



Dartmouth College Child Care Center Newsletter

Winter 2019

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Office: Sunnie McPhetres,
Abby Plummer, Dawn
Cote, Karen Small

Floating Team

Terri Crane, Kristin Cole, Liz
Harrington, Sue Downey,
Megan Wheeler, Emily
Courtemanche

Coming Soon To a Child Care Center Near You!



We will be soon be undertaking the process of becoming NAEYC accredited. It is very exciting! Very soon you will be receiving a message about our process and how you will be involved! Stay Tuned!





From the Director

Each Monday, I send a memo out to the DCCCC staff that starts with what week of the school year it is. Next week's memo will be week twenty-four! Can you believe that we are nearly half-way through the school year? I find it to be absolutely amazing!

While each year has its own challenges and rewards, this year seems to flow as most other years have in my time at DCCCC. It is about this time of year when children have really settled into their new classrooms. They are starting to feel the difference in not being outside as much (although we do get outside every day that there is not a windchill advisory). They are growing and learning new things. They are starting to feel the urge to push boundaries and start moving on toward the next age group. Isn't it funny how this applies to the children in all classrooms? Child development is indeed an interesting cycle!

One way that we see this phenomenon developing is through seeing our children push boundaries and limits. Are you seeing this at home as well? Maybe? It is really important as children grow and develop that they learn two things (okay, more than two but I'm focusing on two right now): they have choices and there are limits. It might seem that the two are opposed to one another, but they don't need to be. Check out the Otter newsletter this month for more about choices. I want to talk about limits.

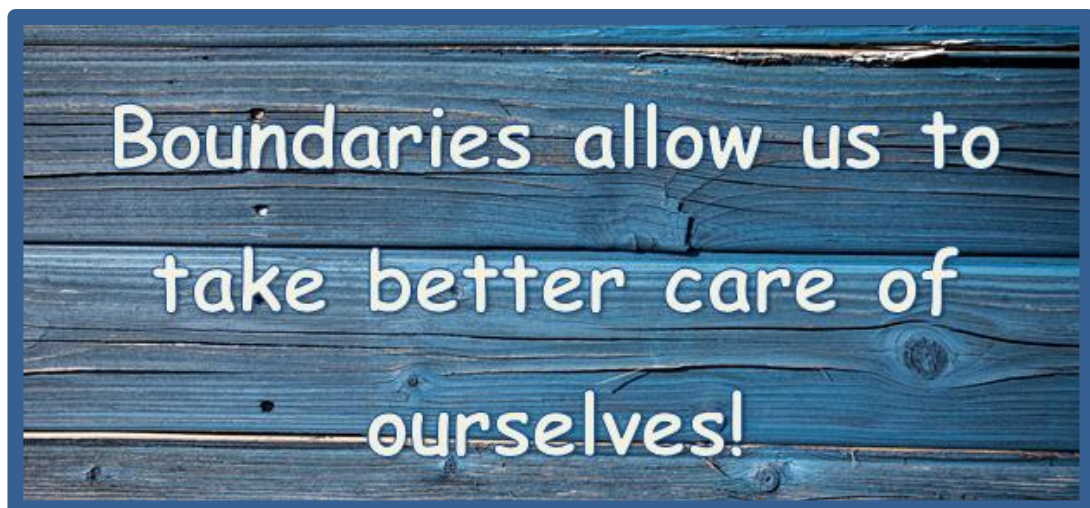
Here's my story from the past. On my son's first birthday, I felt very sorry for him. We lived far away from family and his father's ship was deployed. It was just the two of us. So, I (having no early childhood education or child development knowledge at the time) told him, "It's your day; do whatever you want to do." He climbed on shelves, he didn't nap, he ate junk food...you get the picture (remember he was just turning 1)! It was all fun and games...until the next day. He liked being able to live on the wild side and now I was back to telling him to stay in line. Take it from me, this was one of the worse ideas

that I have had in life! There were many more times in the years to come when I realized that having limits is not a bad thing. There were also many more times over the years when I was exhausted or sick and said, “I don’t care; do what you want to do.” Each time I had to face the consequences. What’s the lesson here? As a parent or care provider, limits and boundaries are important.

Setting limits does not mean that you are mean or that you don’t care. In fact, quite the opposite. Children who see that there are consistent expectations and limits learn to evaluate situations and respect limits all on their own when they are older. Right now, in their first five years, their brains are not ready to know and respect limits. That’s where we come in! The more limits we set and help children work through, the easier it becomes for them. It’s not easy, but we can do it! Need suggestions about specific situations? Just ask your child’s teachers or me! I love to share the struggles!






Here are a few articles that you might find interesting to read. They all say exactly what I would tell you! Check them out when you have time.

- ◆ [*Reasons Why It Is Important to Set Limits With Kids* by Amy Morin, LCSW](#)
- ◆ [*The Importance of Setting Limits for Your Child: Parents can help kids to feel more safe and secure by consistently maintaining rules at home* by Jennifer Hartstein](#)
- ◆ [*How to Set Limits for Kids Without Harshness, Fear or Shame* by Sarah MacLaughlin, LSW](#)



ANNOUNCEMENTS/NOTES/RESOURCES

We Sign Together Story Time in Hanover

-  Saturday, February 02, 2019
-  10:30 am - 11:00 am
-  Saturday, February 16, 2019
- 10:30 am - 11:00 am
-  Saturday, March 02, 2019 10:30
- am - 11:00 am
-  Saturday, March 16, 2019 10:30
- am - 11:00 am

[Howe Library](#)

DCCCC Will Be Closed On The Following Days:

-Monday, April 8, 2018, In-service Training

-Monday, May 27, 2018, Memorial Day

-Thursday, July 4, 2018, Independence Day

(anticipated: Monday and Tuesday, August 26 and 27, 2018, Transition Days – subject to change)

Mascoma Lake "Winter Wingding" in Enfield

Saturday, February 09, 2019
12:00 pm - 4:00 pm

[Mascoma Lake](#)

Main Street
Enfield, NH

[Directions](#)

Depending on Mascoma's ice conditions, activities may include fat bike demos, kitewing demos, broomball games, snow village building and a fire pit with cocoa and s'mores.

Contact Info
Enfield Parks and Recreation
[603-443-2916](tel:603-443-2916)

Juggler Bryson Lang in New London

Saturday, February 09, 2019
3:00 pm - 4:00 pm

[Whipple Hall](#)

429 Main St.
New London, NH

[Directions](#)

Price: Free

Lang's act includes comedy, juggling and audience participation. Co-sponsored by Friends of Tracy Memorial Library and the New London Police Benevolent Association.

Contact Info
Tracy Memorial Library
[603-526-4656](tel:603-526-4656)

Parenting Workshop in Norwich

Sunday, February 10, 2019

2:00 pm - 4:00 pm

[The Family Place](#)

319 Route 5

Norwich, VT

[Directions](#)

Price: Free

Note: Advance Registration Required.

Rachael Cook presents "Baffled by Behavior," a talk on how to understand and address everyday behaviors in toddlers and children. To RSVP, call Tia Howard at 802-649-3268 or email tiah@the-family-place.org. Co-hosted by The Family Place in Norwich and the Women's Health Resource Center in Lebanon.

Contact Info

Tia Howard

The Family Place

tiah@the-family-place.org

[802-649-3268](tel:802-649-3268)

"Vermont Flurry" Snow Sculpture Festival in Woodstock

Friday, February 15, 2019 10:00 am - 10:00 pm

Saturday, February 16, 2019 10:00 am - 10:00 pm

Sunday, February 17, 2019 10:00 am - 10:00 pm

[Woodstock Village Green](#)

downtown

Woodstock, VT

[Directions](#)

Price: Free

Cheer on professional snow sculpting teams as they compete to create large sculptures over a three-day period, and vote in the "Peoples' Choice" competition. The Vermont Flurry is a state-sanctioned snow sculpture contest. Each team votes on their favorite sculpture, and the winner of this vote goes on to compete in the U.S. National Snow Sculpting Competition in Lake Geneva, Wisconsin. Winners will be announced on Feb. 17 at 12:30 p.m. Voting ends at 12:15 p.m.

Event is weather-dependent and may be rescheduled at short notice.

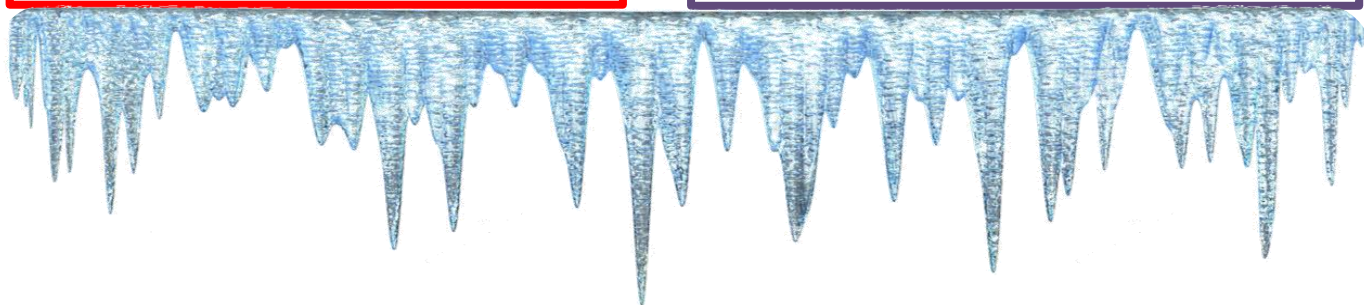
Contact Info

Alita Wilson

Pentangle Arts

director@pentanglearts.org

[802-457-3981](tel:802-457-3981)



News from the Chickadee Ones

Ali Hull
Lead Teacher

Denise Ayers

Deserai Scott

It's been a little over four months since the last newsletter and already so much has changed. Although I have been in the early childhood field for over ten years it still amazes me how much can change in such a short period of time. The Chickadee Ones are on the move, vocal, and growing into their personalities. Our vibrant Sia and her family have moved south and we are still able to keep in contact and video chat to see Sia. Harvey has moved to a center closer to his home and is flourishing. We miss him very much, it is not the same without him! Michael is now spending his days with Grammy and doing very well. He still visits frequently.



We have welcomed Riley to our classroom, aka Smiley Riley and she fits the name perfectly. She is enjoying her bottles and naps and when she is awake she enjoys tummy time and beginning to roll over. She has found her voice and we love hearing it. Dorothea is now walking/running all over. She has become the class mascot and helps with the little babies. Theda's partner in crime Sonia is now walking as well. She loves snuggles and playing with baby dolls. Together they rock the babies, sing them songs, and burp them. Luna enjoys dancing, singing, and getting snuggles from all of us. Her smile lights up the room. We play the baby shark song for Luna and she amazes us with all the moves. Jack is walking now and gives the best running hugs. He loves music class, lunch time, and exploring his world with his new feet. Caledonia is so close to walking. She cruises along surfaces and is always smiling. She loves being read to, puzzles, and exploring the world. We celebrated her birthday Wednesday the 23rd and





looking forward to what her one-year-old year brings. Benjamin is army crawling everywhere. His smile brightens the room and his screeches make us laugh. He enjoys lunch time and being around his classmates. We are looking forward to celebrating his first birthday in February. Maia is so close to walking. She gets so fast and snuggles up to your neck for hugs. She started talking and is picking up new words every day. We are looking forward to celebrating her birthday in February as well. August is the class flirt and snuggle bug. He does very well with tummy time and is beginning to roll over more.

Back in October we started back with music class with Brooke on Tuesdays. If your child does not come on a Tuesday please feel free to come for music class from 9:15 to 9:45. It is a great time where the Chickadee Ones & Toos and the Owls come together in the little multi and sing songs, play instruments, and get silly with Brooke. Us chickadees always look forward to music Tuesdays with Brooke.



We have been so lucky to get some of our summer helpers back during the Christmas break. We were happy to have Jeffrey and Laya back. They are amazing with the babies and we are looking forward to them coming back in the summer to help. We wish them well in their classes this semester.

Denise left us in November for a medical procedure and will be returning to D4C in mid February. Since November we have welcomed Emily to our classroom. She has become part of the Chickadee One family.

The children love her as do we! We are so thankful to be able to have her as part of the infant classroom.



We have been getting the children outside and playing in the snow. The children enjoy shoveling, playing in the snow, and eating some of it. With the cold weather we have been able to bring snow inside and have the children play with the snow. Below I have attached a site with mittens that stay on very well. We have been realizing that when we go outside the mittens that stay on the best and allow for the children to use their hands are the ones similar to the ones pictured here. Click [here](#) or on the mittens for more information.



What to eat: We have had a lot of parents ask what to pack for lunches/what other children are eating. As long as it is peanut & tree nut free please feel free to pack whatever it is you know your child likes. It can be what you had for dinner the night before. Below is a list of some popular items:



Sandwiches, pasta, hummus, guacamole, crackers, avocado, cheese, meat-chicken nuggets, cooked carrots, peas, etc. We cannot give children uncooked veggies, chips, hard crackers, raisins-if you question any food please email us and we can let you know. If your child is just starting on foods do not be alarmed if they are not into some foods. It takes many tries before a child will try/enjoy a certain food. Purees are fine/pouches are fine.



Often as children are eating these after a while, they may stop showing interest in purees and want more finger foods. Cheerios are always a good starter food. Please cut up your child's food ahead of time such as fruits/veggies. If it is something like a banana or sandwich or avocado we can cut it here. We have been noticing that it takes quite some time cutting everyone's food.

Reminders:

- Please make sure to sign your child in and out
- Please check ingredients and place a nut free note in your child's lunch box
- Read your child's daily sheet & please check their cubbies for notes/pictures
- Please make sure your child's clothes are weather appropriate & size appropriate

Chickadee Ones



It is a smile of a baby that makes life worth living. - Debasish Mridha

News from the Chickadee Toos

Teresa Hahn,
Lead Teacher

Lori Higgins

Angelica Morrison

LET IT SNOW

Warm winter greetings from Chickadee Too! We are happy to have some nice snow to play in and are getting out as much as possible. Please remember to have outside clothes and footwear available for your child.

As you all know, things change rapidly in the Chickadees. Charlie, Declan, Graham and Audrey are all one now. Charlie has gone from cautiously walking to running. Graham is walking as well. Declan is cruising all around the room and contemplating those first steps. Audrey is also cruising... it won't be long now. Sanna is learning lots of new words. She is able to communicate her wishes and seems very proud of herself. Morgan is also coming up with lots of new words and gestures to let us know what she would like to do (or not do). Catie has many new words and signs to communicate with us.



Tessa is sitting independently now. She can roll herself around the room and pull herself along the floor army style crawling. Riley has developed her voice and she sings and talks to us constantly. Daniel, or happy baby as his sister calls him, is on the move. He rolls and scoots himself all around the room, exploring his world. All three of these youngsters have started on solid food, so the kitchen is always open. With everyone bringing in food, it is important for all families to remember no-nut notes in lunch boxes each day. There are printed notes on the fridge if you would like, or you can just use a slip of paper. Thanks for remembering.



We are so excited and happy to have Angelica in Chick Too! She has been getting to know families and routines quickly. The children are getting to know and trust her too. She brings a new energy and a host of ideas and activities to our room. We miss Moya, but she is close and we see her daily. Starting in February, Angelica will be rotating in the regular schedule, so you will see her opening and closing the room.



Please remember to check your child's cubby for pictures, papers, notes from the office and soiled clothing. Also, extra clothes that are appropriate for size and season. Thanks!

Hoping you have a fun-filled winter,

Teresa for Chickadee Too



News from the Owls

Debbie Burnham,
Lead Teacher

Wendy Irwin














Moya Stevens

By now most of you have experienced some of the true nature of Toddlerhood – the struggle for independence from your two (or almost two-year-old), the inability of you to get them to eat and their refusal to stay in bed! These are all normal stages of this age group. Your job now is to be their teacher and guide them through toddlerhood to independence.

Setting up rules and expectations help toddlers to learn their world is consistent and fair. When you remain calm and maintain clear limits, your child learns to trust the people around them.

In the Owl Room we consistently remind children of the rules, "We need to wash our hands before lunch," "Other children can be in this space" and "You can ask them for a turn." We do this over and over and over. We limit our use of "No" and try to state expectations in positive ways such as, "Sit on your bottom in the chair" instead of "Do not stand in the chair." This does take some practice.

So what is going on in our room of toddlers?

-  Clarissa has learned how to remove doll clothing and so we often have naked baby dolls.
-  Basil can sing the whole "Twinkle Twinkle" song along with a few other songs.
-  Sabina insists she is going to Bermuda tomorrow!
-  Madie does an over the top rendition of "Let It Go".
-  Campbell loves to go for walks to help out the teachers with jobs.
-  Fallyn likes to be an adventurer outside, going up the hill in the snow.
-  Simon is learning to count in English and Spanish.
-  Netta has reconnected with Moya and can often be found in her lap.
-  Aiden can build tall towers with blocks.
-  Brielle loves to spend time with her Grandma, who recently moved here.
-  Sam likes using our tools to fix everything from cars to books.
-  Ayah enjoys our new doll center both feeding the babies and giving them a bath.
-  Angela is enjoying new foods in her lunch.

We are always amazed at how fast these Owls grow. They show us new developments each week.
This is truly an exciting time!

Fondly,

Debbie, Wendy and Moya



News from the Hedgehogs

Danielle Field,
Lead Teacher

Jenn Boudro

Greetings Hedgehog Families,

So much has been happening in the Hedgehog Room since our last newsletter! All of the Hedgehogs have been growing and progressing rapidly, practically overnight, and we have been so excited to see their newfound interests and discoveries.

The Hedgehogs are now well versed in the rhythms and routines of the classroom, often helping each other with cleaning tasks, using “teamwork!” to open and close the refrigerator door, and also reminding other friends in case they forget. They are also great at putting on and taking off their snow clothing, and many are moving towards using the toilet!



Over the past few months, we have been exploring several varied topics in our curriculum including, gingerbread day; rocks and minerals; national violin day; squirrel appreciation day; ice and snow exploration; celebrating families of all kinds; penguin day; and so much more! In addition to all of this, we have also seen a growing interest in our kitchen/dramatic play area, as well as lots and lots of building! Magnatiles are a big favorite, as well as our traditional wooden blocks and more natural wood “cookies” and stumps. We have also seen a steady love of the book, *Abiyoyo* by Pete Seeger. The children love to ask the teachers to read the book repeatedly throughout the day, and also request it as a story tape before rest. I’m sure many of you have heard your Hedgehog singing, “Abiyoyo, Abiyoyo!”

Outside time has also brought about some new-found interests. Sledding, shoveling, and even skiing have been very popular activities out on our playground. We have also kept up with our walking regimen, walking around the perimeter of D4C, as well as exploring new areas, such as behind the Ray School.

Birthdays have also been a theme lately as we have had four since our last newsletter! The Hedgehogs have loved “putting on their chef hats” and helping to bake various treats for the birthday Hedgehog.



Last month, the Hedgehogs embarked on our annual walking trip to Hanover Terrace to sing holiday songs to the residents, as well as pass out homemade chocolate chip cookies. This was an amazing experience for all of the children, and they delighted in singing with them and passing out jingle bells. Next month, we are very excited to be celebrating Chinese New Year in the classroom as well as Groundhog Day!

This month, we also said goodbye to Angelica, as she moved down the hall to the Chickadees Too classroom. Luckily, we get to see her often! She comes to visit us frequently, and sometimes we bump into her walking down the hallway!



There is much fun and exploration to come this year, and we continue to look forward to seeing your child grow, learn and discover with us!

On behalf of the Hedgehog Team,

Danielle





A loving heart is the source of all happiness, all joy and all bliss. — Debasish Mridha

News from the Otters

Stephanie Cummings,
Lead Teacher

Vipasha Oza

Maya Lopez

Greetings from the Otter Room,

We are almost half way through your child's year in the Otter room! The Otters are becoming more independent every day. Putting on snow suits daily has really helped with their independence as they now only need help with zipping up zippers and putting on mittens. The Otters are ALL using the potty, most of the children are successful, and others just sit. We are keeping this experience very positive for them as any interest in the potty is a good one.

We had our first goodbye of the year as Vasso and her family moved to North Carolina. While initially trying to relocate to Virginia, the move to NC was a better choice for their family. Although we were

saddened to see Vasso leave, a positive result occurred because of this. Maya Lopez has been

hired as a teacher in the Otter room. Maya has just begun her courses in Early Childhood Education and is thoroughly enjoying what she is learning.

Stephanie and Vipasha are incredibly happy to welcome Maya to the team who has been a great fit for the Otter team and program. We are all excited for where the Otter team will go and the relationships we continue to develop with children and parents.

As a team, we have been focusing on the positive interactions that we have with children. We have been using a resource by Dr. Becky Bailey called Conscious Discipline. Conscious discipline is a leader in classroom management and provides a transformational solution for social-emotional learning, discipline and self-regulation. Most of you are familiar with the Shubert puppet and stories that we have been reading in class which is a part of the Conscious Discipline Program. The Otters have learnt to use their big voice, making choices, being a S.T.A.R and how to have a helpful day.





We have recently been focusing on the power of choices. Giving children choices helps them feel like they have some power and control over what they do and is a step in growing up. A good way to start giving children choices is to select two or three things and let the child choose from them. These choices are easy to allow children to make:

- “Would you like to use crayons or paint today?”
- “Would you like to read Little Blue Truck or Goodnight, Goodnight Construction Site?”
- “Do you want to use a blanket during naptime?”
- “Would you like a sun butter sandwich or a cheese sandwich?”



There are NO RIGHT ANSWERS, just a focus on two positive actions that achieve your desired outcome. Freedom *within* limits is healthy and promotes problem solving, decision-making, and responsibility. A key rule to remember is to give only choices that you can agree to. Some adults say things like, “Do you want to eat lunch now?” or “Do you want to go take a nap?” Do children really have a choice? What if the child says, “No, I want to play”? These are times when choices shouldn’t be given. Offer choices only when the child will truly be allowed to choose. Internally motivated choices bathe the brain in helpful chemicals that foster an optimistic “I can” attitude, increase compliance, enhance decision-making and focus attention.



Please find some attached articles on positive reinforcement that might be of interest to you.



[Love or Fear - Conscious Discipline](#)

consciousdiscipline.com

Jessica Flowers Conscious Discipline Certified Instructor. Jessica Shields Flowers was the first Conscious Discipline Certified Instructor in South Carolina.



[CD for Parents: Teaching Your Children How to Follow Your Directions with Success - Conscious Discipline](#)

consciousdiscipline.com

Scaffolding in Parenting. In education, teachers are taught how to scaffold lessons to ensure student success. Scaffolding is a process where teachers break down information into digestible chunks.



[Put a Doctor's Kit on Your Gift List - Conscious Discipline](#)

consciousdiscipline.com

Julie Ruffo. Julie Ruffo holds a degree in Corporate Media from James Madison University and has enjoyed her evolving role with Conscious Discipline since 1999, from freelance editor/designer to Creative Director to publications.

In a few weeks, Stephanie will be hosting Wales' week to celebrate her culture and to celebrate St. David's Day, the Patron Saint of Wales. Stephanie uses pictures, videos and objects to help the children understand and experience Welsh culture. Throughout the coming weeks and months we look forward to: Sugaring, Weather, Plants and gardening, Earth week, People who Help Us and the Week of the Young Child.

We will be hosting our parent snack on Wednesday, February 27th at 4pm. We hope that you will all be able to join us for this event.

The Otter Team,

Stephanie, Vipasha and Maya



A little caring, a little love, and a little kindness can give you joy and bring enduring happiness. — Debasish Mridha

News from the Badgers

Terri Hollis,
Lead Teacher

Miranda Arruda

Beth Tetreault

Hello Badger Families,

How do we love your badgers, let us count the ways? We love them by creating a fun and stimulating environment. We have been doing so many learning and fun activities. We cooked soups, muffins, butter, and biscuits. This gives practice to sharing space, patience, turn taking, fine motor skills, cleanliness, and learning concepts of math. We have done process projects in which they learn that in a world of quick response and instant gratification some things take a while to accomplish. Patience is definitely practiced in this as it may take 2 to 3 days before it is your turn, such as our snow globe project. Your children seemed to understand that the wait was indeed worth it. They took pride in the work and handled the completed project

as though they were treasures. One of the best things perhaps is the one on one time they have with a teacher. Show, Tell, and Share has encouraged patience as well. Eagerly and respectfully waiting your turn to show and tell can be difficult when there could be 14 other children before you. Again they have learned that when it is their turn, they like having an opportunity to be the speaker and have control of just what they want to say. The wait was worth the reward.



Throughout the day we have been teaching them social responsibilities. Sharing and encouraging them to talk things out and come up with solutions when things are not going as planned. It is so much quicker to just step in and fix it, but what is learned for them? Some children need permission to take care of themselves by speaking up, while others are learning that what they do has an impact on others. Along with redirecting, guiding, setting boundaries, and encouraging we are making sure to reward and notice. We are allowing Badgers to do things they were not doing before. We are noticing what they have worked hard at doing or changing. We are rewarding that with trust. Trust to do tasks like pouring their own water, trusting them to go to the greenhouse on their own (with permission), trusting them to help to recycle, trusting them to use gentle hands to wake friends from nap, trusting them to get out materials



and using them when and how they want, like scissors. They know and have learned that there is a responsibility to that.

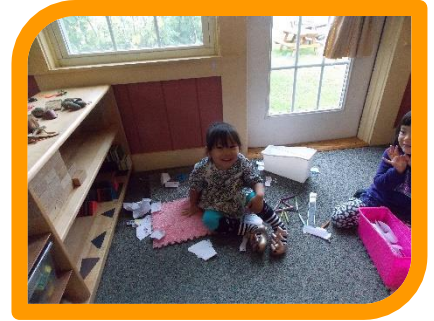
We give them new materials on a regular basis and changing the room around from time to time really invites positive play. We give them ways to do the activities, but differently.

Permission to explore! This was evident on our kid's choice day that we recently had. What do you want to do? What color playdough do you want to make? What do you want out with that, when do you want to go out? Where do you want to eat? Exploring to do activities that we have done in the past, but differently is perhaps the best motivator for children to further learn. On our backwards day children painted with their feet instead of hands, they drew under the table instead of on top, and teachers even read books backwards to children.

We will continue to explore, learn, support, encourage, expect, reward, and love.

Until next time

Terri, Miranda, and Beth





*Make enthusiasm a way of life.
Make optimism a way of success.
Make gratitude a way of happiness. — Debasish Mridha*

News from the Black Bears

Kristen Brown,
Lead Teacher

Judy Labrie

Gerry Bott

So much has happened since the beginning of the Black Bear year! The Black Bears have become increasingly independent in the classroom. They have become experts at marking their activity choice by using their picture cards. They also get dressed to go outside almost completely independently and put their *heat up* on a glass plate and put it on the counter at lunch time! The Black Bears have really grown to be a strong community. We have continued to discuss how to fill our friend's buckets, and you can often hear Black Bears using this language daily. They let a friend know when something filled their bucket and will even let their friends know if they are dipping into their bucket! In January we talked about Martin Luther King Jr. and the importance of being kind to everybody. We read many books about his life and the good things he taught. We talked about all the kind words that he used to teach people to include everyone.



In December, as an act of kindness, we baked chocolate chip cookies and delivered them to the Hanover Fire Station. The Black Bears got a tour of the fire station with an up close and personal view of a rescue truck leaving the station on a call! This sparked our very own



Black Bear Fire Department in dramatic play. We created a fire truck out of cardboard, a dispatch center, and air tanks using 2-liter bottles! Connor let us borrow his fire fighter gear from home, and quickly we were putting out fires all over the Black Bear room. We were even able to watch as Gerry lead our December fire drill. We watched him pull the fire alarm and call 911. The fire fighters were very impressed with our classroom fire station!



This group of Black Bears has been very interested in building and engineering! Our new magnetiles have gotten plenty of use in the meeting space. Black Bears are very interested



in building machines. They have also been very interested in building with legos. In December, the Black Bears worked on their own lego creations. When their creations were complete, we took pictures and documented each child's creation in a book! Black Bears named their creations and described them. We shared this book at our Family Snack in December!



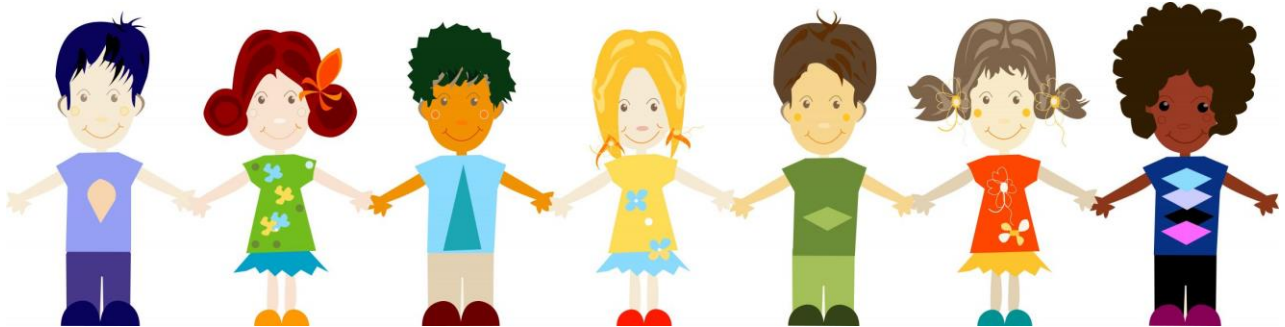
The Black Bears have also been busy writers! In the new year, we added journals to our classroom. Each Black Bear has their own journal with space for drawing and writing. Black Bears have been working on their journals at many different parts of the day. Many friends are very eager to work on their journals daily! We have also been working in teacher groups in the mornings. Each child is a part of a group with a teacher. We do many fun activities to help us practice reading and writing skills. Sometimes we work on journals or play fun games with the alphabet. A favorite for this group of Black Bears has been alphabet bingo!



Thank you to our families for taking the time to come out to our family conferences in December. We know it is difficult to make time during the day, but we love to get the chance to touch base with you about all the amazing things your children are doing! Since our last Newsletter we have celebrated Lorenz and Emerson's birthdays in October, Fred and Connor's birthdays in November, and Callum and Shama's birthdays in January. We look forward to celebrating Simone's birthday in March and Lucas' birthday in April!

For the Black Bears,

Kristen



"Compassion is a sign of inner peace. Kindness is a sign of inner strength. Be kind and be compassionate." — Debasish Mridha