at UM Canterbury Preschool News

## From the Director

Dear Families,

Welcome back to a new school year at the UM Canterbury Preschool! A special welcome goes out to all our new families. We are excited and looking forward to partnering with all of our families. We pledge to provide another year of engaging, stimulating, fun and nurturing activities for all our children. We are always available to assist you. Please do not hesitate to stop by the office if you have any questions.

All parents are invited to attend our first parent partnership meeting on Wednesday September 7<sup>th</sup> at 4:45 pm. at the Chapel's library located on the second floor.

We would like to wish a fond farewell to Ms. Leslie who helped to educate our UM children over the past 5 years. We will miss her greatly and wish her the best of luck with her new endeavors!

*"And the first step, as you know, is always what matters most, particularly when we are dealing with those who are young and tender.. That is the time when they are taking shape and when any impression we choose to make leaves a permanent mark."*

**PLATO**

**Ms. Mariella and Ms. Vicky**

## Important Dates

|                   |                           |
|-------------------|---------------------------|
| <b>August 1-5</b> | <b>Center Closed</b>      |
| August 8          | First Day of School       |
| August 8-31       | No Enrichments this month |
| August 18         | VPK Orientation           |
| August 22         | First Day of VPK          |
| August 25         | Curriculum Night          |
| September 7       | Parent Partnership Group  |

## Curriculum Night

Please join us on Thursday August 25 from 6:00 to 7:00PM for our annual Curriculum Night. Curriculum night is an orientation for families on what to expect this year. We will discuss "a typical day in the life" of a preschooler, introduce teachers and share information on the Bright Horizon curriculum.

## Reasons to Celebrate Happy Birthday!

|                    |      |
|--------------------|------|
| Killian L.         | 8/05 |
| Rosalind R.        | 8/17 |
| Caroline R.        | 8/17 |
| Charlotte R.       | 8/17 |
| Aidan S.           | 8/20 |
| Lily C. - Ander I. | 8/22 |
| Ms. Enia           | 8/22 |
| Maximo M.          | 8/25 |
| Julian K.          | 8/26 |
| Asher M.           | 8/28 |
| Ryan T.            | 8/29 |
| Sadie C.           | 8/31 |



## Bright Horizons at UM Canterbury Preschool

1150 Stanford Drive, Coral Gables, Florida 33146

305.284.5437 | [canterbury.gables@brighthorizons.com](mailto:canterbury.gables@brighthorizons.com)

Monday - Friday, 7:00AM – 6:00 PM

# CLASSROOM HIGHLIGHTS

## Infant

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During the month of July the infants spent time experimenting with ice. The teachers froze colored water and placed it in the sensory table for the children. As they played with the ice the infants are learning about the temperature and texture of the ice. They are able to see the ice melt into water the more it is handled.



## Toddler

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As we continue into the summer the toddlers spend time on their patio with water play. They enjoyed filling containers of assorted sizes with water. They are learning about size, volume and spatial relations as they participate with these activities.



## Two's

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Over the summer the children spent time learning about space. The children in the 2 year old class had a great time pretending to be astronauts and visiting all of the planets in their space ship. They took turns manipulating the control panel and counting down to blast off!



## Preschool

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The children explored various art mediums and learned about various artistic styles as they discovered their artist within. They learned how Michelangelo painted the Sistine Chapel. As the children painted underneath the table they were able to experience what the artist experienced as he painted the ceiling of the Sistine Chapel.



## Kindergarten Prep

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The Kindergarten Prep class worked together this month thinking of ways to help preserve our Earth. They talked about different types of materials we recycle and different ways we can use the recycled materials. The children had fun recycling paper bags into planters.



# READY FOR SCHOOL NEWS

## Outdoor Play

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A generation or two ago, children spent much of their time playing outdoors. Today, children spend as little as 30 minutes outdoors each day; and children have 50 percent less free time than they did 20 years ago, according to one study from the University of Michigan Institute for Social Research.

Yet children's needs haven't changed. Spending time outdoors improves physical health and reduces the risk of obesity and type 2 diabetes. Outdoor activity can also improve emotional well-being and cognitive function in children, even reducing the incidence of behavioral issues, such as Attention Deficit and Hyperactivity Disorder, according to a 2000 study published in *Environment and Behavior*. Perhaps most importantly, outdoor play is a source of joy and healing for children of all ages. Children who have regular experiences with nature are more likely to become conservation-minded adults. In this parent newsletter, we offer a few simple ideas for helping families rediscover outdoor play.

- **Schedule time.** Few parents would disagree that outdoor time is important, yet it often gets relegated to the low-priority list. Add at least one or two outdoor activities to your calendar each week to make sure they happen. These activities could be as simple as sitting on the front porch watching your children play in the evening or taking a walk to a nearby park. Outdoor activities will become a part of the routine if they're regularly scheduled.
- **Think outside the box.** Who says outdoor activities have to happen at certain times or places? Get creative. Pack a simple breakfast and go on a sunrise bike ride. Look for stars, bats, or fireflies at night. Eat meals outdoors during mild weather. Even playing board games or reading books outdoors is restorative.
- **Get prepared.** Outdoor adventures needn't be complicated or expensive, but it's a good idea to keep an "adventure pack" ready. Fill a backpack with the essentials – simple first-aid items, non-perishable snacks, sunscreen, insect repellent, and water. You could also add a lightweight pair of binoculars, a field guide and a compass. A quick internet search can help you find trails, hikes, and parks worth exploring in your area.

As you explore the outdoors, try to create a "yes" culture and think carefully about the rules you impose. Skinned knees and muddy clothes are a natural byproduct of healthy childhood play. Set boundaries for activities that could cause serious harm; otherwise, give your child ample freedom.

# BRIGHT HORIZONS NEWS

## Volunteering with Your Child

Raising children to be socially aware, community oriented, charitable-minded, and educated about their world is more vital than ever in today's global society. As a parent, you try to raise your child to become an active, compassionate member of society. One way to do this is through volunteering with your child – and summer can be a perfect time to do it!

The following suggested volunteer ideas, or “Brightening Lives Activities,” were created by the Bright Horizons Foundation for Children, and are a resource to encourage empathy, caring, and compassion.

### **Brightening Lives Activity: Make and Take Flowers to People in Nursing Homes**

**Here's How:** Decorate glass jars with small squares of tissue paper and water mixed with starch. Put flowers in the vases.

**Appropriate for Ages:** 4 - 7

**Variation:** Decorate small pots and put plants in them.

### **Brightening Lives Activity: Make Playdough for Children in Shelters**

**Here's How:** Combine 2 cups flour, 2 cups warm water, 1 cup salt, 2 tbsp vegetable oil, 1 tbsp. cream of tartar, food coloring. Teachers stir it over low heat. Divide it into individual bags.

**Appropriate for Ages:** 3 – 10

### **Brightening Lives Activity: Create a Library for Children in Shelters**

**Here's How:** Bring gently used books to class. Sort them by age group or fiction and non-fiction. Donate them to children in shelters.

**Appropriate for Ages:** 3 - 12

**Variation:** Collect gently used games or toys or children choose a favorite new book to donate on his/her birthday.

### **Brightening Lives Activity: Assemble Hygiene Kits for People in Shelters**

**Here's How:** Discuss what products people need for hygiene. Consider toothpaste, toothbrushes, dental floss, shampoo, soap, and deodorant. Parents and children together purchase a few extra items when buying supplies for our families. Sort items, and decorate and fill bags.

**Appropriate for Ages:** 3 – 12.



## CONNECT WITH BRIGHT HORIZONS

