



# Dartmouth College Child Care Center Newsletter

September 2012

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

## Happy New Year!! A Few Pics From Day One!

(more pics on pages 9 and 10 )



## From the Director

Dear Big Jeff,

Who is this child inhabiting MY child's body? Usually my child is totally thrown off by changes in his routine, but he cruised into his new classroom with confidence and maybe even a swagger. I heard him use "please" and "thank you". What's up with THAT? I was prepared for the worst.

Signed,

My Child is Missing

Dear Missing,

Don't worry; your child is in there. Watching children step up to meet new expectations and challenges is one of the truly rewarding parts of parenting and teaching. Congratulate yourself on having remained calm and strong for your child during this time of change. He has drawn his confidence from yours. Congratulate the teachers, too. His old teachers helped prepare him for the new experience and the new teachers were ready with a program suited to his needs.

Your years of hard work in teaching and modeling good manners is paying off. You may not see this stellar behavior at home, but your son has been learning socially appropriate behavior along. A successful strategy in new situations is to watch and listen, then to match one's behaviors to the requirements of the new setting. But be prepared, once children have learned the rules, it's time for the next stage – objecting!

In the next few weeks, as your child becomes increasing comfortable with his new situation, he'll want to know if he's interpreted the terms of engagement correctly. He may be asking himself, "So, do I have to behave this way all the time? Do all the teachers know these rules? Can they help me manage my behavior and keep me safe? What happens if I can't or don't want to meet these expectations which, by the way, are more exhausting and tiresome than they first appeared?"

That's a head full of things your child needs to know and they aren't easy to conceptualize or express, so he may have to find the answers through action. This entails stretching or breaking the rules to see what happens. Another way to learn about social expectations is to watch others. If your boy is an action oriented kind of guy and prefers to engage in vigorous objection to the new status quo, he will be serving a function for the whole group. If he takes a turn testing a limit, another child can learn what happens from watching, sparing him or herself the aggravation of having to test it him/herself.

You can be confident that we are ready, willing and able to help your child figure these things out. We'll even take pride in his progress through this stage. Don't worry; this stage will pass. As the year progresses, the next stage is Harmony in Group Living. Hang on; it's just around the corner

Signed,  
Big Jeff

Dear Big Jeff,

Who ARE all the adults in my child's classroom? Sometimes it seems like there are as many adults as there are children.

Signed

It's Crowded

Dear Crowded,

Good question! It can be challenging to keep track of the players. Let me break it down for you. We have:

-The main players: the assistant teacher, the teacher and the lead teacher.

-The afternoon helper: each classroom has an afternoon aide who typically arrives at 2:00. This provides coverage for teachers to meet or to take a break before the early teacher goes home, then serves to round out the team for the rest of the afternoon. Helpers are scheduled for 13 week blocks coinciding with the Dartmouth terms.

-Floaters: we are fortunate to have a very capable team of floaters who fill in when a classroom teacher is absent. Floaters are full-fledged DCCCC staff.

-Substitutes: When a floater isn't available to cover for a staff absence, we call on our pool of substitutes.

-Therapists: Several children receive special services and may have occupational, physical or speech and language therapy at school. Some therapies are conducted right in the classroom and others are held outside the classroom, often with a friend or two joining in.

-Ed. assistants: The school system provides an aide to help some children reach their developmental goals.

-Others: visitors, observers, guests and groupies (I threw that last one in the see if you were still reading).

In an ideal world we would remember to introduce each person to each other. When this falls through the cracks, we hope you will ask us or introduce yourself directly.

Signed,

Big Jeff

## **Greetings From Sunnie:**

Welcome to the new year! Kids are starting to realize that they are truly in a new classroom and that they are going to stay there! Let the fun begin! As Big Jeff said, the next few weeks will be a time of figuring out what the new rules will be, who will be in charge, and what the expectations will be. How do children figure this out? First, teachers and parents will tell them, but that is not how children learn best; they must do things for themselves. That means testing the limits. In order for children to figure out what is acceptable and what is not, they will try many different things. That means that your child may start having a difficult time saying good-bye after three weeks of pleasant partings. You may hear more reports of tricky behavior during the day. You may have children who need more attention during the evening. Don't panic! This is all quite normal and will pass if we support children during this time.

What kind of support can we give them? First and foremost is to listen – yes, even to the infants! Give them time to complain if they need to and then reassure them that you understand and that you care. Maintaining consistent rules and limits is important. Children need to know that the expectations are the same even when they are feeling a bit overwhelmed and confused by the transition.

This is also a tricky time for parents! You had great relationships with your child's former teachers, now you have to adjust to new communication styles. My advice to you during this time of transition is to speak up if you have concerns. All of the DCCCC staff are here to do what is best for the children. If you see something that you are not comfortable with or just not sure about, please speak up! It might take some time to develop new relationships but that should not stop you from saying, "I notice that..." or "Thank you so much for..." You know your child better than anyone else; we need your expertise to best help your children grow and learn!

Here is to another great year filled with new relationships, new roles, new skills achieved, and new knowledge gained! If you ever need someone with an open ear, I am here to listen!

**Sunnie**

# Early Learning NH call for Nominations for Teachers of Excellence

Sunnie was one of three recipients of the Excellence in Child Care Award from Early Learning NH. If you'd like to see the video of her receiving the award, you can view at <http://www.earlylearningnh.org/video/> (it is part 5, they saved the best for last!) It is once again time for nominations for this award. If there is a teacher (or administrator) that you would like to nominate, here is the information about how to do that!

Early Learning NH is calling for nominations for our *2012 Excellence in Child Care Awards*.

If you know someone worthy of this award, please fill out the attached nomination form or go to [www.earlylearningnh.org](http://www.earlylearningnh.org) to nominate them online! Nominations will be accepted if submitted online or postmarked on or before Monday, October 13, 2012.

We're hoping for a broad response and ask that you inform parents, families, teachers, co-workers, etc. and encourage them to nominate someone. Feel free to forward this email, copy and distribute the nomination form, or direct them to our website.

Please let me know if you have any questions!

Best,  
Katie

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# Excellence in Child Care Awards



## 2012 Nomination Form

Nominations will be accepted if submitted online at [www.earlylearningnh.org](http://www.earlylearningnh.org) or postmarked on or before Monday, October 15, 2012.

Name of Nominee: \_\_\_\_\_

Name of Nominee's child care program: \_\_\_\_\_

Address of Nominee's child care program: \_\_\_\_\_

1. Describe the nominee's qualities as an early childhood caregiver and educator that led you to nominate them for the Excellence in Child Care Award (please write answer on back or on a separate piece of paper):
2. Describe how your nominee is a leader in supporting families, for example, warm and frequent communication with parents, policies or services responsive to the needs of caring, working parents... (please write answer on back or on a separate piece of paper):
3. Describe how your nominee is innovative (please write answer on back or on a separate piece of paper):
4. Describe your nominee's contributions to the field of early care and education (please write answer on back or on a separate piece of paper):

Name of Nominator: \_\_\_\_\_

Email of Nominator: \_\_\_\_\_

Phone number of Nominator: \_\_\_\_\_

Your relationship to Nominee (please check all that apply)

- |  |  |
|--|--|
| <input type="checkbox"/> Parent of child currently in nominee's care | <input type="checkbox"/> Current co-worker/supervisor of nominee |
| <input type="checkbox"/> Parent of child formerly in nominee's care  | <input type="checkbox"/> Former co-worker/supervisor of nominee  |
|  | <input type="checkbox"/> Other _____                             |

The Awards ceremony for the 2012 Honorees, hosted by the Governor of New Hampshire (to be invited) and Early Learning NH, will be held in early December. The nominators will be asked to attend as well and will be notified of the date once it is confirmed. Early Learning NH will contact the Honorees and their successful Nominator(s) by November 2, 2012. *Thank you for your nomination!*

[ Please share this form with the parents and other caregivers in your program ]

# Classic DCCCC Reminders for the beginning of a school year!

- Label your child's clothing, each and every item.
- Keep a set of spare clothes in your child's cubby.
- Dress your child in layers. We'll peel them off and put them back on as the temperature dictates.
- Always send outerwear. Every day is an outside !
- 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. (see letter and notes at the end of the newsletter).
- Always sign in and out.
- Call to let us know if your child isn't coming for the day.
- Let your child's teacher know when you are leaving at the end of the 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.
- Let us know when your phone number, address, place of work, income or emergency contacts have changed.
- Make sure we know how to reach you. If you are in a different place for the day, let your child's teacher know.
- Access Card: if you don't have one, please go get it. If you have one, please, please use it.
- Check with your child's teachers to see how they celebrate birthdays and other special events.
- There's a parent bulletin board outside the office with articles and events for families.
- A lending library of resource books for parents is also located outside the office. Other titles are available, too.
- Big Jeff welcomes questions to be answered in "Dear Big Jeff" in the newsletter.
- Sunnie and Big Jeff welcomes more complicated questions to be answered in person. Drop by sometime., call, or e-mail.

# Parking Lot Safety!!!!

This time of year can be very exciting for children when they are going home! Some children are exiting through a different door than they have been accustomed to. Some children are walking out rather than being carried. Many children are just so excited about their “new” friends that they want to run and play with them. That’s why we take this opportunity to remind everyone about parking lot safety. Here the DCCCC Parking Lot Rules that you can use when talking with your children:

The driveway island is CLOSED to children. Children may play on the Grizzly side of the driveway with parental supervision.

## **Important rules for children**

- a. Stay with an adult when leaving the building.
- b. Walk on the sidewalk.
- c. If you have permission, you can play on the grass near the Grizzly Room.

## **Important rules for adults:**

- a. Keep your child with you at all times - in the building and out.
- b. Keep everyone's child safe - don't allow other people's children to slip through the door past you.
- c. Use the sidewalks for getting to and from the car - no running, running away, or playing (this applies to children and adults!)

Why are we so insistent about this?

The safety of children is our highest priority. There are so many cars coming and going particularly at the beginning and end of the day that it is not even close to safe to play or run near the parking lot. Children don’t always know how to control their impulses and may run out to hug a friend or look at a rock. That is why it is very important for adults to be aware of their child all the way to the car.

If I didn’t make it scary enough, check out stories on this web site  
[www.kidsandcars.org](http://www.kidsandcars.org)

# ANNOUNCEMENTS

## DCCCC Will Be Closed On The Following Days:

-November 22 and 23, 2012 –  
Thanksgiving Break

-December 24, 2012-January 1,  
2013 – Winter Break

-March 18, 2013 – In-service  
Training Day

-May 27, 2013 – Memorial Day

-July 4, 2013 – Independence Day

## Picture Day! Save the Date!

Friday, October 5 will be Picture Day at DCCCC. An amazing photographer will be here to take professional photos of children and families. Amy will be sending out more information, schedules and details in the coming week.

Individual and Class pictures will be taken.

# Resources for Families

## HopStop



### [HopStop: Damascus Kafumbe](#)

Music of East Africa.

Saturday, September 22nd at 11:00 am

### [HopStop: Michael Zerphy](#)

Zany Acts Clown Show.

Saturday, October 20th at 11:00am

**Friday, September 21. Toddler Open Arts Studio** in Lebanon: 9:30-11 a.m., AVA Gallery and Art Center, 11 Bank St. Art activities for children ages 1-4 with caregivers. Free. 603-448-3117.

**Friday, September 21. Dinner and Contradance in Woodstock:** Little Theater, 54 River St. Dinner, 5:30 p.m. Family dance, 6 p.m. Evening dance, 8 p.m. \$8 adults, under 18 free, includes dinner. 802-785-4039.

**Saturday, September 22. The Montshire Museum in Norwich:** 10 a.m.-5 p.m., 1 Montshire Road. "sLowlife," a multimedia exhibit on the sensory lives of plants continues through Nov. 15. Hands-on science investigations at 11 a.m. and 3 p.m. \$10 or \$12, under 2 free. 802-649-2200.

**Saturday, September 22. Family Program at Enfield Shaker Museum:** 11 a.m. and 1 p.m., 447 Route 4A. Experience the life of a Shaker child circa 1850 \$4-\$8.50. 603-632-4346

**Wednesday, September 26. Parenting and Teaching Seminar in Quechee:** 6:30-8 p.m., Upper Valley Waldorf School, 80 Bluff Road. Jaimen McMillan, director of the Special Dynamics Institute, discusses self-sufficiency, perseverance and endurance for children. Free. 802-296-2496..

**Saturday, September 29. Library Book Sale in Royalton:** 9 a.m.-1 p.m., Branch Library, Route 14 in village center. Free admission. 802-763-7094.

## Recent Events at DCCCC





## **News from the Float Team**

Eileen Ruml  
Gladness Msumanje  
Miranda Arruda  
Terri Crane  
Joel King  
Kelly Bosma

### **Meet the Float Team**

We have an amazing team of Floating Assistant Teachers who are ready willing and able to help out in all classrooms when needed. If there is ever a time when one of the classroom staff members is not available to open or close a classroom, it will be one of our amazing Floating Assistant Teachers who step in to help out. Below is a little bit about each member of the team!

**Eileen Ruml** has been a member of the team since 2003. She is known to many of the children as the woman who does worms or the woman who likes to do breathing and has great toys!

Eileen can be found in a variety of classrooms on Monday, Wednesday, and Friday.



**Gladness Msumanje** has been a member of the team since 2010, but she filled many temporary roles for us for two years previous to that! Gladness is currently covering a long-term position in the Koala room while we search for a new teacher (to take the place of Bobbi Lynn). Gladness has a great deal of energy and a great sense of fun to share with the children. When a new teacher is found, Gladness will once again be moving throughout the entire program.

**Joel King** has been with us at DCCCC since June 2012. He has recently completed an Associate Degree but didn't stop there; he is still enrolled in classes. Joel is a new Dad and works with children in all of the classrooms. The kids sure love playing with Joel in the multi!



**Miranda Arruda** joined our team at the beginning of December in 2011. She has worked in all of the classrooms and is currently covering Raquel's leave in the Polar Room. When Raquel returns, Miranda will once again roam the building! Miranda really enjoys helping children find their creative side!



**Kelly Bosma** is the newest member of our team. She began subbing for us in April 2012 and officially joined the staff in August 2012. Kelly is here from 1:30-5:30 every day. She is currently finishing coursework toward an Associate Degree. Kelly works in many different rooms and loves to be helpful!

**Terri Crane** has worked at DCCCC since 1988, but she has only been part of team of Floating Assistant Teachers for a few months. Terri is here from 9:30-5:30 every day. Her role is to give classroom staff time to plan and prepare for curriculum, events, and activities. Her experience at DCCCC is much appreciated!



## **News from Teddy One**

Debbie Burnham,  
Lead Teacher

Wendy Irwin,  
Teacher

April Buchanan,  
Assistant Teacher

We welcome everyone to the 2012-2013 school year! Our three "old timers" are really wondering what is going on. Anne, Madelyn and Jillian have had major changes in their lives this week! They now have new friends, on a daily basis, and wonder where their old friends have gone! We are spending lots of time introducing children to each other, learning new schedules and comforting both parents and babies:)



During this time of transition we will ask you how this change is going for you and your family. Please let us know if you have any questions, concerns or just want to chat. We love when parents can sit and visit, but do understand if you are rushed to get off to work. We will also try to introduce you to each other, but feel free to introduce yourselves.

So far the crying has been minimal and mostly around bottle feeding and naps. We have had lots of smiles!

By the end of September we should have all of our new children here and comfortable with us and each other. We look forward to our time together!

Fondly,  
Debbie, Wendy and April



## News from Teddy Too

Radoyka Garcia,  
Lead Teacher

Lori Higgins,  
Teacher

Denise Ayres,  
Assistant Teacher

*;Hola!* Hello from the Teddy Too Room!



The scent of fall is here...Cheers to the New School Year 2012-2013! We are so excited about meeting our new babies, three from which have been regular Teddies but have already changed so much. We were off to a slow start since many families had been traveling and others who have had family visiting and wanted to stay home with them. We expect a few more little ones to start late fall and we will surely be getting busier as the year continues.

Getting to know the children and their families is one thing I really enjoy here. Also, I have been working with my team, Lori and Denise since late spring and this has been a wonderful experience. It brings lots of satisfaction to have started our year with very good energy, while informing each other about each child's individual needs, keeping track of their rhythms and routines and helping them take small steps toward their 'little' goals! Yes, goals like building relationships with teachers, reaching out for toys, mimicking sounds and words, dancing, peek-a-boo games, signing favorite words, helping them understand their own emotions, discovering 'life' in the Teddy Room...and the list goes on. We are thrilled to share many of these school moments with families, although we understand that sometimes it's difficult to have to leave your child with anyone else other than their loved ones, particularly for the first-time parents. You want to hear the first belly laugh, see the first step, hear the first word—the truly amazing moments! These accomplishments may or may not happen here, but either way we love to listen to the many adventures that happen at home too! We are here for support whenever you need; just let us know.\*

Looking forward to this new journey with an incredible group of Infants and Toddlers!

Ray on behalf of the Teddy Too's



## **News from the Panda Bears**

Susan Young,  
Lead Teacher

Jenn Boudro,  
Teacher

Teresa Hahn  
Assistant Teacher

I believe we have had an outstanding beginning to the year with this great group of kids! We've seen a few tears but lots of laughter and interest in Panda activities and play. The BIG MULTI is a favorite place to play and they run down the hall in anticipation! One child immediately stopped eating snack when she heard me say we were going to the big multi after snack. In her mind, snack was over and it was big multi time! We're outside using the swings often and the top of the playground regularly.

There are new and different things to do in the Panda room. We are having some circle times which are group times when we sing songs, do finger plays and read stories. An example of one circle time I did involved both music, language and cognitive matching skills. We all had a stuffed bird to hold. We sang a couple of bird songs that involved moving the bird on your arm and up in the air. I had photos of a variety of birds and we matched the stuffed birds to the pictures. We practiced saying the names of a few...grosbeak,

cardinal. chickadee. blue jay, and my fav.. yellow bellied sapsucker! ( and yes we have that in a stuffie!!) It's so fun listening to their earnest attempts and successes as they practice new words. There is a lot of observing during these times as they become accustomed to this. They are learning to chuck their forks and spoons in the sink as they help pack up their lunch or clean up their snacks. These are examples of things that are regular parts of our day that will become old habit as the year goes on.

This is a year of huge growth in so many developmental areas. You will see language explode. Children will begin playing cooperatively. I noticed that going on today as one child "served" another child a piece of pizza. Dramatic play is an excellent opportunity for this play to develop. Some children may be in underwear by the end of the year ( or earlier even!). They will have lots of opportunities for gross motor play. We will be going out in the field for walks and hikes. They'll be jumping, climbing, balancing, trike riding, ball throwing and scooter boarding in the big multi (just to name a few fun activities).

There will be growth everywhere!!!

I want to welcome all of you families to the Panda room and we look forward to working and playing with your children for the next year!! We love Pandas !!  
Fondly,  
Susan for the Panda team



# News from the Koalas

Terri Hollis,  
Lead Teacher

,  
Teacher

Loey Crooks,  
Assistant Teacher

Greetings Koala Families,

Most of you and your children have a few days of transition to reflect on. First Koala day, first time in the other hallway, first time being with new friends, first time meeting new teachers, first time seeing certain materials, first time adjusting to new rules and expectations and.....on it goes.

This is the time of year when a fairly well known Chinese concept known and Yin-Yang comes to thought. The understanding of how things work. The interaction of two energies, nothing is black and white, all positive or negative. One cannot exist without the other.

There are so many mixed emotions swirling about. Some of the Children and parents are feeling them at different times. Some children and families are feeling them at different degrees than others. Even though we as teachers and parents know that difficult transitions lead to a better place , and better balance eventually, for now it is just hard!

Between the tears and hesitation for some there have also been much laughter and excitement. I promise it is true. So I would like to take the opportunity to focus on activities that your children have very much enjoyed during the day, perhaps after you may have experienced a tearful drop off.

- Loving the "big" playground
- Cool construction vehicles and fire trucks in the Koala Room
- Continuing to love the multi
- Cool stickers
- Book look time
- Gathering where we sing silly songs
- Legos
- Erasable boards with markers
- Connecting letter monkeys
- Dr. kits , especially when teachers are the patients
- Birthday Bear
- Painting
- E-mailing moms and dads at work/ hearing the response back
- And more



So for the next few weeks to come know that your children's emotions are always swirling and moving about. Before you know it there will be a very happy and healthy balance to look forward to.

On behalf of the Koala Team  
Terri Hollis



# News from the Woolly Bears

Deb Girdwood,  
Lead Teacher

Barb Merchand,  
Teacher

Moya Stevens,  
Assistant Teacher

Hello Families,  
Our Woolly Bear adventures have begun with the start of a new school year. We have been having a lot of fun getting to know each other and exploring our new classroom. Our returning Woollies were thrilled to see the new classroom set up and the new Woollies were excited to see all the cool "stuff" their new room has to offer. New friendships are forming on a daily basis yet old friendships are continuing to flourish. Everyone has made the transition very smoothly thanks in part to your help and the help of the other classroom teachers. (We love our hellos and hugs from Panda and Koala teachers.)



Barb has introduced us to Mr. Mouse, a friend who comes to visit and teach us about the Woolly ways. You can find Mr. Mouse on the top of the yellow cubbies. He resides there with his friend Franklin and Francine the fairy. Deb is continuing to teaching sign language. Our returning Woollies are signing back to her and new friends are picking it up quickly. Moya will be baking with the Woollies on a weekly

basis. This year "Baking with Moya" will be on Fridays.

Your Woolly Team,  
Deb, Barb and Moya



# News from the Polar Bears

Elizabeth Harrington,  
Lead Teacher

Tatyana Bills,  
Teacher

Raquel Flurette,  
Assistant Teacher

Hello Polar Families!

My, how time flies- much like our brand new butterfly that we've been observing! Everyone is getting into the swing of things: First year Polars are starting to feel more comfortable in their routine, look forward to checking the job board on a daily basis, and practicing their problem solving skills each day. Second year Polars are starting to take on their "helper" roles: showing others where certain items are kept, reminding us of our classroom rules, and playing with each other! We've been especially busy connecting with those who have common interests.



The Polars are hard at work! We've been learning about the classroom routine and our jobs, about who likes to build blocks up and who likes to crash them down, who loves a snuggle, and who loves to run. We have been practicing two very important rules: Keep each other safe and have fun. Caring for babies, playing in the kitchen, building with various materials, getting "messy" with many sensory projects, and various vehicles have been very popular for all of the Polars. We've even celebrated Brendan's 4th birthday and learned about our birthday routine! [We wish Steven well during his time in China and can't wait to wish him a Happy Birthday on September 30<sup>th</sup>!]



We are looking forward to our first major trip together for the fall: Pumpkin picking! You will see more information about this as the time comes closer. Prior to this experience, we will spend many opportunities exploring areas outside our playground to get comfortable outside of our classroom environment.



How does play effect our learning each day? Starting next month, a portion of our newsletter will focus on activities we plan and how they meet the various goals featured in Creative Curriculum. Keep your eyes peeled!

Onward and upward,  
Liz and the Polars



# 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!

And that's exactly what we are doing in the Grizzly room this September! Our special group of Grizzlies is made up of 18 friends- 9 boys and 9 girls. Ten of these children have moved up from the two preschool rooms and the remaining 8 are children new to DCCCC (15 out of these 18 are full-timers). All of these Grizzlies spend their morning in kindergarten at the Ray School and are coming from 6 different classrooms. We are there to meet them at their 11:00 dismissal and walk across the street for a fun-filled afternoon.

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. New participatory songs/chants have been introduced and enjoyed to help the group learn each other's names. We have also been reading books and having discussions about the magnitude of feelings and emotions we experience and commonly share during this time of year when beginning a new journey.

Our room and schedule is set up to encourage lots of social interaction, giving children the chance to move about and freely explore, build, pretend and play. Children have responsibilities for taking care of their own things and for taking care of our room and each other. We have a predictable routine and consistent guidelines to encourage safe and respectful behavior. Already we have been experimenting with our daily schedule as we get to know the needs

and interests within the group. We are doing our best to create minimal transitions and a nice balance to their overall day. Currently, when the children arrive we are having lunch first thing. Following this, they are given approximately 1 ½ hours to play in the room before heading outdoors for an equal amount of time. When we return back indoors, the children gather for a story/discussion before enjoying their afternoon snack. As you know, our rest time is nearer to the end of our day which seems to be working out well as almost the whole group no longer needs a nap to happily make it through their day (we hope they are not falling apart for you at home!). When our half hour rest ends, children can make quiet table choices before ending our day with books and getting ready to go home. On Tuesdays and Fridays our schedule is slightly different because from 1-2:30 the group is broken into 3 small groups- each group getting to have a turn to play in the multi, upstairs as well as work on a project. On a daily basis we highlight the activities from the day and leave this sheet next to the attendance clipboard if you are interested to know about the day's events.

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 and being one of the big kids now. We want each child to feel safe and a sense of belonging. We also want them to establish a sense of trust in their new teachers and peers.

We are excited to have some wonderful individuals helping us out in the afternoons and we'll do our best to introduce you to them. We are excited to have Becky Kimball, a Dartmouth student, returning to work with us 3 days a week. John D'Antonio is another Dartmouth student who we are excited to get to know and he too will be working 3 days a week. In addition, we have Brian Goodness, a well-loved substitute returning to work with us on Fridays. Each day we will post a photo and name of the helpers (Dartmouth helpers, substitutes as well as floating assistant teachers) working in our room and





place them next to the attendance clipboard for you to know who has been helping to take care of your child and better connect with/remember them.



We want to thank many of you for the time and effort you put into completing your child's profile (it's not too late to turn yours in if you haven't done so already). 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! Please let us know how things are going and remember that we welcome suggestions to improve our program. You will notice a new school year calendar posted on the doors to the right when you walk into our room. Please look it over to make sure we have your child's birthday accurate and let us know if there are additional holidays that your family celebrates and you would like them recognized here.



Enjoy the photos of your children exploring the room and each other and finding their favorite activities thus far! We are off to a good start! Congratulations...you and your child have made the transition from preschool to kindergarten!

**Please join us on Wednesday, October 3rd at 4:30 for a parent snack!**

Here's to a great year,  
Karen and Kristin

Dear DCCCC Families,

Welcome to the 2010-2011 school year! We will all be working hard to make this transition as smooth and safe as possible for all children. Please let us know how the transition is for your family.

In the interest of keeping this a safe place for ALL children, we would like to take this opportunity to remind you about our “no nut” policy. We are vigilant about this matter, not to make your life more difficult, but to be sure that children with allergies are safe. Remember that even the tiniest trace of tree nut/peanuts or their oils could be potentially life threatening to children with allergies. If a child who has eaten tree nut/peanut products touches a toy, playing with that toy could potentially send a child with an allergy to the emergency room. No one wants that to happen.

What you can do to help:

-When packing lunches, wash your hands thoroughly if you have made another lunch, or breakfast, that involved handling tree nuts/peanuts, tree nut butter/peanut butter, or oils from tree nuts/peanuts.

-Your child’s lunch should contain an assortment of foods that your child will eat. Foods should not contain any trace of tree nuts/peanuts or their oils.

-Check ingredients every time that you purchase a food for your child’s lunch. Manufacturers do sometimes change the plant where things are processed. If the ingredient label of a processed food says, “contains tree nuts or peanuts” or “may contain traces of tree nuts or peanuts” or “processed on machinery that also processes tree nuts or peanuts”, it is not a safe item to send to DCCCC.

- Check the ingredients on bulk items at the Co-op before you buy them for lunches.

-Ask about food from a restaurant before putting it in your child’s lunch. Be sure that peanut oil was not used when lunch food was cooked.

- If you are not sure that it is tree nut/peanut safe, don’t include it.

-You must enclose a **dated note** in your child’s lunch box that lets the staff know that the lunch is safe. Attached, please find notes that can be photo copied, cut, initialed and dated to be put into lunch boxes each day.

What we will do:

- Be available to share ideas of things that your child might enjoy for lunch.

- Answer any of your questions.

- Check each lunch daily for a note.

-If there is not a note, we will attempt to contact you if time allows. If we are not sure that the lunch is safe, we will give your child a different lunch from our kitchen. Your child’s lunch will still be in the lunch box at the end of the day.

Thank you for helping to keep all children safe!

I have checked the ingredients in this lunch. It is tree nut/peanut free.



Initials: \_\_\_\_\_

Date: \_\_\_\_\_

I have checked the ingredients in this lunch. It is tree nut/peanut free.



Initials: \_\_\_\_\_

Date: \_\_\_\_\_

I have checked the ingredients in this lunch. It is tree nut/peanut free.



Initials: \_\_\_\_\_

Date: \_\_\_\_\_

I have checked the ingredients in this lunch. It is tree nut/peanut free.



Initials: \_\_\_\_\_

Date: \_\_\_\_\_

I have checked the ingredients in this lunch. It is tree nut/peanut free.



Initials: \_\_\_\_\_

Date: \_\_\_\_\_

I have checked the ingredients in this lunch. It is tree nut/peanut free.



Initials: \_\_\_\_\_

Date: \_\_\_\_\_

I have checked the ingredients in this lunch. It is tree nut/peanut free.



Initials: \_\_\_\_\_

Date: \_\_\_\_\_

I have checked the ingredients in this lunch. It is tree nut/peanut free.



Initials: \_\_\_\_\_

Date: \_\_\_\_\_

# BARE is Best!

*for your baby's sleep environment*



## Keep your Baby Cozy

- Always place baby on back to sleep
- Use a crib that meets current CPSC standards
- Keep pillows, quilts, comforters and cushions out of baby's crib, bassinet or play yard
- Use a firm, tight-fitting mattress
- Positioning devices are unnecessary and can be deadly
- For warmth, dress baby in footed pajamas

## Without the Clutter



Never add pillows, quilts, comforters or cushions to your baby's crib, bassinet or play yard.

Nearly half of the infant crib deaths and two-thirds of bassinet deaths reported to CPSC each year are suffocations from a baby being placed on top of pillows and thick quilts or because of overcrowding in baby's sleep environment.



NSN 12-5



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# FAMILY

## Connections Pre-K

For the family of \_\_\_\_\_

## Children Learn by Playing

When children play, they are not wasting time. Play helps them build healthy minds and bodies. Every time they throw a ball, draw a picture, or play dress-up, they develop skills and learn about their world. A child's play really is a child's work.

**Why is play important?** Research shows that children do better mentally and physically when they play. They are healthier. They have less stress. When children play with other children, they also learn social skills. They learn to share, solve problems, and follow rules. They get to practice using language.

**What can I do?** Give your child time and space to play, every day. Turn off the TV and the computer. Children need chances to move their bodies, to use their hands and fingers, to daydream, to pretend. You do not have to plan exactly what your child will do. Just provide some free time and a place to play. It could be indoors or outdoors. It could be the living room

floor or a park. It could be alone or with other children who are about the same age. Offer a variety.

Also, offer toys and other objects that let children be creative. Paper and crayons. A box of sand. Building blocks. Let them play dress-up and make-believe. Take your children outside, where they can experience wind, dirt, water, and the seasons. Take them to a playground. Give them time to just watch the sky and its changes.

Both children and adults often have busy schedules. It might take some planning to create regular "down time" for free and active play. But it is worth doing. Who knows? A little free time, with no demands, could be good for you, too!

