



# Dartmouth College Child Care Center Newsletter

September 2011

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

## Welcome to the 2011-2012 School Year!

We publish our newsletter 10 times per year: monthly with a January/February issue and a July/August issue.

Typically, you will receive the newsletter via e-mail. I'll send a link to the newsletter that is posted on our website. If you do not receive the link, please let me know so that I can double check my e-mail list. The newsletter, in living color, can be viewed on our website at

<http://www.dartmouth.edu/~dccc/newsletters/>

This will be the only newsletter that I routinely distribute via paper copy. If you want to receive paper copies of the newsletter routinely please e-mail me.

In each issue you will find a message from Big Jeff, notes from Sunnie, announcements of importance, pictures from past events, upcoming community events that may be of interest, notes and pictures from each classroom and the float team and articles of interest to families of young children!

If you have something that would like to share in the newsletter, please let me know! If you have questions for Big Jeff, e-mail them to him directly.

We are looking forward to a great year!

Sunnie ([sunnie.mcphetres@dartmouth.edu](mailto:sunnie.mcphetres@dartmouth.edu))

## From the Director

Greetings from Big Jeff

Welcome, everyone, and special greetings to new families! We are so glad to have you join us for our new school year. It is likely that you have met the DCCCC administrative team already. Our very effective administrative assistants, Terry Chase and Amy Potter, work in the "fishbowl". You see them behind the big glass windows as you enter the main door. You have probably already spoken to them; perhaps to Terry about paperwork and to Amy about billing.

Sunnie is the Assistant Director with a broad job description that includes the areas of curriculum and staff development. Sunnie also publishes this newsletter and maintains our web page. Keep an eye on [www.dartmouth.edu/~dcccc](http://www.dartmouth.edu/~dcccc) for an ever changing photo gallery. You will also find our parent handbook, enrollment forms and past newsletters on-line. Sunnie is here at DCCCC every day and available to answer questions and listen to ideas.

I'm the Director of Child Care Services. As such I'm the Director of the Child Care Center and the Director of the Child Care Project where you may have spoken to Cindy or Chris for child care referrals. When I'm not at DCCCC, I'm at the Child Care Project at 17 ½ Lebanon St. Amongst other things, I'm in charge of finances and enrollment, as well as serving as the occasional hall monitor at DCCCC.

Sunnie and I are located on the driveway side of the main entrance. Sunnie is on the west (preschool) side; I'm on the east (infant toddler) side. For Sunnie, it's a right turn, then a right turn from the front door. To get to me, it's a left turn, then a left turn and straight through the main office.

Together we are the chief cooks and bottle washers, as my mother used to say, keeping one's sense of self importance in check. Please come and chat with us. Let us know how your child is doing. Share a story or tell us a concern. Ask us questions. Stretch our imaginations. Engage our problem solving skills. Find out what we know and what we can find out for you.

Welcome aboard!

Big Jeff\*

\*I've been called Big Jeff for so long that no one remembers how that got started. Just this week a Grizzly asked me, "Why are you called Big Jeff?" In a monolog typical of five year olds, she didn't wait for an answer. "What if we called you Little Jeff? No, wait! Then Big Jeff would be as big as, uh, Abiyoyo!" Clearly I can't be called Mr. Robbins as that is a title reserved for my father, although he was commonly referred to as The Boss. Now THAT has potential.

# Dear Big Jeff!

Dear Big Jeff,

My child loves her new classroom. On the first day, she went right in, put her lunch away and washed her hands without a reminder. After that she told me I could leave because she's a big girl now. Who is this child?

Signed,

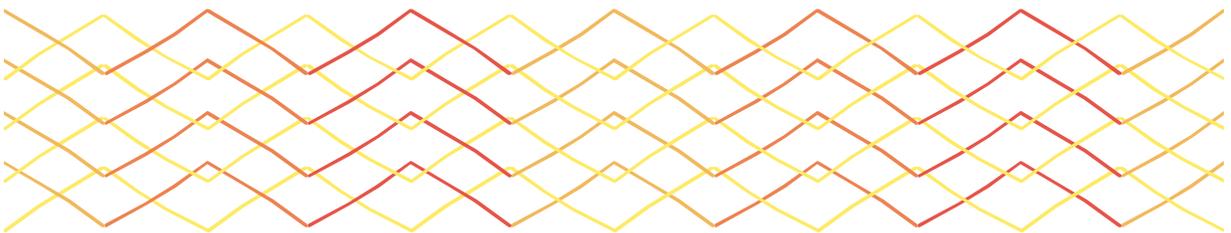
Somebody's Mom

Dear Mom,

She's still yours, Mom. Your daughter has shown the remarkably adaptive behavior of using her best manners in a new situation. You should pause to admire the social skills and the knowledge of when to use them that she has learned from you. What you might see next is a return to her "regular" self – fussing when she's tired, complaining when things don't go her way and wheedling for a change of rules she doesn't like. She may treat you to a full blown temper tantrum, even if she hasn't had one for months. This may seem to be a set-back, but really she's right on target. For these first days of the new school year she has been assessing the situation – who are these teachers? What are the rules? In stage two, the important questions become: Are the rules for everyone, all the time? Can these new teachers help me make good choices and be patient with me when I don't? If children could just ask these questions with words, it would be simpler. In real life they learn these kinds of things by experimenting and observing. Perhaps your daughter will be one who serves the group by pushing the limits. As she pushes the limits, other children learn from the teacher's responses. Your daughter could be a role model!

It's all good,

Big Jeff



Dear Big Jeff

My son is very rule oriented. Not that he always follows them, but he likes to know what they are. After he changed classrooms, he's been giving me a run for my money when we leave DCCCC in the afternoon. Would you be willing to go on record with a few DCCCC rules for departure time? Frankly, it's a relief to me to depersonalize the situation by referring to 'The Rule'. That way I'm not always the bad guy. It's a little easier on me to be able to say, "I'm sorry honey, that's the school rule."

Signed,

Mother of a future trial lawyer.

Dear Mom,

I'd be delighted! It's a great idea to refer to The Rule rather than argue with your child. That way it's nobody's fault, it's just the rule. If your child doesn't believe you, feel free to have him check with the teachers, with Sunnie or with me. Just a few basic rules should cover the territory.

-Children must be with a teacher to play in the multi. The Multi closes at 5:00.

-Children must ALWAYS be with an adult, in the building and outside.

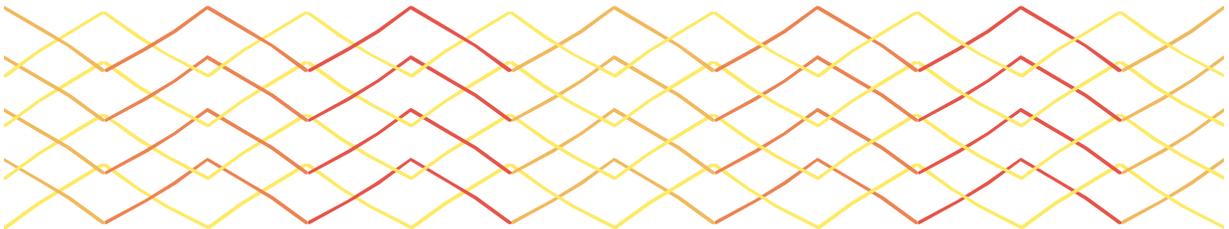
-Children NEVER leave the building ahead of the adult.

-After children are signed out and leave the building with an escort, playing on the sidewalk, in the driveway or on the driveway island is not permitted. If parents agree (and you are under no obligation to agree!), children may play on the lawn in front of the Grizzly wing.

Good luck,

Big Jeff

PS You may wish to remind your child that school rules are still in effect when you arrive. Home rules will apply when you get home. Children do readily understand the difference, but they may test the waters periodically. A simple reminder should help e.g. "We are still at school. The school rule is you must stay with me. Wait for me to walk into the multi."



## Greetings From Sunnie:

It really is a new year! New groups are forming and everyone is trying very hard to get to know one another! I'm tired and I'm not even in a classroom on a regular basis. I imagine that you are tired too! During transition time, we all tend to forget all of the things that we knew just because everything is so new. Here are a few reminders for the start of a new year:

- Label your child's clothing, each and every item.
- Keep a set of spare clothes(or two or three) in your child's cubby.
- Dress your child in layers. We'll peel them off and put them back on as the temperature dictates.
- Include a note in your child's lunch, every day, to let us know that is has passed your tree nut and peanut free inspection.
- Always sign in and out.
- Call to let us know if your child isn't coming for the day or will be very late.
- Let your child's teacher know when you are leaving at the end of the day and expect a report about your child's day.
- Arrive in time to be out of the building by 5:30.
- Keep older and younger siblings with you while they are in the building.
- Reinforce our rule, "The Multi closes at 5:00."
- Don't wait long before you ask your child's teacher about something that is worrying you. Talk to Sunnie or Jeff if you have concerns.
- Let us know when your phone number, address, place of work, income or emergency contacts have changed.
- Be prepared to give your full attention to your child and your child's teacher when you drop off or pick-up – that phone call might have to wait a few minute.
- Be ready to be very tired!
- Drive very, very slowly on Reservoir Road.
- Help with field trips when you can; don't feel guilty when you can't.
- Share your family culture and traditions with your child's class!
- Do something nice for yourself!

# ANNOUNCEMENTS

## **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**

## **School Photos**

**Once again we will have the  
photographer from Doughty Falls  
Photography here to take pictures  
of children and even families!**

**Date: October 10, 2011**

**We'll send details when the time  
draws closer.**

## **All Day Grizzlies**

When the Ray School is closed, Grizzlies may attend DCCCC from 7:30- 5:30. If you opt to come in before 11:00, the office will add a fee for the “full day difference.” Amy can tell you what it is if you’d like to know in advance.

## **Tired of buzzing (or knocking when the buzzer does not work) and waiting?**

If you need an ID so that you don’t have to stand and wait for us to let you in, go to the Dartmouth Card Office in the basement of McNutt Hall. Their hours are M-F - 8-4:30. Bring a form of ID.

## **Music With Brooke**

Brooke Wilkinson will begin music lessons with us on Tuesdays starting October 4!

Brooke was a popular addition to the DCCCC program in recent years and we look forward to making, listening to and moving to music again this year.

You are always welcome to join your child's music lesson.

Check with your child's teacher for time.

If your child doesn't normally attend on Tuesdays, you are very welcome to bring and stay with him/her.

## **Meet the Administrators**

**Wednesday,  
September 28**

**4:30-5:15**

**Jeff and Sunnie will be  
upstairs at DCCCC  
to chat, listen, answer  
questions, and solve global  
problems!**

**Please join us and tell us  
what's on your mind!**

## **YOU ARE INVITED TO VIEW A PERFORMANCE BY STORYTIME!**

StoryTime (Big Jeff –storyteller, James Burger – percussionist, and Sunnie – projectionist) will be performing stories at ArtWorks on October 5 at 5:00 in Alumni Hall.

If you have heard stories from your children about StoryTime in the multi with Big Jeff and wondered just what it's all about, here's a great chance to find out! Bring your children (or come by yourself if you dare) and watch the amazing storytelling feats of Big Jeff and The Professor of Percussion (James Burger).

**A MUST SEE EVENT!!!**

# Resources for Families

**Saturday, September 17, Family Lego Fun in Newport:** 11 a.m., Richards Free Library, 58 North Main St. A fun filled morning of Lego play. All ages welcome. Free. Information: 603-863-3430.

**Saturday, September 17, Sheep Shear Cuttings in Woodstock:** 10 a.m. to 5 p.m., Billings Farm & Museum, Route 12 North and River Road. Carolyn Guest from St. Johnsbury demonstrates Polish style paper cuttings that date back to the 1800s. Part of Traditional Craft Saturdays. Information: 802-457-2355 or [billingsfarm.org](http://billingsfarm.org).

**Sunday, September 18, Jump for Joy Family Music Program in Hanover:** 4 to 5 p.m., Mayer Room, Howe Library, 13 South St. Family music program. Free. 603-643-4120 or [howelibrary.org](http://howelibrary.org).

**Sunday, September 18, Cause for Paws Dog Walk and Festival in Charlestown:** 9 a.m. to 4 p.m., Whelen Engineering off Route 12. Event features tractor pull, classic cars, food vendors, crafts and more. \$2 suggested parking donation. Sponsored by the River Valley Animal Protection League. Information: 603-826-4037.

**Monday, September 19, Parents' Role in Homework Workshop in West Lebanon:** 4:30 to 6 p.m., Center for School Success, 79 East Wilder Road. Open to parents, teachers, and community members; professional development credits available. Free. Call to register: 603-298-6700.

**Tuesday, September 20, Tots & Tea Play Group in Hanover:** 3:30 to 5 p.m., St. Thomas Church, 9 West Wheelock St. Multi-age play group for children and their caregivers with crafts, games, snack and stories. Free. Information: 603-643-4155 or [saintthomas@valley.net](mailto:saintthomas@valley.net).

**Wednesday, September 21, Horse-drawn Wagon Rides in Woodstock:** 10 a.m. to 5 p.m., rides 11 a.m. to 2 p.m., Billings Farm & Museum, Route 12. ^ \$12 for adults, \$11 for ages 62 and older, \$6 for ages 5 to 15, \$3 for 3 and 4, free for ages 2 and under; admission includes all programs and activities. 802-457-2355 or [billingsfarm.org](http://billingsfarm.org).

**Saturday, September 24, All You Can Eat Breakfast in Norwich:** 8 to 11 a.m., Upper Valley Community Grange, Main St. Pancakes, eggs, bacon, sausage, juice, and more. \$6 adults, \$5 seniors, children under 5 free. Information: 802-291-2908.

**Ongoing at VINS: Through the Eyes of Raptors(Program includes birds in flight)**

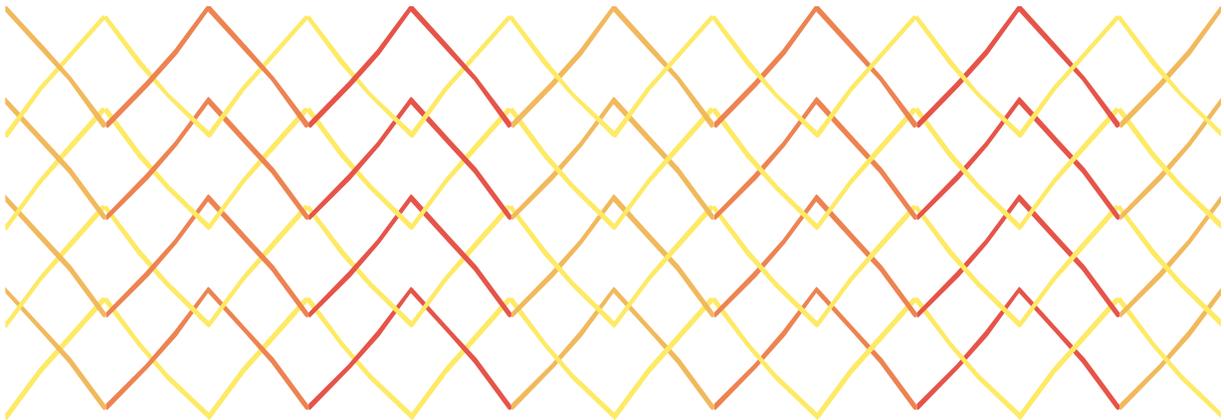
Join us as we explore the natural world through the eyes of raptors. Be amazed by these efficient predators in our engaging presentations featuring VINS' feathered ambassadors. Bird programs cover topics ranging from the mechanics of flight, seasonal migration and avian conservation issues to the extraordinary abilities of raptors. Through these in-depth and interactive programs, visitors gain newfound understanding and appreciation for what it takes to survive in the wild. Programs are designed for families, adults and children of all ages.

**At The Montshire Museum:**

**Turtles:** Learn about turtles native to the Upper Valley. We'll feed them, learn about their habitat, and then take an up-close look at them in the Museum's aquariums.

- **Saturday, September 17, 2011** 11:00am - 11:30am
- **Saturday, September 24, 2011** 11:00am - 11:30am

**Earth from Space:** September 17–November 27, 2011 Developed in collaboration with the Smithsonian's National Air and Space Museum, Earth from Space presents approximately 40 spectacular views of the earth as captured by orbiting satellites.



# Recent Events at DCCCC

## Another Successful New Year Begins!

to see more pictures from the beginning of the year:

<http://www.dartmouth.edu/~dcccc/photos/>



## News from the Float Team

Eileen Ruml

Teresa Hahn

Gladness Msumanje

Elizabeth Pienkosz

Hi, my name is Elizabeth Pienkosz and I'm excited to be joining the team of Floating Assistant Teachers. After growing up in Meriden, Connecticut and taking various trips to the state during my childhood, I decided to attend college in New Hampshire. I earned my BS in Early Childhood Studies with an option in Early Care and Education from Plymouth State University in 2009. After graduating, I spent a year working as a Preschool Teacher at the Sandwich Children's Center in Sandwich, NH. I was then asked to come back and work at Plymouth State as an Early Childhood Teacher in their Preschool program- as a teacher to the children and mentor to college students. [Talk about busy!] After a year at PSU, I found my way to DCCCC.



Following in the footsteps of my family, I am very interested in music (especially vocal) and theater. They often influence my practice and I am an advocate for integrating the arts within the classroom curriculum. I enjoy collecting a wide array of instruments and fiddling around with various types of technology with my very-soon-to-be husband Josh. I am eager to learn from all of the experienced staff here at DCCCC!



## News from Teddy One

Debbie Burnham,  
Lead Teacher

Wendy Irwin,  
Teacher

Michele Murphy,  
Assistant Teacher

At the start of September the usual sounds coming from the Teddy Rooms are the sounds of crying babies. The staff of the Teddy Rooms plan to get extra sleep at night and bring easy lunches to eat whenever we get a moment. This year has been extremely different....we have sweet smiles, lots of cuddles and only a few times of crying! I hope this honeymoon lasts a long time!!

Our "old timers" are getting to know new friends. Kirsten has been our cheerleader and welcoming committee to the children and the moms. She is not so fond of our new fathers at this time. Owen has been checking

out his new friends and feeling right at ease with new parents. Emily has been smiling at us and, when we sing, she now bounces to the music. Remi has returned from his summer away and is getting to know us better each day. His shows us his flirty smiles all day long.

Grace responds to music and loves to cuddle while listening a quiet CD. Kellyn is checking out all the new toys and friends. She has already cleared the entire book shelf book by book. Dara also likes books and will bring us one to look at. Cleo smiles at us as soon as we walk into the room. She just melts into us when we pick her up.

Yirang has arrived from California and has come for visits. She loves to be outside so we are hoping for the yard to dry up soon. Carter will be joining us soon and then we look forward to Madelyn coming at the end of September.

The children are starting to bond with us and we are starting to get to know each of their schedules. Please call as often as you like to check in with us and see how their day is going. Also please bring up any concerns or suggestions that you have. We look forward to getting to know you all!

Fondly,

Debbie, Wendy and Michele



## News from Teddy Too

Terri Crane,  
Lead Teacher

Lori Higgins,  
Teacher

Denise Ayres,  
Assistant Teacher

### Teddy Too News

This year will be a year of tremendous growth for your baby. They'll reach and pass numerous physical, social and mental milestones along the way. It is an experience that is exciting and overwhelming all at once. We appreciate how hard it was for all of you to leave your babies for the first time and hope that some of your worries have been calmed.



We are excited to have all the new Teddies now. You may have noticed it's a noisy time of year. I like to refer to it as the sound of September, when everyone is settling in and

making their needs heard. They will eventually settle into their own routine, and in no time we will be able to figure out what their cries are about. We expect and encourage you to call us and check in. We can't always get to email, but if you are worrying and wondering how things are going please call us to check in.



We have six new families that have started in September.

Charlotte Covey and her parents Lauren and Alan  
Brian Huang and his parents Yu-Chien and Yimin  
Mary Rose Estrada and her parents Kate and Brian  
Irena (Rena) Zinman parents Mary and Jon and siblings Elias and Ella  
Charlotte Smith, parents Alyssa and Colin and brother Alistair  
Caroline Whitfield, parents Pat and Mike and brother Aiden  
A big welcome goes out to all of you.



We also had 4 Teddies that stayed with us.  
Faith Taylor, parents Alva and Gail and siblings Francis, Logan and Gabriel  
Ian O'Toole, parents George and Deb and brother Brennan  
Micah Gregorio -de Souza, parents Stephanie and Ian and siblings Noah and Kia  
Ravi Ramanathan and his parents Sekhar and Tricia

A few reminders:  
Wash hands upon arrival  
Sign in and out everyday  
Label your child's clothes and bring lots of extras

We are looking forward to a great year!

Terri, Lori and Denise



# News from the Panda Bears

Susan Young,  
Lead Teacher

Jenn Boudro,  
Teacher

Assistant Teacher

WELCOME, WELCOME, WELCOME!!!

We are delighted to welcome you all to the Panda room for a fun filled year. You will be amazed at the growth that will occur over the course of the next 12 months! Language explodes! Physical development progresses as they continue climbing, running, balancing and jumping (to name but a few). Social interactions begin to move from parallel play to more cooperative play. They may be able to identify colors and basic shapes. Anyway... there are a lot of wonderful changes coming your way!!

I want to let you know just a few of the things that your child will be exposed to over the year... (and i mean just a few!!) They will have opportunities to paint with a variety of things including, brushes, evergreen branches, cattails, fingers, trucks and cars, apples, string, balls and more.

They will glue with a large variety of objects, paper and fabrics. We'll talk about colors and shapes as all of this goes on. (we talk a lot by the way!!) There will be sand, water, ice, animals, rocks, corn, split peas, shaving cream, leaves, hay, oatmeal, flour, silly dough play dough, and floam in the sensory table. There will be all sorts of dramatic play available. They may dress up like fire fighters, fairies, mail carriers, farmers, kings and princesses, queens and princes. They might sell lemonade, play restaurant, doctor, vet, dentist (one of my favorite pictures ever at DCCCC is of a 2 year old brushing a real bear skin's teeth that are gaping open at him!!) animals, etc.. You may be surprised to pick your child up with his or her face painted like a cat and meowing to beat the band! We'll play pilots and space, water-skiers and campers.... it'll be a blast!!

We are planning our annual apple picking trip and look forward to a pumpkin trip in October. Please let us know if you can help with transportation and come join us.

This fall weather is calling for a variety of outdoor wear. The grass is still soaked when we go out mid-morning so please send in boots to keep those tootsies dry. The mornings are often cooler and afternoons quite warm so short sleeved, long sleeved, shorts, pants, extra socks, jacket are all needed pretty much daily. Thanks for helping with this.

Please be sure to put in a nut free note dated daily in your child's lunch. We'll try to remember to let you know when your child is low or out of diapers but also take a peek at their diaper cubby when you check the diaper and nap sheet. Please take all your child's nap stuff home to launder on Fridays. It will be packed and ready to take.

It looks to be a wonderful year for all of us.

Welcome to our world!!  
Susan and Jen

## News from the Koalas

Terri Hollis,  
Lead Teacher

Bobbie Lynn Stone,  
Teacher

April Buchanan  
Assistant Teacher

Hello Koala Families,

What a great beginning we have had! There has been little to no tears. The tears and hesitation that begins has been very short lived. They know they have much better things to do than spend their time being upset, especially once moms or dads have left the room. So many things to observe, and experiment with.

Many of you have come in commenting on how tired your child seems. They are having to constantly think, navigate, try, and think some more, all while being a little anxious. Imagine being picked up and all of a sudden being placed in a foreign country. In my opinion children are so much better at being flexible and able to go with the flow than adults sometimes are. Not to mention their amazing ability to learn fast. Your children are doing just that. They are embracing their new surroundings with excitement and exploration on their minds. So fun as a teacher to expose them to materials and spaces they

have not yet conquered. A few favorite spaces have been the kitchen area and train tracks. Some favorite activities have been markers, cash registers, pencils and painting. Some of your children (as you have noticed I'm sure) have become mass production experts.

Another area of high interest for your children has been the preschool playground. We have been spending more and more time exploring the swings, climbers, digging toys, fire truck, bikes and perhaps the most amazing and intriguing part of all, the BIG kids. That is when I must admit your children look little. The Koala Room teachers started taking Koala children two at a time to the preschool playground. We did a much needed walk around and talked about how to be safe around swings, what the climber rules are and just in general how to navigate it with so many other children out and about. As you can imagine some seem quite unphased by it all, others seem well..... scared and uncertain. A week later however and we have all gotten to a place of better comfort. We will be spending more and more time until teachers are confident in your children's abilities.

It took all of three days to have a child say something to us that was quote board worthy. For those of you, who are unaware or have not taken notice, please do. This has become such a fun tradition in the Koala Room. It is on the bulletin board over the attendance sheet. We write things down that children say that make us laugh, and hope will parents as well. My standard comment to parents is also to reassure them that not everything that is said that makes teachers laugh will be written on the board.

In closing I just want all of you to know that your children are just fine and they really are doing well. You should be very proud; I know their new teachers are!

On behalf of the Koala Room  
Terri Hollis

# News from the Woolly Bears

Deb Girdwood,  
Lead Teacher

Barb Merchand,  
Teacher

Moya Stevens,  
Assistant Teacher

Greetings Woolly Families!

How fun and exciting it is to start a new school year! We say welcome to two families new to the Upper Valley, welcome back to our returning families and welcome to families that are new to the Woolly classroom.

The school year has started with lots of fun and excitement. Our activities have been focused around “getting to know you” and “learning about our room.” The Woollies are enjoying being “Woolly Bear detectives.” They help to keep our toys and room safe. They might find a marker cap off and get to “click it on” or return a missing toy to one of their friends.

Barb has introduced us to Mouse, a friend who comes to visit and teach us about the Woolly ways. The Woollies are very excited when Mouse comes to talk to us and teach us something new such as how to wash our faces to make them kissable clean. Keep a look out for photos of Woollies washing their hands with Mouse’s guidance.



As a reminder, we will be having our first field trip this month to Poverty Lane to pick apples with the Panda classroom on Thursday, September 22 at 11:00 am. If you are interested in being a parent driver, a sign-up sheet will be posted by the door. Apple picking is always a fun Woolly event and we are looking forward to it.

In October we will be going to the pumpkin patch. Details will follow.



## News from the Polar Bears

Radoyka Garcia,  
Lead Teacher

Tatyana Bills,  
Teacher

Raquel Fluette,  
Assistant Teacher

*Hola Amigos!* (Hello Friends!)

We, in the Polar Bear Room, have had a fantastic summer and the chill is in the air reminding us that autumn is on the way and that the New Year has begun! It is so wonderful to see old friends and meet new friends. The second year Polar Bears have been incredibly helpful as they show the new Polars how things are done in the classroom: the job board responsibilities, lunch time routine, circle time songs in English, Spanish and Russian, among other things that we love to do. The newer Polars are very intrigued about items in the classroom; there have also been lots of new friendships developing. Transitions can be a challenge for some, but so far, these children have been quite amazing at getting right into the swing of things! We appreciate the support from parents as they help their child settle into the room every morning and also while preparing them for departure time.

With the wide variety of cultures in our room: families from Asia, Germany, Italy—to name a few. We continue activities to help us get to know each other better, practice the many ways in which we connect, as well as respecting and understanding our differences. We also get to mingle with other classrooms during playground time and many Polars appreciate seeing their old friends who were either Koalas or Grizzlies. Lots of our Polars have siblings in either the Teddy or Panda Room and they also get to see each other. So many times I have walked into the Polar Room to see so many smiling faces and busy bodies just really getting familiar with everything. Keeping each other safe and having fun are the first rules to help accomplish our goals throughout the day. It's so interesting that there are lots of 'snugglers' this year and the non-snugglers are just as happy while engaging with children and enjoying long conversations with teachers.

We are looking forward to the upcoming field trips for the fall: apple picking and pumpkin picking. These trips will be followed by many cooking activities! We are excited about taking children in pairs to visit the Howe Library and also participating in the Polar Bear Literature Weeks. We love to spend lots of time outside and we will be taking nature walks around the center. We'll collect what we've discovered and apply it to science and math skills and perhaps turn these into art...there's a world of possibilities!

Yes, we'll be busy in the Polar Room and we're already learning lots as we play, play, play!

Until next time...

Ray and the Polar Bears\*

# News from the Grizzlies

Karen Gray,  
Lead Teacher

Kristin Ball Cole,  
Teacher

## SEPTEMBER

(Tune: "Sing a Song of Sixpence")

September is the month  
When summer turns to fall.  
Vacation time is over  
It's back to school for all.  
Even though I'm sad  
How fast the summer ends,  
I'm really glad I'll get the  
chance  
To meet some brand new  
friends!



Ryder and Noah enjoy each other's company at the table while drawing and painting

And that's exactly what we are doing in the Grizzly room this September! Our special group of Grizzlies is made up of 20 friends- 12 boys and 8 girls. Nine of these children have moved up from the two preschool rooms and the remaining 11 are children new to DCCCC. Grizzlies are coming from 7 different Kindergarten classrooms at the Ray School and two friends are joining us after lunch from the Lyme Elementary School. Only half of the group is enrolled full-time so the dynamics change each day.



Noah, Ian and Freddie focusing on their drawings



Pilar and Nina relaxing in the quiet space while enjoying a book together

We are spending the first month getting to know each other and making sure that all the Grizzlies become and feel like an important and special member of the group. We are providing ample opportunities for children to have the time within the week to explore the various activities being presented. This helps to ensure that children are becoming socially and physically aware of their surroundings as well as giving children more time to experiment with materials and become confident and creative with them. Plus, we want to give the part-times a chance to participate and not feel left out!

It takes a lot of energy adapting to so many changes, and it's real work for a young child to make new friends, learn the names of new teachers and children, play with new toys and materials, and try hard to remember new rules, schedules and routines. Grizzlies are beginning to get comfortable with the pace of the day and familiar with the spaces they play in. They are learning about their responsibilities of being a member of this group. We want each child to feel safe and comfortable being here and establish a sense



Katie, Elena and Cynthia spend the afternoon having fun pretending



Aaron and Matthew T. love playing upstairs with the blocks and vehicles

of trust in their new teachers and peers and a sense of belonging in this new stage of life being a big Grizzly. Following, are a list of some of the activities we are exploring in order to help the group learn each other's names and discover one another's interests and talents:

- \*Singing many participatory songs and chants with their names inserted;
- \*Reading books and having discussions about the magnitude of feelings and emotions we experience and commonly

share during this time of year;

\*Interviewing the children to learn about them and sharing it with others in a

“Meet the Grizzlies” display;

\*Making a Who’s Who Name and Picture recognition book and matching game;

\*Decorating Name Banners;

\*Playing a Search and Find Letter identification game using our names;

\*Playing Name Bingo;

\*Creating a Just Alike Class book by working with a partner and thinking of

things they have in common;

\*Breaking into small groups to create more interpersonal connections



Gabriel, Matthew T, Henry W and Henry C create some amazing lego structures



Andrew and Sarah help each other out playing a game

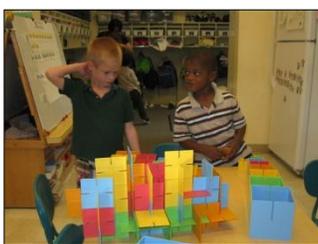
We want to thank all of you for the time and effort you put into completing your child’s profile. We have read them all and the information has given us a better sense of and understanding about your child. We are excited by the personalities and possibilities we’re seeing in this new Grizzly group and we’re looking forward to a wonderful year together. We look forward to working with all of you wonderful families too!

Enjoy the photos of your children exploring the room and each other and finding their favorite activities thus far!



Matthew J, Nghi, and Michael explore with the foam and insects

Happy 5th Birthday to Matthew Jung on September 21st!



Ian and Gabriel work together with Dado blocks

**Please join us on Tuesday, September 27<sup>th</sup> at 4:30 for a parent snack!**

Here’s to a great year,

Karen and Kristin



Matthew J and Michael can’t get enough of the marble track

## Feelings

Teaching children to recognize feelings is an important element in guiding their behavior, says parent educator and author, Myrna Shure. Young children are able to understand and correctly label their own feelings and by age four or five, they are more able to recognize feelings of others.

The main reason for teaching about feelings is to help children develop empathy, says Shure. She says that a child who feels genuine empathy won't want to hurt others and the child is genuinely bothered by the idea of hurting others. This contrasts to a child behaving out of fear of punishment. The feeling comes from the inside and goes with the child for life. Fear of punishment comes from the outside.

In order for children to genuinely care about others, they have to first care about themselves. That's why we ask a child how he feels, not just the other child. Start by helping your children become aware of their own feelings; then guide them to realize that others also have feelings.

### Develop Feelings Vocabulary

Help your preschooler develop a vocabulary to describe feelings. In her book, Dealing with Disappointment, Elizabeth Crary offers four strategies to help your child increase an understanding of feelings.

#### 1. Read books that illustrate feelings.

Books can be used in several ways. As you read, ask your preschooler to guess the feeling

by looking at pictures. Ask what feelings are shown on faces. Read the text with expression showing excitement, anger, frustration, and other feelings. Talk about a time when you felt the way a character in the story feels. Ask your preschooler if he has had feelings like those in the story.



To get you started, here are some suggested books for teaching about feelings:

- I Like Me by Nancy Carlson
- I'm Mad by Elizabeth Crary
- Glad Monster Sad Monster by Ed Emberley & Anne Mirand
- Wemberly Worried by Kevin Henkes
- On Monday When It Rained by Cherry Kchenmeister
- When I Feel Jealous by Cornelia Maude Spelman
- Sometimes I'm Bombaloo by Rachel Vail

#### 2. Talk about your own feelings.

"I'm anxious about driving on snowy roads." "I'm so happy that Grandma will join us for Thanksgiving dinner." "I'm confident that I will get that new job." Share both your feeling and the cause of the feeling. Your ability to share your feelings gives your child a model for learning about feelings.

Your child learns that the "same" person can have "different" feelings at different times. Also, your child can learn that another's feelings may be different from their feelings. This perspective-

taking gives a child the ability to appreciate that other people can feel differently than they do about something, and includes awareness and sensitivity to other's feelings.

Becoming aware of others' feelings is a valuable social skill. For example: A child is able to respond with sympathy to another child who is feeling hurt or your preschooler knows better when to approach grandma with a request by "reading" her current feeling.

### 3. Reflect your child's feelings.

Watch your child and take note of feelings. "You are frustrated when you can't get your puzzle piece to fit." "You seem excited about opening your gift." "The loud sirens in the parade scared you." Reflect both pleasant and unpleasant feelings. Include both the feeling and cause of the feeling.

In the book, Between Parent and Child, Haim Ginnot says, "Only when children feel right can they think clearly, and act right." Strong feelings do not disappear when someone says, "Do not feel that way." Only when the listener accepts the feelings with sympathy and understanding, do strong feelings diminish in intensity.

Use many different words to describe feelings you observe in your preschooler. Using the words when a child is actually feeling that way gives the child words to describe how they feel. Some words to use are:

Happy	Guilty
Sad	Disappointed
Angry	Jealous
Afraid	Suspicious
Proud	Mischievous
Frustrated	Hopeful
Anxious	Surprised
Lonely	Bored
Embarrassed	Ecstatic
Interested	Exhausted
Confused	Joyful
Contented	Shy



Remember all feelings are valuable, not just the ones that make you feel good. Show you respect your preschooler's feelings and that they are important by letting your child talk freely. Ask your child to complete the following:

- I feel happy when....
- I feel angry when....
- Everyone feels afraid sometimes. Was there a time when you felt afraid?
- What makes you laugh? Why is that so funny?

### 4. Do people watching.

Go someplace where people gather—park, store, sporting event. Comment on what you see. Ask your child: How do you think that person is feeling? Discuss feelings and the possible causes of feelings that you observe. Remember feelings are not bad or good—keep your observations neutral.



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Takacs, M. (n.d.) *Teaching feelings helps promote social emotional health*. Lower Shore Child Care Resource and Referral Center. Retrieved June 30, 2009, from [http://www.lowershoreccrc.org/teaching\\_feelings.htm](http://www.lowershoreccrc.org/teaching_feelings.htm).

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