



Dartmouth College Child Care Center Newsletter

November 2010

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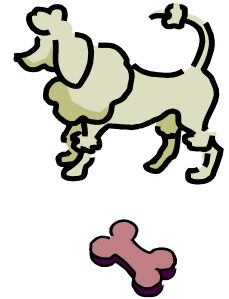
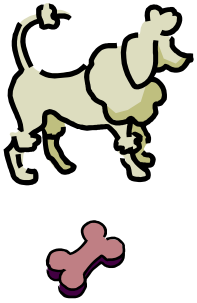
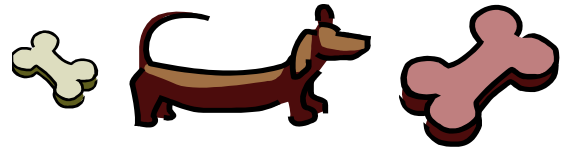
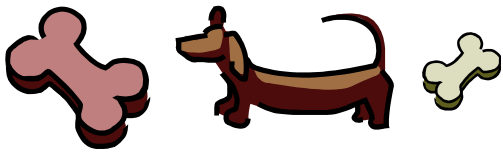
Office: Jeff Robbins,
Sunnie McPhetres,
Terry Chase, Amy
Potter

Opportunities to Give and Share



Food Donations for the Haven Food Shelf

The Koalas have created a Koala Giving Box so that they can share with people who need food. While any time of year is great for giving, this time can be especially stressful to those in need! The Koalas would love to have contributions from the entire DCCCC community! If you would like to contribute non-perishable food items, you can leave them in one of the Koala drop boxes. There is one box near the Koala room and they will be placing one near the front entrance as well.



The Polars are spearheading donations for animals in need.

The UVHS is accepting Cat Food (Felidae, Wellness, Innova, Purina Pro Plan), Dog Food (Canidae, Wellness, Innova, Purina ONE, Bil-Jac, Purina Pro Plan, Prescription Diet, Solid Gold, Pet Guard and California Natural), towels (new and used), blankets, flat bed sheets, cat beds (without foam inserts), wood pellets (used as cat litter), cat litter (non clumping, non-scented, and non scoopable). The "yellow & green" box is currently outside of the Polar Room in the Greenhouse where you can place your items. For the longer list of items visit their website:

http://uvhs.org/wish_list.html

If you're donating a check, please make it to:
Upper Valley Humane Society of Enfield, NH.

...and hand it to a Polar Teacher and we will provide a special envelope for the UVHS.

Thank in advance for your support!

Polar Bears



First Annual DCCCC Clothing Exchange

November 15-19

There will be a table set up outside the office where you can bring children's clothing that has been outgrown that you would like to share with others and take clothing that will fit your child!

From the Director

Dear Big Jeff readers tackle “The Witching Hour”

Dear Big Jeff,

The pre-dinner hour at our house is a nightmare. We have one child in afterschool care, a preschooler and a Teddy. By the time we have collected the kids at the end of the day, get home and make dinner everyone, including me, has melted down. Our gold standard is dinner together and a bath and a story for each child, but we fall short more often than not. What can we do?

Signed,

Hungry, Tired and Done with Today

Dear Done,

Our readers have come to the rescue with suggestions for bed, bath and beyond (and before). Big Jeff has compiled and edited their suggestions. Remember, small changes are more likely to succeed than plans for sweeping change. Pick an idea that appeals to you and give it a shot. Let us know how it works.

Big Jeff

Attitude, attitude, attitude:

- So much of after work stress is about perspective. If you keep it light and silly, the kids often respond that way. If you are tired and grouchy, they respond in kind. Yes, this does require some acting, but it works!
- My guiding principle is to prioritize long-term family happiness over small bumps in the road.
- My first advice would be to let go of the "gold standard." With 3 kids at those ages, don't set yourself up for unnecessary stress and disappointment.
- Remember, music can lift the mood whether it is kid's music or the oldies station.

We need a snack:

- Our kids acted exactly like this every day -- until we discovered they were acting badly because they were really hungry. Now we simply try to have some goldfish and perhaps some juice on hand at pickup -- or immediately upon getting home -- and their behavior magically changes. Giving them this snack is like flipping a switch from ornery to sweet
- "Snicky-Snacky Plate" to the rescue! I have the kids help me put together a hors d'oeuvres plate with fruit, veggies, cheese, avocado, and soy beans (edamame). It's like we are having a party at our house (minus the guests). Everything is healthy and it's a sneaky way to get them to eat their veggies (and not melt down)

BEFORE dinner! They snack with me in the kitchen and keep me company. I don't worry about how much they eat during dinner because they've had lots of healthy snacks!

- Be prepared with a suitable snack for the way home. Something healthy that would help ease the "hunger pains". Fruit, veggies, cheese stick and whole grain crackers. We have found snack sized Ziplocs of a satisfying snack for munching in car seats on the ride home highly effective.

- If your Teddy is old enough for Cheerios, put him/her in the highchair with that brilliant combination of food/ toys. Banana pieces are also great for keeping babies busy!

Once you are home:

- Usually by the end of the day everyone just wants their parents. I cooked many dinners with a toddler on my back in a backpack and my older one either helping me make dinner or doing an activity close by. I would put toys that had not been played with for a while, out on the table, close by me.

- Give everyone a job to do when they get home to help out - age appropriate, of course.

- Find things that the older kids can help you with. It's amazing how busy they keep while setting the table if you dole out one fork, spoon, knife, and plate at a time. As for the gold-standard: sometimes, you just have to look for the sterling silver equivalent: I'd say you're doing pretty well if you have 2 out of 3 things each evening!

Dinnertime:

- Pre-plan. I waste a huge amount of time trying to figure out what to cook after a long day in the office.

- Cook ahead. We had encountered similar problems and decided that it is nearly impossible to expect ourselves to "make" dinner for everyone every night. Since, for health and budget reasons, we don't want to eat out or get take-out every night, we have developed a habit of Sunday afternoon/evening "cook-a-thons." A large chest freezer in the garage has helped us a lot with this plan! There are also cookbooks out there of "make ahead" recipes that have given us lots of good ideas.

- Simplify. Make dinner prep easy with simple meals. Macaroni and cheese with fresh fruit and carrot sticks.

- Take out. Co-op, EBA, Allechante, wherever

- Cold dinner. Have a quick alternative, like sandwiches, for very tired evenings.

- Crockpot. Try chicken and veggies, vegetable soup, chili, a big pot of rice & beans, etc.

- Breakfast for dinner. Pancakes! (Puree some sweet potato for the pancakes to get some veggies in.)
- Double batches. Make double and freeze half - a life saver! Homemade pizza with store bought dough is great.
- Prepared foods. Frozen pizza works. Read the label for the best nutritive value.
- Fall back dinners. Try eggs with cheese and toast for when the kids are as melty as the cheese.
- Picnic. The idea of an indoor picnic gets everyone excited and gives you an opportunity to whip up some dinner. Then spread the blanket out on the living room (or wherever!) floor and dig in. Obviously not something you can do every night but it might change the momentum of those really out of control nights.
- Don't worry. I don't worry about getting all the right blend of nutrients in one meal but rather take a few days as a food continuum. Kids are picky and sporadic eaters anyways so I don't worry about it.

Bath:

- Nobody said bath time had to be after dinner. Give kids a bath when you get home and read books until dinner is ready.
- Bathe kids together (at least two in one tub).
- Introduce showers....one of our children loves them...and they are faster than baths
- Don't do baths everyday....It's really not necessary and it's better for the skin anyway.
- Have a "PJ dinner" which is actually really relaxing even if bedtime is far in the future for us. Sometimes mom and dad change into PJs too

Bedtime:

- Take turns on book night and everyone listening to just one.
- Read books that all the children will like.
- Let one child per night have a story "solo" with Mom or Dad
- Have your oldest kid read to the preschooler while you put the teddy to bed (but not every night!)
- The longer they are up the more difficult it is. Bedtime at seven, a not too exciting story.

Greetings From Sunnie:

Sunnies office is complete (come visit and add to my bulletin board)! More changes: the DCCCC Website has been updated! New Features: photo gallery, pictures from past events, listings of future events. Go to www.dartmouth.edu/~dcccc to check it out! Some ideas that may be added in the future: special announcements, late openings, and snack menus!

Dartmouth College Child Care Center

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

Dartmouth College
Dartmouth College Child Care Center



Welcome!!!
Thank you for visiting the DCCCC Website!



Click here to find out more about DCCCC!
location...enrollment...hours...purpose



Check out what's happening at DCCCC!

pictures of events from the past
listing of future events



Need to find DCCCC? [Click here for directions](#)

Child Care Project:

The Child Care Project is another resource for families looking for child care. Click [this link](#) to visit their homepage.

ANNOUNCEMENTS

Back by Popular Demand!!!

**Storytelling with
Big Jeff and
The Professor of Percussion
(James Burger)
Wednesday, November 17
12:30
in the big multi:
Where the Wild Things Are
and
The Three Little Pigs**

WHERE THE WILD THINGS ARE



STORY AND PICTURES BY MAURICE SENDAK

Reminders

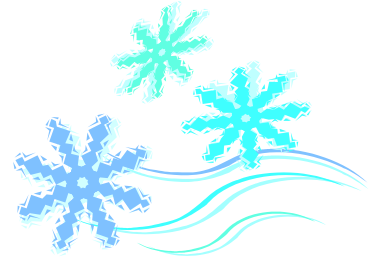
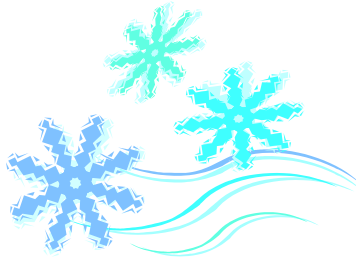
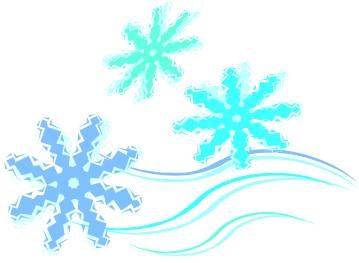
- The multi is new and exciting so it might be a bit more difficult to get children through at the end of the day. Feel free to remind children that Jeff and Sunnie say that the multi closes at 5:00.
- The weather can be unpredictable from day to day so be sure that your child's cubby is stocked with clothing for sun, snow, wind, and rain!
- The time change means that it gets dark earlier and that makes it seem even later to children as they wait for their families at the end of the day. Be prepared for behavior changes.
- The colder weather also adds to the length of time it takes to collect and clothe children at the end of the day, especially when you have more than one child to collect! Plan accordingly to be sure that you do not receive a late charge! Talk with your child's teachers if you know that time will be tight for you. We are all interested in making the end of the day transition as smooth as possible!

DCCCC Spaces Available/Spaces Needed

Teddy One:	Wed. needed
Pandas:	M-F available in January
Koalas:	M available, Th needed
Woollies:	Th available
Polars:	Th, F available
Grizzlies:	Th available, need M,F

DCCCC Will Be Closed On The Following Days:

- November 25 and 26, 2010 – Thanksgiving Break**
- December 23-31, 2010 – Winter Break**
- March 21, 2011 – In-service Training Day**
- May 30, 2011 – Memorial Day**
- July 4, 2011 – Independence Day**



Dear Families,

It's already time to think about the snow delay routine. Whenever Hanover schools close or open late due to inclement weather we will have a late opening time of 9:00 a.m. Grizzlies may arrive at 9 a.m. too. During Hanover school vacations, the decision to delay opening until 9 a.m. is made by the Center Director. A late opening at DCCCC will be announced on:

WMUR TV Channel 9 and www.WMUR.com

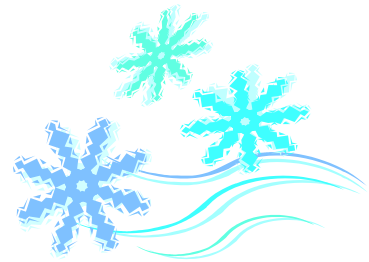
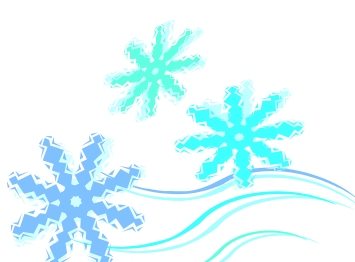
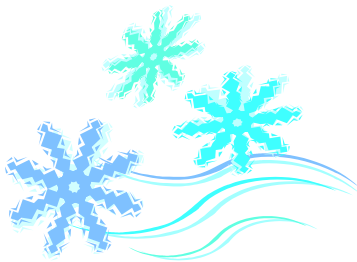
WCAX TV Channel 3 and www.WCAX.com

New Hampshire Public Radio site: www.nhpr.org

The delay in opening is to have time to plow out the driveway for emergency (and general) access and for teaching staff to arrive. DCCCC staff members may be on-site before 9 a.m. to answer phones and prepare the classrooms, but staffing will not be adequate to accommodate children before 9 a.m. In fact, if you can delay your arrival so that not all families arrive at once, it will be greatly appreciated. Sometimes teachers are delayed by travel conditions due to the distance of their homes from the Center. Please let your child's teachers know if you are willing to stay to help in the classroom for a bit if this happens.

Sometimes the delay seems more of a nuisance than a necessity, but we've found it helps to have a predictable routine when it's hard to know what conditions are like in higher elevations.

Jeff Robbins, Director
Dartmouth College Child Care Center



Events for Families

AT DCCCC: Wednesday, November 17 at 12:30. **Storytelling with Big Jeff and The Professor of Percussion (James Burger)** in the big multi: Where the Wild Things Are and The Three Little Pigs.

Other Places:

Billings Farm & Museum Discount

Explore one of the finest operating dairy farms in America and a museum of Vermont's rural past – your gateway to Vermont's rural heritage. Billings Farm features many aspects of farm work, including care of the Jersey cows and other livestock, milking of the herd, crop rotation, and feed production. Show your Dartmouth ID and receive a discount on admission!

Date: Weekends in November

Time: 10:00 AM - 3:30 PM

Location: Billings Farm & Museum - Route 12 & River Road - Woodstock, VT

November 13 & 14; 20 & 21 (10:00 AM – 3:30 PM): Wagon Ride Weekends

Tour the dairy farm on horse-drawn wagon rides; visit the farmhouse and farm life exhibits; take advantage of a variety of programs and activities for all ages.

November 26-28 (10:00 AM – 3:30 PM): Thanksgiving Weekend

Visit with costumed guides as they demonstrate the preparation of a traditional late 19th century Thanksgiving meal in the farmhouse. Engaging activities for every age and programs in the parlor each day. Enjoy a homemade treat and a horse-drawn wagon ride. Last weekend of the season to visit the farm life exhibits!

For more information, visit the Billings Farm & Museum website at http://www.billingsfarm.org/programs-events/special_events/index.html

Remember, admission prices are discounted with your Dartmouth ID:

- adults: \$10 (normally \$12)
- seniors: \$9 (normally \$11)
- ages 5-15: \$4 (normally \$6)
- ages 3-4: \$3
- ages 0-2: free

-November 16, 7:00-9:30pm, Church of Christ at Dartmouth College, 40 College St., Hanover. **Sing Christmas Songs with the North Country Chordsmen:** all welcome: Audience participation encouraged. Refreshments provided. (888) 293-9191 or <http://www.nedistrict.org/ccchordsmen/>

- November 21-28, 10:00-4:00 VINS Classroom **Turkey Gobbler Crafts**
Celebrate the Thanksgiving Holidays and make your own turkey puppet to take home! Explore the lives of turkeys through hands-on avian artifacts. Self-guided family activities and crafts. You may make your own turkey puppet, explore hands-on through touchable turkey feathers, turkey tail, etc.

<http://www.vinsweb.org/index.php/home>

- November 20,21, 26, 27, and 28, 11:00am - 11:30am. VINS Classroom. **Bringing in the Bounty.** Join us as we explore the many ways that plants and animals harvest summer's bounty and prepare for the cold winter months ahead. Wrap up the program with a chance to meet some of our live raptors in an up-close encounter.

<http://www.vinsweb.org/index.php/home>

- Friday, DECEMBER 10, 10:15 or 11:30 a.m, Montshire Museum. **Books and Beyond: Science for Preschoolers** This program combines great children's literature and hands-on activities for fun science learning and exploration. Each day features a different book and activity. For children ages 3-5 and their parent or caregiver. Free with Museum admission. <http://www.montshire.org/events.html>

- Friday, DECEMBER 10, 5-7:30 p.m. Montshire Museum. **.Shop Save, Explore** Enjoy free admission to the Museum, savings on Museum Store purchases (25% for Montshire members, 10% for non-members), book signings, complimentary gift-wrapping, and light refreshments.

This year Montshire is hosting authors Mary Holland and Jenepher Lingelbach. Holland's book, *Naturally Curious* is a photographic field guide and month-by-month journey through the fields, woods, and marshes of New England.

In her new book of poetry, *Words Like Leaves*, Jenepher Lingelbach takes us into the world she sees from her kitchen table. The woods, farm fields, brooks, and open meadows that surround her home in East Barnard continually inspire her poetry.

<http://www.montshire.org/events.html>

- December 11 1:00-3:00 P.M. Enfield Shaker Museum **Christmas with Santa.** Have your picture taken with Santa! Create your own greeting card! Explore the dwelling rooms - each has a tree for the holiday season! Vote for your favorite! Enjoy cocoa and look for bargains in the Museum Store. Admission is \$5. Members, Children and Enfield residents are admitted free.

<http://shakermuseum.org/calendarofevents.htm>

-Saturday, December 11 2010: 1:00pm, 3:30pm or 7:00pm. **A magical journey through The Nutcracker's enchanted winter wonderland, by City Center Ballet Clara's Dream.** Lebanon Opera House. General Admission \$10.

<http://lebanonoperahouse.org/event.php?id=803>

-December 12 1:00 P.M. Enfield Shaker Museum **Cookie Fair** ...until the cookies are sold out! Select from more than 100 different varieties of homemade cookies – festively arranged for the season! Sold by the pound. Free admission.

<http://shakermuseum.org/calendarofevents.htm>

-December 18 1:00-2:00 P.M. Enfield Shaker Museum. **Christmas Sing Along** Come and enjoy your favorite Christmas songs at the Enfield Shaker Museum! Sing Along carols in the Dining Room from 1-2pm, deals in the gift shop all day, and vote for your favorite tree! Hot Cocoa and homemade Cookies. Admission is \$5; children, members, and Enfield residents are free.

<http://shakermuseum.org/calendarofevents.htm>

-Saturday and Sunday December 11-12, 2010 **ALL ABOARD THE POLAR EXPRESS**

Leave from the White River Junction Railroad Station for your trip to the North Pole. Departure times: Saturday December 11 at 10 am, 11:30 am, 1:00 pm, 2:30 pm, 4:00 pm, 5:30 pm and 7:00 pm. Sunday December 12 at 10 am, 11:30 am, 1:00 pm, 2:30 pm, 4:00 pm and 5:30 pm

Ticket prices: Adults - \$20; Children - \$15. "Babes on Laps" are FREE. Plus 6% Vermont sales tax.

For more information, call the Chamber at (802) 295-7900 or email

info@hartfordvtchamber.com

Recent Events at DCCCC



Alicia Casey from the Upper Valley Music Center came to demonstrate some stringed instruments. She brought two friends: Evelyn, age 6 who played cello and Hazel, age 4 who played violin. They played songs that we were able to sing along with. Evelyn and Hazel both played songs on their own.

The DCCCC kids listened, made requests, sang, applauded, and tip-toed out at the end!

There are brochures about the Upper Valley Music Center on the bookcase in the front foyer if you would like to know more about them!





several DCCCC families joined Eileen Ruml (DCCCC Floating Assistant Teacher) for an evening of “wormy” food and activities. They had the chance to see just what worms can do and discovered that the polite word for worm poop is *castings*.



It's the Great Pumpkin! October 20



Grizzly Reunion



News from the Float Team

Eileen Ruml

Teresa Hahn

Moya Stevens

Gladness Msumanje

THE SOUND OF SEPTEMBER

It is the first week of the school year and teachers are working hard to know the new children in their class rooms. They are smiling and laughing and children are returning their smiles and laughter. They are getting to know their new teachers!

I am working with the babies today in Teddy Too. It seems like these babies are taking turns crying! One starts to cry and the other stops and listens. When the first one stops, the other starts again and the second one listens. Another child has a serious look on his face. He seems to be wondering, "Can I start crying now? Is it my turn yet?" These children recognize that they are in an unfamiliar environment, and

they seem to be wondering, "what is this place and who are these people?" It is our job to help them feel familiar and safe.

We teachers are working hard to reassure these babies. We hug them and talk nicely to them. We are sending them the message, "You are safe here and we are going to take care of you!" "The sound of September," Terry Crane called it with a gentle smile. I returned her gentle smile with my wide smile and said, "I am going to write that down." I thought, "What did she say? A cry of September?" It didn't sound as beautiful as when she said it. I asked her what she said, and she repeated it for me. I got out a napkin and wrote it down. I put it in my pocket so I would remember.

As children become familiar in their environment, teachers are observing children and planning activities for individuals, small groups, and large groups. As I was working in the Panda class room, a child got out a plate and a wooden tool and started banging them together. He sang out loud while turning his head back and forth. Jen brought instruments and a whole band began. I sang the me, me, me song and many more. Children were singing and dancing. They were moving their bodies and shaking their heads. Others were trying to bang shelves and tables and to explore the sounds, including hand clapping. What a celebration!

I have been watching closely the powerful learning, growth, and development that comes from play. In the little multi a child was stacking blocks perfectly, pulling them from the shelf one by one. His seriousness and thoughtfulness assured me of his progress and growth. He looked at his tower and moved his blocks around to more satisfaction. The following moment the blocks fell down! "Uh oh!" he said and then murmured something else that I didn't understand, but definitely

dealing with the falling blocks. Then he bent over and fixed it. The tower is growing taller!

As I continued floating, I landed in the Woollies. This time I was invited by my beloved friends to share about my background and childhood experiences. The next day I brought a Tanzanian drum, a necklace, a basket that my grandma gave me. When I was little we didn't have any toys. I made my dolls from corn cobs or sticks. Sometimes we used sticks to make the body of a doll and wild fruits for making the dolls head. And I did real work, like taking care of my siblings and cooking.

My memories made my eyes grow wider. I remembered how much fun we used to have making homemade balls from tattered cloth and plastic bags that we found in the trash. I collected enough and made my own ball. At first I couldn't make a good one. My ball came apart each time I played with my friends. So we would have to stop the game, gather together, and fix it. Then we would start all over again! All out of breath we would call time out, and we would stop again and again to fix the ball. I can still hear my heart pounding in my ears and the energy in my blood.

From there I thought, "A ball! I am going to make a ball to share with the Woollies." I made a ball, only this time it was easy to find materials. Quality materials right in my house. Good paper, good pieces of cloth, and good strong string. Not from banana plants or palm trees. I made the fanciest ball I ever made in my life! This was my present to the Woollies and they loved it!

I shared with them how I got the water from the well and the tools we used. I showed them how I carried my baby brother on my back after my mama tied him on there. At the end of the visit I shared some Swahili songs with my friends. This was a counting song: moja, mbili, tatu, na nne -- this means one, two, three, four. The next song is my favorite one. It goes, "chini ya kilima naliona jua. Jua la bondeni, la meta meta." This means, "under the mountain I saw the sun, the sun of the valley shining." Our good children saw the valley shining sun. It was a fantastic day. The children were so fascinated, and the curiosity grew in their eyes. Hearing about the other side of the world from a person who came from there made them want to know more in our moment of learning!

Our floater team is growing stronger than ever, while we are sharing our experiences of the growth and development of the young child. We share ideas and tips and continue to become more effective teachers in our classes and environment.

GLADNESS MSUMANJE

News from Teddy One

Debbie Burnham,
Lead Teacher

Wendy Irwin,
Teacher

Keri Wolfe,
Assistant Teacher

While we have a wonderful team here in Teddy One, we do need help from time to time. That's when our great floaters and subs come to join us! Recently Wendy went on vacation and Moya and Eileen filled in. Moya knew our routine already from being in the teddy room while Wendy, Keri and I take turns going to the staff room to do our planning for the coming week. She jumped right in and the children felt comfortable with her. Eileen loves the teddies, but had not been in our room for a while. She entertained the children with her colorful autumn scarves and soon had the routines of Teddy One down!

The fall term at Dartmouth will be ending soon and that means our afternoon helpers may change. We hope you have noticed our picture area for afternoon helpers on the right hand wall as you walk into Teddy One. Daily helper's pictures, with their names, are displayed so you can see who will be with us each day.

The Teddies are growing and changing FAST! From our youngest to our oldest, we see growth and development.

Kirsten is smiling, giggling and even "singing". She has recently discovered the exersaucer and loves being in it, watching all of her friends.

Nate arrives ready to begin exploring every toy! He has started standing alone so before we know it he will be on the move upright!

Katharine makes us laugh with her smile and her pointer finger. She recently started taking steps!

Greta has started really exploring her friends (and sometimes their pacifiers!). She is very content to explore the whole room on her own.

Annabel will take a play phone and hold it up to her ear, having a conversation with "Dadada" or "Mamamama". She loves babies and playing with the dolls.



Guillem joins in our activities and has a great time with playdough or water play. His sense of humor is beginning to come out as he gives us sly smiles!

Leilani loves the multi room. She goes up the stairs and down the slide over and over. She recently told Keri a "story" all about her Halloween!

Harper has enjoyed having the large box in our room. She sees it and immediately announces "BOX" as in she goes.

Roxana is proud of her new sign for cracker (a flat hand on the opposite elbow). She has a big smile on her face as she does it.

Amelia loves our book, "Down By The Bay" and she sings the first line many times a day.

We are fully enjoying watching everyone grow and learn new skills. The Teddy Room is definitely a great place to be!

PS... Teddies also grow in size quickly so please check your child's extra clothes for sizing and for the cooler season.

Fondly

Debbie B..



News from Teddy Too

Terri Crane,
Lead Teacher

Lori Higgins,
Teacher

Denise Ayres,
Assistant Teacher



The 'Teddies are on the move these days. We have new walkers, crawlers and some belly and bottom scooters. When we are outside we have toddlers that love to climb up the steps and slide down the other side. They are making brave moves such as standing up and letting go, letting go of one thing to move to another. Sometimes grabbing at anything or anyone and learning that it might not have been the best thing to grab.

Every day they are learning new things about their bodies and testing out their new moves. The other day one of the crawling Teddies went under one side of the table and after a few moments emerged from the other side, but while he was under there he tried to sit up a couple of times without any luck so he kept on moving and eventually made it out the other side with a big smile on his face. The first 2 years bring out many firsts and we love helping them discover new ways they can move. They work hard and take risks that sometime leave the adults in the room with heart palpitations, but it's exciting and ever changing in our room.

Our afternoon student Lyndsey Freeman, who is a junior at Hartford H.S., works with us every day after school from 2:30 to 5:30. Starting November 9 she started an eight week school internship with us 3 mornings a week. As part of her internship she will plan activities or art projects and keep a daily journal of her time here. We are looking forward to having her here for that time. She is very well loved by all the Teddies.



We are adjusting to the time change and the darkness at the end of the day. It was confusing for the Teddies to have it get dark at daycare and not have parents here, but they are getting used to it.





Soon the snow will arrive and with it the snowsuits, boots hat, mittens, scarves, coats and snow pants. We do go out in the winter despite the wrestling match that we call getting ready to go outside. Usually the time it takes to put the gear on is more than the time we spend outside, but fresh air and a change of scenery is good for everyone and so we persevere. Even if the snow doesn't come for awhile send in the snowsuits, boots hat, mittens, scarves, coats and snow pants and we will wrestle your child into them. Whew! I'm over heating just thinking about it!

This time of year it seems like everyone is traveling to visit families and friends. If you are going to be out any days we would like to put it on our calendar.

Safe travels,

Terri, Lori, and Denise



News from the Panda Bears

Susan Young,
Lead Teacher

Jenn Boudro,
Teacher

Angie Terino,
Assistant Teacher

My first month with the Pandas has been a blast. What a wonderful start to the month we've had. We have been bringing the outside into our classroom. we brought nature into our sensory table. We have been discovering and exploring with trees, sticks, leaves, bark, stumps, wood cookies, and wilderness and woodland animals. Pandas have done some creative paintings using various objects in nature. We just finished painting geese to put up on our wall to fly south for the winter. We are having the best time.



Pandas love to flock to circle time. They look forward to and get so excited for circle. We play games, tell stories with props, sing, move, use instruments and dance. Some of our favorites include “Head, Shoulder, Knees and Toes”, “The Itsy Bitsy Spider”, and “Jingle Bells” (oh yes, we are practicing already). We have been doing a lot of audio sounds on tape – listening to an animal or everyday sound such as brushing teeth and guessing what we hear. The Pandas’ language is exploding. We are learning and speaking our teachers and friends names. The Pandas get such a charge out of name games. Animal names and sounds are of high interest right now as well.



Music, Music, Music – a very big part of our day. Oh boy do these Pandas love to move their bodies. Music with Brooke has been fantastic. We gather with the Teddies in the little multi. We sing a welcoming song and have used the parachute, instruments and rolled the balls to music. All kinds of music abound in the Panda room.



We have been enjoying the nice crisp weather outside. Keeping our mittens on is still a challenge for us. Puddle jumping on warmer days after a rain is always a favorite. Mud pies for everyone! We have all done well with the time change. Darkness and the moon have come up in a lot of conversations lately. We have been reading “Papa, please Get Me the Moon.”

We so enjoy being part of your child’s development, and it is so exciting to observe their growth on a daily basis.

Angie (for the Panda team)

PS Susan sends a big hello to everyone and is recovering well from foot surgery.

News from the Koalas

Terri Hollis,
Lead Teacher

Bobbie Lynn Stone,
Teacher

Jessica Lambert,
Assistant Teacher

Greeting Koala Families,

It is absolutely amazing to all of us Koala Teachers just how much your Koalas have developed and grown already. They have become so independent. They get out what materials they would like to play with. They ask questions to seek information. They engage in very colorful back and forth conversation on a regular basis. They love and have learned the skill of negotiation. This is the age and stage where your children go from toddler like beings to little boys and girls.

It is at this point and time that the bar of expectation is slightly raised; it is something they seem to embrace! Remember they are not ready to meet higher expectations on their own. In the Koala Room we do things such as a job Basket. When the room looks like a disaster, we have gathering time and they look around and report what they see that needs to pick up. We then write down

the suggested tasks put it in a basket, they take turns picking a job. Can you believe they get giddy with excitement waiting to see what they will get; they seem to forget that there is work ahead. The point is, that they should be expected to clean up, but until they get into the routine doing it in a way that they have some control over and is fun is way more motivating.

The Koala Teachers try to assist, not do for them. This spills over in such things as getting ready to go out. We teach them the good ole' flip trick. Packing up lunches, do what you can do, and then we will help. I have your sock started; now you pull the rest up. It is through that that you see your little Koalas walk and talk with an I can do attitude. After all, if the people they trust and look up to seem to think they are able soon they realize they are.

The topic of oneself continues to be very important at this age. We will be exploring Koalas and their families. We will be tracing our bodies. We will also be hanging mirrors and letting them check themselves out, while attempting self-portraits. We will be creating "me" blocks. I would like for families to bring in three or four photos of your child and family to help create our Koala Family tree. We would like to explore how families are the same, and how we differ. The Holidays are one way in which to explore that. I would love for families to share in any traditions that you may take part in; it can be related to Holiday, but not limited to. Please let me know if you would like to come in and share with us. It could be as simple as reading a book or telling a story.

The Koala Room will be scheduling our first round of Conferences at the beginning of January, to discuss your child's favorite topic, THEM.

On behalf of the Koala room

Terri Hollis

News from the Woolly Bears

Deb Girdwood,
Lead Teacher

Barb Merchand,
Teacher

Kristin Ball,
Assistant Teacher

POP, POP, POPYEAH, HORRAY!!! Was the sound that could be heard coming from the Woolly Bear room a few Friday's ago. We had an exploratory lesson on popcorn. I had placed an air popper machine on the floor in the middle of a sheet with no lid on the top in front of them. They did not know what this strange machine, that was making a whirling noise and blowing hot air, was for. We took turns going around the gathering circle to get ideas of what it could be. We were very impressed with the creativity of this group to describe what the machine was for. Here are some suggestions: it is for blowing up a bouncy house, it blows spiders away off their cob webs, maybe for cooking bacon, smoothing paint on the walls, a coffee or espresso machine, or for making apple cider.

More questions of curiosity came along as I placed the yellow lid with the small measuring cup on top of the air popper. When asked what the little cup could be for the group had a variety of ideas, focusing now on food. It could be for melting cheese, you could cook your rainbow trout in it if you cut it up small enough. A friend then added, "Well if you do that then we could still cook the bacon if we cut it up small enough.



We came to the big finale when I placed popcorn kernels in the yellow measuring cup and dumped them into the hot blowing air. We watched with great anticipations with our bottoms glued to our chairs (someone commented, "Its pretend glue, right Deb?"). I slowly moved the machine around so they could see the kernels hopping on the inside. First you heard pop, then another pop, then pop, pop, pop, pop. Popcorn was flying all over our sheet. The room exploded with scream of pure joy. "Can we do it again," was heard throughout the room. We did it

many more times, experimenting with the lid on and the lid off, each time letting children make predictions on what would happen if or when. Questions arose on what happened to the kernels to make them turn white and what would happen if

you put popped popcorn back in the machine. Two Woollies did a good job at explaining how the kernels got hot and then exploded. We were warned of the dangers of eating the “hard ones” by one of our Woollies, “They are bad for your teeth and tummies so you should only let your daddy eat those ones.”

We enjoyed eating our air-popped popcorn and each child received a spooky hand to take home.

Deb, Barb and Kristin



News from the Polar Bears

Radoyka Garcia,
Lead Teacher

Tatyana Bills,
Teacher

Raquel Fluette,
Assistant Teacher

Polar Bears are roaring away! We see many new friendships developing and others who enjoy just looking around and observing as they learn new ways to initiate play with all the mixed ages. Younger Polars have shown consistency in potty-training, understanding the job board and participating in circle. Older Polars have been a great help to those still learning and they do this gracefully!

During the last week in October, Polars enjoyed the Cedar Circle farm while pumpkin picking. The weather was spectacular and we even saw Pandas and Woolies there! Everyone took home the pumpkin they wanted. The week of Halloween activities included carving our giant Polar Pumpkin, roasting pumpkin seeds, making orange paint as they discovered different portions of red and yellow make different shades of orange, tissue paper ghosts, paper plate spiders and pumpkins and a little cardboard pumpkin patch. Polars wore orange and black at our Halloween celebration and we decorated our room, some wore their favorite pajamas, we played with goop, toy spiders, scary play dough and listened to spooky stories. In the

afternoon, we snacked on sugar cookies and milk and asked children if they wanted simple Halloween face paint. We had a great time!

Some items that Polars often ask about when we are inside: *Magnatiles, small Legos, Duplos, Rainbow Connectors, dress-ups and train tracks*. On those few extra-chilly days we bundle up and go out for fresh air to our playground, even in the rain-- Polars do know how to enjoy all kinds of weather. From the Greenhouse windows, we watched new sand get poured into our sandbox and once it was ready, they all flocked there to feel it and roll in it! They dug deep to find the old sand and they made a huge "construction site." Another game that Polars like to play is at the large climber outside and they use it as a 'ship' because they want teachers to be 'sharks' as they turn into different kinds of sea animals. You hear lots of giggles when they hide and they come up with such creative ways to evolve into these animals.

We have begun our Creation Station where children choose different materials to make special structures as they find ways to connect pieces of recycled items. We have seen some amazing things already—some which will be displayed in our Spring Art Show. Also our theme on the vet clinic has been a hit! We have our donation box ready, which will go to the Humane Society in Enfield, NH. We welcome anyone's donations from other rooms as well; there's a yellow and green box in the Greenhouse by the Polar Room to place items into. Some Polars have recently adopted pets and have shared amazing stories about their experiences. "Literature Month" in the Polar room is also quite popular. Children bring a book from home and we help create activities based on these books. They love this!

Yes, it is very busy in our room; however, children's smiles and participation are what makes it go smoothly. They own their ideas and this alone are gifts of life!

Happy November!

Ray and the Polar Bears

News from the Grizzlies

Karen Gray,
Lead Teacher

Joelle Wyffels,
Teacher

With the excitement from Halloween, the Grizzlies have taken an interest in skeletons. Our focus has changed from pretending, dressing up and thinking/making scary things to actually now learning about our own human skeletons and our amazing bodies. 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 have evolved which have us concentrating on the use of at least one of the senses such as:

Using our senses to figure out what is in the mystery bag;

Enjoying a story tape listening center;

Revealing portions of an illustration to receive clues to what the

photo could be;

Getting our hands deep into paint and goop to manipulate;

Being involved with cooking projects- popular and delicious recipes include: making a fresh fruit salsa and cinnamon tortilla crisps as well as frozen pumpkin squares.



Thanks to Joelle's husband Mitch, who is in medical school, he has provided us with many resources and hands on materials to use to help the children learn more about what is underneath their skin. We have models of the scapula and its muscles, vertebrae and tail bone, and even got to observe a real human skull! After many Grizzlies guessed that we have approximately 10-30 bones in our bodies, they were amazed to discover that 206 bones make up our human skeleton! They have done well with identifying where different organs are located in our bodies and what their jobs are and how some of our bones help to keep these important parts safe. It has been



fascinating to look at x-rays and to also think about the hundreds of muscles surrounding our bones that help our bodies to move. We have definitely been keeping our bodies moving with our interest in songs and movement games as well as lots of running games outdoors. We have been discussing what we can do to help keep our bodies healthy and strong and we have been taking care of each other in our doctor's office (with the use of stethoscopes that really work...so cool)!



Take a look at the photo of “Aiken Drum”. As we have been talking about the digestive system and the food groups, Grizzlies collaboratively created their own version of Aiken Drum- the man that lives on the moon from a song we have enjoyed singing. His body is made up of different kinds of foods...pretty hilarious!

Speaking of taking care of each other...we are having many discussions about this as well. We have been talking to the group about making kind choices and getting along with others even if they have different interests or are playing in different groups. The Grizzlies have discovered the powerful feelings of being involved in a “club”. They have also become more aware of the natural gender separation that typically happens around this age. We are focusing on the positive attributes of being involved in a “club”- working together and being accepted. One of the books we have

read to the children is titled *We Can Get Along: A Child's Book of Choices* by Lauren Murphy Payne. This book talks about different scenarios of how children feel when they are getting along and not getting along. It also mentions about personal responsibilities and having the choice to treat others the way you like to be treated. The book ends in these words,

“I can get along with many people. People who are like me, and people who are not like me. I can learn new things and try new things...I can be a friend. Friends are people you can count on. Friends are people who talk to you and listen when you talk. Friends are fun to play with...And nice to be around. At school, in the neighborhood, and on the playground, we all have our own wants and needs. We have our own thoughts and feelings...No two people are the same. Even though we are different, we can talk together. We can laugh, work, and play together. Or we can just be quiet together...We can get along.”

We are looking forward to having conferences with all of you over the next two months. We will be sharing our observations and insights with you and hope to work together with you to set our goals for the year ahead. We hope you will share with us how you feel your child is doing in school, at Grizzlies, and at home and provide us with feedback about the transition and our program.

Happy Birthday to:

Vidushi Sharma on November 1st

Liam Worden on November 18th

Gianluca Audia on November 24th

Joelle Wyffels on November 25th

Karen Gray on November 26th

And Happy Thanksgiving to all!

All the best,

Karen