

Bright Horizons at UM Canterbury Preschool News

From the Director

Dear Families:

I would like to wish you all a wonderful new year. We have many exiting activities at the Center to continue the second half of our school year. Please keep our calendar accessible as we will have many opportunities for you to participate and to be a part of your child's school life.

Our Bright Horizons 2017 Parent's Survey has launched this month from January 2 until January 31. Please take a few minutes to fill the survey and to let us know your opinion and satisfaction. The online survey address is: www.brighthorizons.com/parentsurvey

Our Family Partnership Group meetings and activities will resume this month as schedule previously. Please let us know if you would like to participate.

Thank you for your support and love.

Happy New Year!

Mariella Maldonado
Director

"The first and foremost thing you can expect of a child is that he is a child." Armin Grams

Important Dates

January 2	Center Closed
January 3	Return from Winter Break
January 2-31	Parent Survey
January 11	Parent Partnership Group Library at 4:30pm
January 16	Center Closed / MLK Day
January 27	Chinese New Year Parade At 10:00am

Reasons to Celebrate HAPPY BIRTHDAY!

1/03	Meva S.
1/08	Jocelyn L.
1/10	Nicholas A.
1/12	Sonia M.
1/13	Matthew P.
1/16	Grayson M.
1/25	Gabriel T.
1/25	Ms. Lourdes
1/26	Kamden R.
1/27	Brandon V.
1/27	Jake C.
1/31	Priya R.

Bright Horizons at UM Canterbury Preschool

1150 Stanford Drive, Coral Gables, Florida 33147
305-284-5437 | canterbury.gables@brighthorizons.com
Monday – Friday 7:00 AM – 6:00 PM



READY FOR SCHOOL NEWS

Outdoor Winter Play

January. For many of us, it's a dreaded month, the beginning of several weeks of cold temperatures and dark days. We're naturally inclined to stay inside when the temperature outdoors dips, yet children's need for active play doesn't change. Have you ever wondered how teachers accommodate children's needs for movement during the winter months? Below, we provide some insight into outdoor play in an early childhood setting and offer some tips for home, as well.

Cultural expectations about cold weather vary from region to region, and even around the world. In Scandinavia, for example, children and adults bundle up and go outdoors almost every day, believing that this practice builds resilience and good health. A common Scandinavian expression says, "There's no such thing as bad weather, just bad clothing." Knowing this can broaden our view of the possibilities for outdoor play. It's also valuable to remember that while as adults, we may feel miserable in cold weather, children often find the experience joyful and invigorating.

Teachers are encouraged to take children outdoors for at least a few minutes, several times each day, although each center has its own policies and practice. According to *Caring for Our Children the National Health and Safety Performance Standards Guidelines for Early Care and Education Programs*, "toddlers (twelve months to three years) and preschoolers (three to six years) should be allowed sixty to ninety total minutes of outdoor play. These outdoor times can be curtailed somewhat during adverse weather conditions in which children may still play safely outdoors for shorter periods, but should increase the time of indoor activity, so the total amount of exercise should remain the same." (*Caring for Our Children*, 3rd edition)

Teachers understand the value of outdoor time, but are also prepared for indoor movement activities in inclement weather. In cold weather, they may take children for a brisk walk or play a game outdoors. Indoors, they may, depending on the space available, offer balls, scooters, balance beams or other movement equipment. Dancing and indoor games can provide opportunities for physical activity.

Parents can support outdoor play. Teachers sometimes worry about taking children outdoors in cold weather. Parents can offer encouragement and work with teachers to ensure children have warm, waterproof outerwear. In some classrooms, for example, parents and teachers gather a stockpile of warm clothes to be kept at the center for any child to wear. Send in outerwear your child has outgrown to add to this stockpile. At home, parents can encourage the habit of getting outdoors. Take a brisk walk, build a snowman, or watch for changes in nature.

For more outdoor winter ideas, visit [Penn State College Extension](#).

BRIGHT HORIZONS NEWS



The Essentials of Learning Through Play January 31, 2017 at 2:00 PM ET

What might look like play to an adult is actually learning to a child. During our upcoming parent webinar, *The Essentials of Learning Through Play*, we'll explore:

- Different types of play
- What children can learn from each type
- How these opportunities might differ depending on age
- Activities and games that will help your child continue to learn at home during play time.

Register Today: [The Essentials of Learning Through Play](#)

Parent Survey Coming Out This Month

Each year, Bright Horizons full-service centers and schools distribute a Parent Satisfaction Survey. This is your opportunity to let us know if we are continuing to meet the needs of our families.

The annual survey will be available January 2-30 2017, and will be sent out via email.

The survey should take about 10 minutes to complete. Its purpose is to gauge our families' satisfaction and opinions on a variety of topics. Your responses directly benefit your center and provide us with feedback on how we can better serve you.

Please feel free to talk with your director about any questions or concerns. Thank you in advance!



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