



# Dartmouth College Child Care Center Newsletter

November 2011

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**Office:** Jeff Robbins,  
Sunnie McPhetres,  
Terry Chase, Amy  
Potter

## Children's Health at DCCCC

The staff at DCCCC are continuously looking at new ways to help keep children healthy both physically and psychologically. We can't stop those "bugs and fevers" from affecting children, but there are many things that we can do to ensure that your children have a healthy start in life. Some things that we are doing:

- Teach children about healthy habits (See the Grizzly article to discover what the Grizzlies know about staying healthy!)
- Make sure that the children get outside every day (see the Panda article to see what toddlers like to do outside and the Teddy Too article about dressing for winter weather).
- Classrooms have been concentrating on cutting back the amount of sugary treats that are created during activities (see the Woolly article for a terrific recipe).
- The steering committee frequently evaluates our snack menu and has decided to add more fresh vegetables.
- The preschool classrooms have offered to cook for the Teddies so that they can have a broader variety of foods offered.
- We expanded our staff non-smoking policy to include the entire grounds at DCCCC and to require protective clothing be worn and removed before working with children to reflect research about third hand smoke (please see the article at the end of this issue).
- We are aware of children's special psychological needs during different stages of their development (see Teddy One and Koala articles).
- We value each family's contribution and encourage the sharing of all of our backgrounds and cultures (see the Polar article).

## From the Director

Dear Big Jeff,

We are driving a long distance to be with family for Thanksgiving. With an infant, a preschooler and a school-ager on board, am I crazy? How do people survive these long trips in the car?

Thanks

Auto-mom

Dear Mom,

Ah, road trips! Let me put on my trucking boots while I compose an answer. Happily my kids were good car sleepers so we often drove well into the night listening to our own groovy music while the kids slept or we planned trips around naptimes. Always we traveled with an overloaded bag of books, activities and food. Actually it worked better if there were a separate bag for each child. Not that my children bickered, of course. Long trips usually involved something new - a book, a CD (OK, really it was a cassette tape because it was a loooong time ago), a box of crayons or small action figures. Most often the snacks were nutritious, but to be honest we also went with some highly engaging snacks like little boxes of animal crackers, individually wrapped peanut butter crackers and juice boxes. We played endless versions of word games adapted to the age of the children. In the beginning these amounted to challenges like count the red cars, find something yellow and look for a dog. As the children got older we began creating and solving One Minute Mysteries (cleverly and often impossibly invented by the person who was "it"), the alphabet game (find letters on billboards, or an object that begin with the letter, in alphabetical sequence) and the One Hundred Item Challenge i.e. count 100 of the object of your choice. It was helpful to accept that deciding on the rules lasted at least as long as the game itself.

Our favorite game for years was of our own making, the Five Hundred Game. This requires an alert adult to serve as the game show host (a la Sesame Street's Guy Smiley) posing questions to each player at just the right level of difficulty to provide a challenge, but for everyone to come out with equal scores. Clever questioning capitalizing on each child's areas of knowledge was the key. For example,

"Emily Robbins, for one hundred dollars name 5 (or 3 or 1) basic coat colors in horses and ponies."

"Nicholas Robbins, for one hundred dollars, tell what color headband is worn by each Teenage Mutant Ninja Turtle."

When each contestant had accumulated \$500 of earnings, it was time to decide how to spend it. In version A, you decide what to buy yourself. In Version B, you think of gifts to buy other people.

As the children got older I did learn eventually that taking an extra child could help decrease the amount of sibling bickering. During the minivan years, sometimes we got desperate enough for one adult to sit in the back for a while. This occasionally involved putting the dog in the front seat.

Our readers to the rescue! Here are a variety of field tested ideas to get you through the holiday with a smile on your face and relief in your heart.

Best wishes,

Big Jeff and several readers

#### Best activities for the car

- Window markers-- yes, you can draw on the car window and then use a wipe to clean off and start again! (Found at Dan & Whit's)
- stickers and sticker activity books
- new crayons, markers or colored pencils and a clipboard with paper
- scissors, paper, and a glue stick
- pipe cleaners for making little critters to play with
- Paint with water book-- you just need a brush with water on it, the paint is already on the pages with little dots (also found at Dan & Whit's)
- a new flap book, or pop-up book
- coloring books (not something we usually encourage, but that makes them special for the trip)
- Mad Libs are good for a laugh at all ages.
- Auto bingo- cards available on line  
<http://www.momsmivan.com/printables.html>
- singing songs and playing Name That Tune.
- We also bring along a few shakers, harmonica, etc. to play with his music in the CD player. We all sing along.
- Books on CD are a life-saver. Our favorites are the 'Magic Treehouse' books"
- We also broke down and bought a DVD player for the car. Best Buy sells a removable holder that can be set up between the headrests of the front seat--for the kids in the back seat.
- I hit the dollar store and get lots of little "treats" for the car. Nothing fancy, but a few odds and ends compiles a nice bag of tricks for the ride. We pull stuff out

every so often-- one at a time-- and occasionally wrapped as presents-- to make it last the whole way.

### Pit stops

- We make frequent stops to stretch and eat a real meal.
- We try to break the trip up with stops for a kid friendly activity like a ferry ride, a hiking trail or a museum.
- We bring a Frisbee or a ball and when kids are getting wiggly, we get out in a park and play.
- We plan a stop at a McDonald's playland (we are vegetarian so don't eat the food-- sometimes just a small French fry order). But the space provides a way to play part way through the trip. This is always a highlight and there are usually other kids there willing to play together.
- We stop around dinner time so we can eat, play, and then change into PJs before getting back in the car.

### Things to remember

- I try to regard traveling with children as an opportunity to develop patience and perseverance!
- The most important factor in our success was estimating that everything would take 150% of the time it normally would take.
- We always pack a small potty and a pack of wipes in the back of the car for emergencies.



## Greetings From Sunnie:

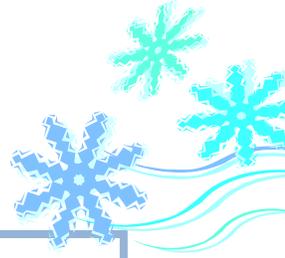
November is traditionally the season of Thanksgiving in this country. This is actually my favorite American Holiday. I enjoy having the reminder that I have so much to *thankful* for. I'd like to quickly share some of the items on my thankful list.

- My family
- My friends
- A career that I really enjoy and count as worthwhile and meaningful
- All of the many families that I became part of over the years
- Families who send me pictures of their grown children (so that I can see what those wonderful children went on to do after they left my care)
- DCCCC teachers of present and past who demonstrate every day that they are truly among the best in our field
- The sound of children's laughter
- That I live in a place where we have the luxury of teaching children about proper nutrition
- Children (and their grown-ups) who pop into my office to say hello or good-bye
- The opportunity to work for an institution (Dartmouth College) that values education at many levels
- That I live in a location where I can easily take children outside and enjoy exploring the wildness around us
- People who share their stories with me (happy, sad, funny and serious)
- The opportunity to be myself and be accepted by so many people! My professional life is the greatest!

Thank you to all of you for making life at DCCCC something to be thankful for just by being part of our DCCCC community!



# ANNOUNCEMENTS



## Snow Days

Whenever Hanover schools close or open late due to inclement weather, DCCCC will have a late opening time of 9:00 a.m. A late opening at DCCCC will be announced on:

- WMUR TV Channel 9 and [www.WMUR.com](http://www.WMUR.com)
- WCAX TV Channel 3 and [www.WCAX.com](http://www.WCAX.com), (go to weather, select school closings)
- New Hampshire Public Radio web site: [www.nhpr.org](http://www.nhpr.org)

During school vacations, late openings will be decided by the Director in consultation with local authorities and will be announced in the same media as above.

Grizzlies may arrive at 9 a.m. too and pay the full day rate.

## **DCCCC Will Be Closed On The Following Days:**

**-November 24 and 25, 2011 –  
Thanksgiving Break**

**-December 23, 2010-January 2,  
2011 – Winter Break**

**-March 19, 2011 – In-service  
Training Day**

**-May 26, 2011 – Memorial Day**

**-July 4, 2011 – Independence Day**

# Resources for Families

**Saturday, November 26: Tomie dePaola Presents *Strega Nora's Gift* in Norwich:** 10:30 a.m., Norwich Bookstore, 291 Main St. Children's author tells a story of holiday celebrations Italian style. Free. 802-649-1114.

**Saturday, November 26: Community Arts Open Studio (CAOS) in Lebanon:** 11 a.m. to 4 p.m., AVA Gallery and Art Center, 11 Bank St. Children with caregivers make self-directed art projects using AVA's bounty of supplies. \$5 per child. Information: 603-448-3117.

**Saturday, November 26: Annual Christmas Illuminations in Enfield:** 2:30 to 4 p.m., family advent activities. 4:15 p.m., music with the Plainfield Chimers. 5 p.m., opening service, blessing of the manger, and lights on. 6:30 p.m., Mass. Free. LaSalette Shrine, 410 Route 4A. 603-632-7087.

**Saturday, November 26: No Strings Marionette Company Performs *The Snowmaiden* in Randolph:** 11 a.m., Chandler Music Hall, 71-73 Main St. Production features handcrafted puppets and music by Russian composers. \$6. Tickets: 802-728-6464 or [chandler-arts.org](http://chandler-arts.org).

**Sunday, November 27: Children's Day at the Annual Christmas Illuminations in Enfield:** 3 to 5 p.m., LaSalette Shrine, 410 Route 4A. Children make ornaments, visit with Santa and hear the Christmas story. Free. 603-632-7087.

**Sunday, November 27: Bel Canto Chamber Singers Present "An Eclectic Fall into Winter" Concert in Lebanon:** 4 p.m., First Congregational Church, 8 South Park St. Choral concert includes Durufle motets, Vaughan Williams' *Fantasia on Christmas Carols*, Rutter, Rameau and others. \$5 and \$10, under 12 free. 603-448-1889.

**Friday, December 2: Windsor Wonderland Tree and Street Lighting in Windsor:** 5:30 p.m., State Street and Main Street. Turning on the town's Christmas lights includes music with the Windsor High School chorus singing holiday carols. Free. 802-674-6297.

**Friday, December 2: Night of the Nativities at Lyme Congregational Church:** 6 to 8 p.m., 1 Dorchester St., on the Common. Display of nativity sets throughout the church. Tree lighting at 7 p.m. includes carols and a visit from Santa. Free. 603-795-2213.

**Friday, December 2: Celebrate the Season in Hanover:** 4 to 8 p.m., downtown Hanover. Festivals includes horse-drawn wagon rides, visits with Santa Claus and extended hours and specials at local businesses. Free. 603-643-3115.

**Saturday, December 3: Christmas at the Farm in Woodstock:** 10 a.m. to 3:30 p.m., Billings Farm & Museum, Route 12 North and River Road. Experience a 19th-century Vermont Christmas with an authentically decorated home, visits to the dairy barn, and a handmade ornament to take home. \$3, \$6, \$11 and \$12; 2 and under free. 802-457-2355 or [billingsfarm.org](http://billingsfarm.org).

**Beginning Saturday, December 3: Festival of Trees in Enfield:** 10 a.m. to 4 p.m., Enfield Shaker Museum, 447 Route 4A. For the month of December, the Great Stone Dwelling will feature a decorated Christmas tree in every room. 603-632-4346.

**Saturday, December 3: Breakfast with Santa and Craft Fair in Hartland:** 9 a.m. to 1 p.m., Hartland Elementary School, 97 Martinsville Road. Festival includes wagon rides, refreshments, local crafters, face painting and raffle. fee for visit with Santa. 802-436-3168.

**Saturday, December 3: Cookie Walk in Sharon:** 9 a.m. to noon, Baxter Memorial Library, 5114 Route 14. Fill a bag with an assortment of homemade cookies. \$8 per bag. Proceeds benefit library operations. 802-763-7067.

**Saturday, December 3: The Family Place Gingerbread Festival in Norwich:** 10 a.m. to 3 p.m., Tracy Hall, 300 Main St. Festival includes a gingerbread house display, store, cafe, cookie decorating, silent auction and more. \$5 per person. 802-649-3268.

**Saturday, December 3: Upper Valley School Winter Fair in Quechee:** 10 a.m. to 3 p.m., 80 Bluff Road. Children's crafts, puppet shows, handmade gifts, and the crystal cookie cave. Free. 802-296-2496.

**Saturday, December 3: Holiday Celebration in Lebanon:** 2 to 5 p.m., City Hall, 51 North Park St. Holiday festival includes crafts, hay wagon rides, music and visits with Santa Claus. Free. 603-448-5121.

**Saturday, December 3: *Clara's Dream* and *Clara's Tea* in Lebanon:** Ballet performed three times at 1, 4 and 7 p.m., Lebanon Opera House, 51 North Park St. \$12 general admission, \$10 group rate. *Clara's Tea* offered twice, at 11:30 a.m. and 1:30 p.m., at City Center Ballet, on the pedestrian mall, within walking distance to the Opera House. \$20, includes the ballet. Tickets: 603-448-0400.

**Saturday and Sunday, December 10 and 11: The Polar Express in White River Junction.** Details and ticket orders: <http://www.hartfordvtpolarexpress.com/>

## **News from the Float Team**

Eileen Ruml

Gladness Msumanje

Elizabeth Harrington

### **Elizabeth's Take on Life as a Floating Assistant Teacher**

My, time flies- I can't believe that we're already into the month of November! It feels like only yesterday I started my time as a part of the float team here at DCCCC. I've had the pleasure of meeting many of you either in the classroom or in passing (and if not- I hope to meet you soon!). Being a float has been a very unique experience: Every day brings something new. Some days you might be with the Teddies, while other days might bring you to the Grizzlies- or both! It certainly keeps me on my toes. But there's nothing better than being able to interact with so many great personalities- both children and teachers!

Liz

### **Good News for the Team of Floating Assistant Teachers!**

Miranda Arruda has accepted the position of Floating Assistant Teacher at DCCCC! Miranda is currently pursuing a degree in Early Childhood Education and has taught at other programs in the Upper Valley. Miranda will join our team on December 1. Look for more information about Miranda in the next issue of the DCCCC newsletter.

## News from Teddy One

Debbie Burnham,  
Lead Teacher

Wendy Irwin,  
Teacher

Michele Murphy,  
Assistant Teacher

Our Teddies are already growing, developing friendships and learning new skills. We are truly amazed at watching your children grow!

Carter is forming relationships and playing chase games around the rocking chairs! Owen is saying more words, the most important here being, "My Blankie!". Yirang is understanding more of what we say and now telling us "book" when she wants us to read.

Kirsten has become a big sister and feels she is the big kid here, telling us what she needs or wants to do, including saying the word, "multi" repeatedly throughout the day! Remi comes in ready to play. He arrives and goes off to explore. Dara is taking a few steps from time to time, when she's not busy reading books. Kellyn is saying names, mostly "Steph" so we are working on that! (Steph is our afternoon person who is here most days.)



Grace is turning one and has become comfortable enough here to crawl to the bookcase and get a book off the shelf. Emily has started signing with a real purpose, telling us when she wants a bottle or more snack. Cleo is an independent person, going all around, but coming to us for snuggles!

And our "baby" Madelyn is full of smiles. She definitely lets us know when she is hungry, but otherwise she is giving us smiles and making us smile :)

And our "baby" Madelyn is full of smiles. She definitely



For some of our children separation anxiety is ending just as it starts for others. If your child cries, when you are leaving, we know how hard it can be on you. Please be assured that your child most likely has recovered before you are at the traffic circle! Reassure your child that you will be back to pick them up, give them one last kiss and leave as quickly as you can. We have found that when you linger it just prolongs the anxiety. We will have your child watch you out the window to give a wave or distract them with an activity, whatever works best for them. Anytime you want to call or email, once you are at work, please do so.

Brrr....you may want to check your child's extra clothing to make sure it is weather appropriate and it still fits! We will also be needing boots, winter pants, coats, hats and mittens for those cold days.

We are fully enjoying watching all the new developments your child has and we are grateful to be a part of their lives.

Thank you for sharing them with us.

Fondly,  
Debbie, Wendy and Michele

# News from Teddy Too

Terri Crane,  
Lead Teacher

Lori Higgins,  
Teacher

Denise Ayres,  
Assistant Teacher

It seems everyone has settled into the Teddy room. They are playing and exploring all of the teddy spaces. We are seeing lots of growth happening already. We've had some new things happening:



Charlotte Smith is babbling and occasionally taking her bottle.  
Charlotte Covey has started to roll over from belly to back.



Ravi is soothing himself to sleep and taking good naps.



Micah is pulling himself up and letting go.



Ian is taking steps and eating finger foods.

Caroline is thinking about walking she is getting braver about letting go.



Mary Rose is climbing the steps to the slide.

Rena is trying to say words she is chatting all the time.



Brian is running all around the Teddy room and multi.



Faith is saying all of our names and many other words. She is also singing the ABC song.



We are enjoying getting to know all about your child. Everyday brings something new and different that they are trying. We are excited to share it all with you.

We've already had a touch of the white stuff with more to come I'm sure. We will continue to go out in the winter months. We'll have paths snow blown on the playground for everyone to get around. Little ones get pulled around in sleds and toddlers make their way around finding ways to play in the snow. We sled on the hill, and if the snow is right build snow things forts, dinosaurs, snow babies and lots of other things.

If you're wondering what to buy for winter gear I can give you a few tips that might help you decide what will work for your little one.

Snow suits or bibbed snow pants with winter jackets work well for this age. The bibbed version of snow pants work well to keep the snow from creeping up their back and belly. Boots for walkers and crawlers who are pulling themselves up and will soon be walking. Warm booties, heavy wool socks, or one piece snowsuits that have the feet attached work well for the little non - crawling/ walking babies. For the babies that don't move around much warmth is the key.

Now on to the head and hands first of all they will never keep hats and mittens on so let's get that out in the open. Hats need to fit well and cover the ears. Mittens are really hard to find for this age group, but here are some things to think about when buying some. Buy mittens with thumbs for toddlers even though it is maddening to put them on and get their thumbs in there it is worth it when they can pick things up and move things around. Also mittens need to fit well .... Too big and they will shake them off.... too small and they will be super hard to get on. If you have any questions ask any of us. We all have vast experience in suiting up little ones for fun winter weather.

This month we will say good bye to Charlotte Smith and her family. We will miss them all, and wish them well.

Happy Thanksgiving,  
Terri, Lori and Denise



# News from the Panda Bears

Susan Young,  
Lead Teacher

Jenn Boudro,  
Teacher

Teresa Hahn  
Assistant Teacher

We have had a wonderful fall in the Panda room. Children seem to be settling in and feeling more and more comfortable as time goes on.

We have spent a lot of time outdoors doing cool stuff! We went out in the field with the Koalas with a bunch of cattails that were ready to blow their fuzzy seeds all over. I gave everyone a cattail hoping they'd blow all over in the wind. It backfired a little as there really was no wind so those fuzzy little seeds lingered around us! They were stuck on fleece, hair, NOSES, eye lashes and mouths. However everyone seemed to have fun so all

was well! We also brought cattails inside. Teresa talked about them in circle and one started to blow before our very eyes! We've felt how soft they are... touching them so gently (mostly!!) We even painted with them. Please take a look on your way down the hall! I put up a few for children to touch. I am sure they will get pulled down from touching at some point which is just fine with me. I want children to touch things from outside. I want them to smell things from outside. I want children to see things outside and I want to bring things from outside INSIDE!!

We also have been hauling leaves and stalks that have been raked up and cut down from our garden out to the big compost pile in the field. Lots of children from other classrooms have helped. I love that! I think there were 20-30 kids at one point helping. I always gather them together before heading out that gate to listen to my ONE RULE!! "Come back if a teacher calls you" and it is amazing how well they respond to that. They all love to help. They love to look around in the field. Sometimes we find holes in the ground, under a big



bush or in the grass. One older child asked me if we could "look for the poop of deer"!!!! "You betcha" I said and a bunch of us did!



We've been talking about, singing about and looking at birds. We have several kinds coming to our feeders including chickadees, gold finches, blue jays, nuthatches and a tufted titmouse. We've put up a tree in our room to put birds on. We'll listen to different sounds they make. We glued photos of birds from magazines on "birdfeeders" along with seed. Jenn had a couple of circle times that made me laugh out loud! One was a song about a little bird in a tree and then another is added. She said "now we don't usually do this but...." and got a chair for everyone to stand on to pretend they were in a tree. I looked over and the song began. One by one each child was retrieved from the group sitting on the floor. They flew over to their chair and climbed up. They may not have been singing but they were engaged!! And by golly 2 days later, she got all the nap mats out for circle. She stood each mat up, wrapped around each child. As the song went on, each Panda burst out of their nest and away they flew! They had a blast!

We will be in touch to arrange conferences soon. Some have been completed and we're working on the rest.

If you are planning any days away from daycare over either Thanksgiving or around the holiday break, just let us know.

AGAIN... we're having a ball in the Panda room!!

Fondly  
Susan

## News from the Koalas

Terri Hollis,  
Lead Teacher

Bobbie Lynn Stone,  
Teacher

April Buchanan,  
Assistant Teacher

Hello Koala Families,

I wanted to share an experience that I had this morning with a parent (nameless). It reminded and confirmed just how different we all are, and how those differences are carried out through our children. I, being me, had a really messy paint project out. The children were invited to dip different size cups into puddles of varied colored paint. The effect on paper was many size circles of many colors overlapping giving it a blowing bubbles affect. The Parent looked as their child was indulging enthusiastically and panicked only slightly wanting to make sure a smock was nearby. I believe I also might have seen a cringe every time the cup rim swooshed into the paint. I on the other hand tend to think messy is a wonderful awakening of the senses.

The point is not to compare right from wrong because we all know there is no such thing as far as personal beliefs are concerned. This three minute exchange however made me remember and realize that this holds true for children in that they have different feelings and thoughts about what is fun for them, and how things make them feel.

As a teacher it can be quite the balancing act to keep that in mind for your children as well as for parents. Different projects and activities have a different levels of enjoyment for different children. This is why we try our best to have a variety, but yet help your child to maybe tease the idea of trying it even if they are hesitant I said tease not force. Then the balancing act of melding children together who bring with them different belief systems from home. We are met with issues such as eating habits, appropriate play, discipline styles, clothing preferences, etc.

I am genuine in my hope that this is not sounding like a complaint because it truly is not. This is what makes the world a valuable and good world. We are all different holding strong to our beliefs and feelings. This is the world your child is entering into. A tricky one at times, it is hard work opening our minds to others while holding on to our true selves.

Sincerely  
Terri Hollis

# News from the Woolly Bears

Deb Girdwood,  
Lead Teacher

Barb Merchand,  
Teacher

Moya Stevens,  
Assistant Teacher

Greetings Woolly Bear Families,

“And now,” cried Max, “let the wild Rumpus start!”

Thanks to Maurice Sendak’s book, Where the Wild Things Are, and the creative WB teachers, the Woollies have been having their own type of rumpus! We have spotlights to dance on and flashlights to highlight a dancer.

We have been focusing on music and movement in our dramatic play area. We have created several different types of instruments and been incorporating them with a variety of music. We look forward to using a harp and accordion soon.

We have been doing a lot of estimating. At first we estimated the weight of our pumpkin in comparison of our own weight. Most WB’s thought the pumpkin had to be heavier than them because it was so hard to hold. The actual pumpkin weight was 13 pounds.

We then estimated the height of Carol, a wild thing monster, who was 13 unifix cubes tall. Woollies are figuring out how many unifix cubes tall they are. We have marked their heights on the wall beside the refrigerator. It is taking a lot more cubes to get to the right height for each Woolly.





I wanted to say thank you to everyone for making our Woolly Bear restaurant a huge success!

Here is the recipe for Apple sauce Cake:

- 1C. sugar
- 2C. flour
- $\frac{1}{4}$  tsp. salt
- 1  $\frac{1}{2}$  tsp. baking soda
- $\frac{1}{2}$  C. raisins (optional)
- $\frac{1}{2}$  C. canola oil
- 1  $\frac{1}{2}$  tsp. cinnamon
- 1  $\frac{1}{2}$  C. applesauce
- $\frac{1}{2}$  tsp. cloves

Mix all the ingredients together. Pour into greased 9x13 pan. Bake 20 min. at 350 F in oven.

Please check your child's cubbies for extra clothes and the appropriate outerwear. I know it has been difficult to judge what your child may need due to our odd weather this fall. Hat, gloves/mittens are a cubby staple as sometimes mornings are chilly and afternoons are warmer. Thanks for your help in advance!

Cheers,

The Woolly Bear Team



## News from the Polar Bears

Radoyka Garcia,  
Lead Teacher

Tatyana Bills,  
Teacher

Raquel Fluette,  
Assistant Teacher

*(Hola Amigos!)*  
Hello Friends!

We in the Polar Room have had numerous events during the last few weeks; between birthdays of children and teachers, pumpkin picking at Cedar Circle and our Halloween Bash & Parade—it has been all about celebrating!

These different events have stirred curiosity within Polar Bears; many new friendships have formed. Old friends are making new friends and many of these friendships continue to grow. Also, newer Polar Bears show understanding about specific daily routines, the job board and have been excited about the alphabet.

All of the children love counting on the calendar and singing “The Days of the Week.” Many second-year Polars have been exploring letter recognition and sounds, rhyming words and upper/lower case letters. Children are very interested in writing their own names and have begun to write other children’s names or simple words like: “CAT, DOG, RED.” We continue to count in Russian and in Spanish and have been working on color-matching and recognition in English/Spanish. Some of the colors include a few complex ones like: “Azul Oscuro” for Dark Blue or the two ways to say Brown, which is “Café” or “Marron.” We have lots of children interested in experiments with different materials and textures: dissolving, turning to solid, liquefying, pouring, mixing, measuring and comparing.

We are looking forward to our yearly Thanksgiving Feast in our classroom. Polars will be cooking this week and we invite their parents to join us during this special event to share a wonderful meal and acknowledge one another for all that we do. Some families will not be present, but we are still thankful that you are part of such a wonderful place!

Happy November...Have a safe and wonderful Thanksgiving Holiday!!!

Ray and the Polar Bears





## News from the Grizzlies

Karen Gray,  
Lead Teacher

Kristin Ball Cole,  
Teacher



This is a movin' n' groovin' group of Grizzlies! They are an active bunch and many of them would be content playing sports or running around involved in various chase games all day long if they could! Being physically active makes children feel good! They breathe deeply, filling their lungs with energizing oxygen. They use their muscles, releasing mood-improving endorphins. Regular physical activity helps children eat well, sleep well, perform well in school, resist illness, and grow strong, cheerful and confident! Since being physically active is a natural and fun thing for children, especially with this group, we thought we would help the Grizzlies to better understand about the remarkable potential of their bodies and how our bodies work.



Beginning with our 5 senses, we have been learning how these senses send messages to our brains giving it information about the outside world. Many fun activities evolved which concentrated on the use of a least one of the senses. First we learned facts about our eyes and enjoyed looking through different toys/lenses set up in the curiosity table. Did you know you blink about 9,400 times a day? We learned facts about our ears and used our sense of hearing to match the sounds of shakers as well as animal sounds heard on tape, plus we set up a storybook listening center. Did you know that one of the smallest bones in your body is the hammer bone in your ear? We learned about our sense of touch and came up with a list of things we do with our hands. Our hands were then used to guess the objects in the mystery bag and got our hands deep into paint and goop to manipulate. Finally, we ended with our senses of smell and taste. We smelled a variety of cups to identify the fragrances and we used our sense of taste to try the afternoon snacks of frozen pumpkin squares and pumpkin bread that some of them helped to make. We took this opportunity to also learn about our teeth since there is quite the excitement for many in the room who are getting their first wiggly teeth or actually have spaces in their mouths already!



We then proceeded by researching the following questions: Why do I have bones? Why do I have muscles? Why do I have skin? What happens to the food I eat? What do my lungs do? What does my heart do? How does my brain work? Grizzlies were amazed to discover that 206 bones make up our human skeleton. We



have been identifying different organs in our bodies and what their jobs are and how some of our bones help to keep these important parts safe. We have looked at x-rays and have played with a mini skeleton model in addition to a body with removable organs. Grizzlies even discovered that the stethoscopes in our dramatic play doctor's office really work! They have enjoyed working on their writing and sounding out words as they write doctor notes and prescribe medicines to their patients.

After reading two different books about "picky" eaters; The Seven Silly Eaters by Mary Ann Hoberman and Bread and Jam for Frances by Russell Hoban, discussions were had about being brave to try new foods as well as understanding that food and drink build, protect and energize our bodies. We learned about the six different kinds of nutrients and the important foods to eat every day. Ask a Grizzly about our version of "Aiken Drum" or using the alphabet and our great memories to play a game called "grocery shopping"

Our bodies do so much for us so we should take care of them. We leave you with a compiled list created by most of the Grizzlies sharing ways we can all thank our bodies:

### **PLEASE TAKE CARE OF YOUR BODY BY...**

Matthew J.: Exercising

Aaron: Eating healthy foods

Sarah: Brushing your teeth

Freddie: Moving your body in careful ways

Cynthia: Eating lots of vegetables

Nina: Eating lots of fruits

Noah: Not eating too much candy and by eating foods that have vitamins

Gabriel: Wearing a helmet when riding your bike

Henry C.: Wearing your seat belt

Ian: Washing your hands a lot

Henry W.: Resting your body and getting good sleep

Elena: Not touching mold

Michael: Not touching fire

Katie: Following safety rules

Rhea: If you get a cut you should wash it with soap and water and cover it up so it doesn't get infected

Matthew T.: Drinking a lot of water and milk

Pilar: Getting your shots and letting the doctors help you

We want to model healthy living to the Grizzlies and inspire children to make their own good choices. We want Grizzlies to feel proud and comfortable with their bodies and provide ample opportunities to move and have fun!

Happy 6<sup>th</sup> Birthday to Noah Glenney on November 10<sup>th</sup>!

And Happy Thanksgiving,

Karen, on behalf of the Grizzly Team



# SCIENTIFIC AMERICAN™

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## What is third-hand smoke? Is it hazardous?

Researchers warn cigarette dangers may be even more far-reaching

By [Coco Ballantyne](#) | Tuesday, January 6, 2009

Ever take a whiff of a smoker's hair and feel faint from the pungent scent of cigarette smoke? Or perhaps you have stepped into an elevator and wondered why it smells like someone has lit up when there is not a smoker in sight. Welcome to the world of third-hand smoke.

"Third-hand smoke is tobacco smoke contamination that remains after the cigarette has been extinguished," says Jonathan Winickoff, a pediatrician at the Dana–Farber/Harvard Cancer Center in Boston and author of a study on the new phenomenon published in the journal *Pediatrics*. According to the study, a large number of people, particularly smokers, have no idea that third-hand smoke—the cocktail of toxins that linger in carpets, sofas, clothes and other materials hours or even days after a cigarette is put out—is a health hazard for infants and children. Of the 1,500 smokers and nonsmokers Winickoff surveyed, the vast majority agreed that second-hand smoke is dangerous. But when asked whether they agreed with the statement, "Breathing air in a room today where people smoked yesterday can harm the health of infants and children," only 65 percent of nonsmokers and 43 percent of smokers answered "yes."

"Third-hand smoke," a term coined by Winickoff's research team, is a relatively new concept but one that has worried researchers and nonsmokers for several years. "The third-hand smoke idea—concern over that—has been around for a long time. It's only recently been given a name and studied," says Stanton Glantz, director of the Center for Tobacco Control Research and Education at the University of California, San Francisco. "The level of toxicity in cigarette smoke is just astronomical when compared to other environmental toxins [such as particles found in automobile exhaust]," he adds, but notes that he is not aware of any studies directly linking third-hand smoke to disease [as opposed to second-hand smoke, which has been associated with disease].

*ScientificAmerican.com* asked Winickoff to explain exactly what third-hand smoke is and why it poses a public health risk.

### **How exactly do you distinguish between second- and third- hand smoke?**

Third-hand smoke refers to the tobacco toxins that build up over time—one cigarette will coat the surface of a certain room [a second cigarette will add another coat, and so on]. The third-hand smoke is the stuff that remains [after visible or "second-hand smoke" has dissipated from the air].... You can't really quantify it, because it depends on the space.... In a tiny space like a car the deposition is really heavy.... Smokers [may] smoke in another room or turn on a fan. They don't see the smoke going into a child's nose; they think that if they cannot see it, it's not affecting [their children].

Smokers themselves are also contaminated...smokers actually emit toxins [from clothing and hair].

### **Why is third-hand smoke dangerous?**

The 2006 surgeon general's report says there is no risk-free level of tobacco exposure.... There are 250 poisonous toxins found in cigarette smoke. One such substance is lead. Very good studies show that tiny levels of exposure are associated with diminished IQ.

### **What do you consider the most dangerous compound in cigarette smoke?**

I would say cyanide, which is used in chemical weapons. It actually interferes with the release of oxygen to tissues. It competitively binds to hemoglobin [meaning it competes with oxygen for binding sites on the blood's oxygen-carrying molecule, hemoglobin]. Basically people with cyanide poison turn blue.... [And] arsenic, that is a poison used to kill mammals. We [used to] use it to kill rats. And there it is in cigarette smoke.

### **Why are the risks associated with exposure to third-hand smoke different for children and adults?**

The developing brain is uniquely susceptible to extremely low levels of toxins. Remember how we talked about the layers of toxin deposits on surfaces? Who gets exposure to those surfaces? Babies and children are closer to [surfaces such as floors]. They tend to touch or even mouth [put their mouths to] the contaminated surfaces. Imagine a teething infant.

Children ingest twice the amount of dust that grown-ups do. Let's say a grown-up weighs 150 pounds [68 kilograms]. Let's say a baby weighs 15 pounds [seven kilograms]. The infant ingests twice the dust [due to faster respiration and proximity to dusty surfaces]. Effectively, they'll get 20 times the exposure.

Studies in rats suggest that tobacco toxin exposure is the leading cause of sudden infant death syndrome (SIDS). We think it is [caused by] respiratory suppression.

### **What types of places or materials harbor the greatest amount of third-hand smoke?**

Anywhere you see an enclosed space you should watch out for [it].

**By introducing the phrase "third-hand smoke" in your research, what do you hope to accomplish?**

This study points to the need for every smoker to try to quit. That's the only way to completely protect their children.... Really, I think that what this says is that we need to have sympathy for smokers and help them quit smoking.... [And also] that the introduction of this concept will lead to more smoke-free spaces in...public.

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