

# Bright Horizons at UM Canterbury News

## From the Director

Dear Families,

This month at UM Canterbury Preschool will be filled with many exciting events. One of these events is the Scholastic Book Fair which begins on Monday October 10 at 12 noon and ends on Friday October 14 at 12 noon. Please support us by bringing your friends, coworkers, relatives and older children to find and enjoy wonderful books.

We will also have our Read for the Record day. You are all invited to participate and read to your child's class. The name of the book is *"The Bear Ate Your Sandwich."*

We will end the month with our "Children's Fall International Parade." During this time, the children will have the opportunity to dress representing different cultures and parade around the campus.

Please join us during this fun time!

More information and reminders will be sent via email and posted at the front.

*"Children must be taught how to think, not what to think"* *Margaret Mead*

Thank you for all your support!  
Mariella Maldonado

## Important Dates

Parent Conferences	October 10-28
Scholastic Book Fair	October 10-14
Read for the Record	October 27
Fall International Parade	October 31

Join us next month for the **UM** Homecoming Parade on November 4th

## Reasons to Celebrate HAPPY BIRTHDAY!

Nora S.	10/1
Ms. Bari	10/2
Diego D.	10/3
Matthew P.	10/6
Ms. Annie	10/8
Jonah B.	10/9
Inessa G.	10/12
Ms. Rose	10/19
Jack E.	10/24
Jessamine R.	10/24



## Bright Horizons at UM Canterbury Preschool

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Monday – Friday, 7:00am – 6:00pm



# CLASSROOM HIGHLIGHTS

## Infant

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During Science Rocks the infants explored with assorted items in the sandbox. As they played they were able to feel the soft grainy texture of the sand. They also learned how the different sand toys are used.



## Toddler

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As the toddlers enjoy easel painting in the Art Smart center they learn about different colors. The children used red and yellow paint this particular day because they had visited Spain, which has a red and yellow flag.



## Two's

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While celebrating Hispanic Heritage Month the children made passports and pretended to visit different Hispanic countries. While visiting the Preschool 2 B&C class the children took a trip to Peru where they learned Peruvian songs and dances, tasted Peruvian food and learned about the Peruvian culture.



## Preschool

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In September Ms. Schronda challenged her class to use cups, wooden cubes and craft sticks to create anything they liked. This project is a part of S.T.E.M. As a part of engineering it helped the children learn about balance and support as they built their structures. They also learned about patterns and spacial relations.



## Kindergarten Prep

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The children in the VPK class conducted an apple experiment. They placed apples into four separate containers; one filled with water, one with oil, one with vinegar and another that was empty. The children then shared what they thought would happen to each apple. This activity taught the children to independently develop hypotheses, make predictions, plan investigations, and draw conclusions. The children then observed the changes that occurred over the next two days. They were excited to see which predictions came true.



# READY FOR SCHOOL NEWS

## Technology Tactics

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Scientist Alan Kay said, “Technology is anything that wasn’t around when you were born.” This tongue-in-cheek observation speaks to the ambivalence we sometimes feel about technology. On the one hand, we can see its potential benefits; on the other, we may feel intimidated by it or worry about its negative effects. Often, we tend to lean to one side or the other.

Managing technology at home can seem overwhelming and every family’s solution will probably be unique to their situation. Below are a few general ideas to support you in finding the approach that works best for your family.

**Find a balance.** Children have access to more entertainment options than ever before, yet their needs haven’t changed. Children need unstructured play every day. They need real, face-to-face conversations and time to think, dream, and read. Their growing bodies and minds need daily doses of exercise and experiences with nature. As a family, set limits for tech use to ensure a healthy balance between screen time and other activities.

**Carve out tech-free spaces.** Technology can be an insidious time waster. Pop in to check social media and the next thing you know, 30 minutes has gone by. Don’t let this time gobbler eat up family moments. Set aside certain times and places as no-tech zones, e.g., when children first walk in after school, at the dinner table, or at bedtime. Don’t allow screens in children’s bedrooms. Some families have found that children fall asleep more easily if they don’t consume technology in the evenings.

**Keep your eyes open.** Be involved with your child’s virtual experiences just as you would his real-life activities. Check in occasionally on your child’s social media pages; get to know her online friends. Install a filter to help keep out inappropriate material, but understand that no filter is fool-proof. Scrutinize apps and software carefully. Talk with your child about what to do if he or she encounters inappropriate material and keep communication open.

**Join the party.** In general, we try to take a positive approach to parenting, saying “yes” when we can and filling our homes with the good things, rather than focusing on the negative. Technology is no exception. Choose wholesome, high-quality technology, including games, apps, audiobooks, and videos. Then plan some special family time to participate in those activities together. You’ll get a bird’s eye view of how your child is responding to technology and your child will love your willingness to enter his world.

Regardless of where we fall in the technology debate, we know that it’s here to stay. In Bright Horizons classrooms, we see technology as a potential tool, neither to be revered nor feared. We use it when it makes sense from an educational standpoint and when it complements the hands-on, developmentally-appropriate activities we know children need for healthy development. We partner with parents in considering best technology practices and support them in their efforts at home.

# BRIGHT HORIZONS NEWS



## Help Set a World Reading Record!

Join us on Thursday, October 27<sup>th</sup>

Bright Horizons invites you and your family to participate in JumpStart's *Read for the Record*®.

Jumpstart is a national early education organization working toward the day that every child enters kindergarten prepared to succeed. Each year they host *Read for the Record*, a national campaign that addresses the educational inequalities that leave too many children unprepared for kindergarten.

Join us and pledge to read this year's campaign book, *The Bear Ate Your Sandwich* by Julia Sarcone-Roach, with your child on Thursday, October 27<sup>th</sup>. Help us to break the record!

To learn more about Jumpstart's Read for the Record visit [readfortherecord.org](http://readfortherecord.org)  
#ReadfortheRecord



## ***The Working Parent's Wellness Toolkit***

**Thursday, October 6th  
2:00 p.m. ET**

With the daily realities of life as a working parent, it is important to find ways to care for yourself and your health. Join Bright Horizons and special guest and wellness expert, Christina Reale, for a live webinar discussing practical wellness strategies for working parents. In this webinar, we will learn how to set realistic wellness goals that can pave the way to balancing a successful career with a healthy life amid life's multiple responsibilities.

Register Here:

<http://event.on24.com/wcc/r/1263367/B4CEB4C1357B1C15BAA293A0FA3AF299?partnerref=ParentNews>

Check out the [Parent Webinars](#) website.

## CONNECT WITH BRIGHT HORIZONS

