



November 2023 Newsletter

NOVEMBER IS HERE!!!

A season to be thankful!!!

Dear Parents,



Autumn brings the spirit of change as we watch the leaves transform into rich colors. Time to enjoy pumpkin spice, apple cinnamon, cozy scarves, and sweater weather! Staying comfortable and warm and enjoying some football on TV. A time to be thankful for our many blessings. A time to spend with our friends and family to celebrate Thanksgiving with a wonderful meal and tasty treats. Enjoy and happy fall everyone!!

Our Parent/ Teacher Conferences are scheduled for Monday November 14th, Tuesday November 15th, and Wednesday November 16th. When conference notices are distributed, please fill out your top 3 appointment choices, specifying the DATE and TIME. All conferences are on a first come first serve basis and will last 15 minutes. Please return the conference form, even if you are choosing not to schedule a conference at this time.

We are excited to start the food program with CACFP on November 6th. We will be offering nutritious meals to all children for breakfast, lunch, and PM snack.

Bright Beginnings wants to wish all of our Families a very Happy Thanksgiving!



Dates to Remember

- Nov 7th – Stroudsburg Schools closed (Act 80)
- Nov 10^h – Show & Tell
- Nov 14th - 16th – Conferences
- Nov 20th – 27th – Stroudsburg Schools Closed
- Nov 22nd – Thanksgiving Party @ 3pm
- Nov 23rd – Thanksgiving Day, Center Closed
- Nov 24th – Center Closed
- Nov 30th – Bright Beginnings 5 Year Anniversary!

Nov Birthdays

Nov 4th John D
Nov 7th Colin M
Nov 17th Ms. Stacey
Nov 30th Cooper M



CLASSROOM NEWS!!!

Infant Room News:

Welcome Autumn! What a strange welcome it was!?! Who would have guessed we would have been welcomed with temperatures in the 80's and we would need our summer clothes again?!? We also welcomed a new friend Nolan. Glad to have you in our class.

A littler recap of October: Our children enjoyed fire safety week with a visit from Smokey the Bear which could not have been possible without the help of one of our parents, thank you Austin!! (Finley's Dad). And then the Firefighters came to visit. The children were thrilled to see all their equipment and we all learned about fire safety. Then we learned about transportation and construction.

The highlight of the month was our Halloween festivities and parade. As always, the children all looked wonderful dressed up in their costumes and we are very lucky to have so many parents attend the festivities.

Bright Beginnings wishes everyone a safe and happy holiday season!

- Ms. Stacey & Ms. Peggy



Waddler Room News:

Hey there Waddler families! This month the kids had so much fun kicking the month off learning about fire safety! By incorporating some gross motor skills, they crawled through the tunnel to avoid our pretend smokey air above! They also enjoyed seeing our forest friend, Smokey the Bear! Smokey took his time to leave the wilderness and teach us about fire safety and how to prevent forest fires. *(continued on next page)*

WELCOME OUR NEW STUDENTS & STAFF!!!

We would like to welcome all new and returning students that started this past month. Let's please welcome Nolan to the Infant Room and welcome back siblings Alayah to our Preschool Room and Everleigh to the Toddler Room.

We are very happy to have you as part of our Bright Beginnings family!



NOV. WEEKLY THEMES

Week 1: Farms & Farm Animals

Week 2: Harvest



Week 4: Thanksgiving

Week 5: Hibernation & Migration



SCHOLASTIC BOOKS ORDERS!!!

We will be doing our monthly Scholastic Book orders again!

This is a great way to get some children's books for your child's collection and help us earn free books for the school! Orders are due the 15th of the month and shipped right to the school for easy pick up. You can order using the order forms or online. Our classroom code is V9WKW.



CLASSROOM NEWS CONTINUED!!!

Waddler Room News *(continued from previous page):*

To top the week off we had our friends from the Stroudsburg Fire station stop by to give us more information on how to prevent and stay safe in case of a fire. We also got to see their awesome fire truck up close!

We then fell in love with our season of fall where we decorated our classroom in some of our favorite things that reminded of us of fall and the month of October. During art, we made our coffee filter bats, our pumpkin sun catchers and our stamped leaves. We also practiced our fine motor skills by placing pom-poms into a small mouth container and learned about science and the reaction that water, baking soda and vinegar created to make our corn kernels dance in a mason jar.

Next, we raced into our transportation week where we were excited to see and learn about vehicles. We really enjoyed taking some of our favorite cars and racing them down our ramp. We were able to see which one was fastest and talked about things that go fast and things that go slow. We also looked at different vehicles and learned about each one's job.

During transportation week we also welcomed our new friend Bryce who transported his way from infants into our waddler room. Welcome Bryce! We are so excited to have a new friend join us.

We wrapped up our month by getting spooky and dressing up for our Halloween parade. We had so much fun seeing our friends' costumes and collecting some yummy treats as we went trunk or treating!

This month sure was fun and we are so excited to see what next month brings as we continue to learn and grow!

- Ms. Laura & Ms. Devin



Toddler Room News:

It's finally fall! Over the past few weeks, the toddlers have had so many fun adventures. We have been incorporating the new signs Ms. Stacy taught us during the sign language presentation when we were learning about our 5 senses. Ms. Danielle also came up with a very fun project that allowed us to use our imaginations.

We would like to welcome Eveleigh to our classroom, we are excited you have joined our group of friends. Having new friends means we get to learn a lot from one another. *(continued on the next page)*

REFERRAL PLAN

Invite family or friends to visit our center.
When they enroll with us you earn \$50 in cash
or a \$50 credit towards your next invoice.



CLASSROOM NEWS CONTINUED!!!

Toddler Room News (continued from previous page):

We are also still working on following directions, being nice to one another, and sharing toys. We were sad to say goodbye to Eliana, as she is moving. It was nice to have her join us for the short time she was in our class.

In October we learned about Fire Safety & Prevention. Finley's dad brought Smokey the Bear to see us. During his visit, we learned about Fire Prevention "only you can prevent forest fires" and what we should do in case of a fire. Ms. Stacy read us a cool book about fire prevention, we also got to ask questions and take pictures with Smokey the Bear. Some of our friends were a little afraid of a BIG bear and opted out of the picture.

That Friday the fire department came to visit us too. It was so exciting to watch the firefighters put on their fire gear. After the presentation we walked outside to take a tour of the fire truck. The children were amazed to see all the tools the firefighters use to put out fires. We love learning new things that will help us in case of an emergency.

The next theme we will be learning about is fall. We look forward to seeing the different color leaves on the ground and hopefully we'll be able to find some acorns.

We want to wish everyone a Happy Thanksgiving!

- Ms. Danielle & Ms. Emily



Preschool Room News:

Happy Fall! I hope everyone is starting to enjoy the fall weather that we have been having. On that note we are still going outside to the playground so please make sure that your child has appropriate clothing and maybe a light coat.

We've had a busy October, the children got to meet Smokey the Bear and the Fire Department stopped by for a visit. We did a dancing corn experiment, and as always, we had a great time carving our pumpkin.

Our new special monthly learning subjects for November are color Brown, Square for our shape, numbers 4 & 6, and the Letters D, I, and L. *(continued on next page)*

**Read to your children, it's
the best investment you will
make in their education.**



CLASSROOM NEWS CONTINUED!!!

Preschool Room News (continued from previous page):

Ms. Karlyn and I wanted to let you know that the class is doing a great job with cutting, tracing, and recognizing letters and numbers. The children love earning stickers so that they can get a prize. The prize box is working! Yay!

We want to welcome back Alayah and wish everyone a safe and happy Thanksgiving. Enjoy the extra few days off.

- Ms. Amanda & Ms. Karlyn



Pre-K Room News:

We would like to start out by welcoming our new Pre-K student Jovani to our class. He fits in perfectly and has made a bunch of new friends. October brought in all the wonderful fall festivities and boy did we have some FUN!

Our month began with fire safety & prevention, we learned about the importance of smoke detectors, how to stay low if a room fills with smoke, how to stop, drop, and roll and the importance of following directions when the fire alarms go off. We also had some special guests; Smokey the Bear came for a visit and Ms. Stacey read us a story about his life. It was a wonderful day! We were all so EXCITED to meet him and learn how to prevent forest fires.

We also had a visit from the Stroudsburg Fire Department, they came on their fire engine (truck) and spoke about how to prevent house fires. They also showed us their gear and gave us a tour of their truck. The children sang them a song they learned. I must say it was a very exciting and informative week.

Then we had a week full of FALL fun! We made art with all the beautiful colors that the FALL season brings with leaves and acorns. We had BLAST with our science experiment "Dancing Corn". The children loved watching the kernels dance around the mason jar and learned how/what was making it happen. We made a "scarecrow" as group. Whew, what a busy and exciting week.

Transportation week was a FUN time. We talked about the many ways to travel and get around. Eleni shared with us that her Daddy is a pilot. She's so proud of him! Everyone had a great time showing off their favorite vehicles during show and tell. *(continued on next page)*

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CLASSROOM NEWS CONTINUED!!!

Pre-K Room News (continued from previous page):

Boy were those creative juices flowing during construction week, that week started out with the children putting together their very own marble run with paper towel and toilet paper tubes. They did AWESOME! We love seeing those amazing little minds at work. The rest of that week they used legos, wooden blocks and magnetic blocks, to make castles, houses and skyscrapers, it was a great constructive week.

Halloween week was our absolute favorite! We had pumpkin carving day, we painted pumpkins, we listened to Halloween songs and stories. We danced and we sang. Let's not forget the Halloween parade and all the incredibly cute costumes... so much fun was had by all... a special THANK YOU, to the parents that help to make this day special for the children.

Just like that, we await November's fun and creativity from our amazing Pre-k class!

- Ms. Lisa & Ms. Carrie



School Age News:

Hello, hello, hello, and welcome to November!!! The leaves are changing colors and it's getting cold out!

Some memories for October include singing *Wheels on the Bus* with the Toddlers, reading about fire safety with Mrs. Linda, and using Ms. Crystal as a base for their tag play outside as they wait for the bus in the morning.

The communication between the children has been improving and they have really been enjoying their time together, from playing in dramatic play to chilling out in the cozy center.

As the weather is starting to get colder, I just want to ask the parents to support us in our efforts to remind the children how important it is to wear their jackets and hats. Also, electronics such as phones and handheld games are not allowed. The only thing that is accepted are their laptops to complete schoolwork. If they have a phone, please speak to them about keeping their phone in their bookbag. If we see the children with electronics out, it will be taken and given to Mrs. Linda. Parents will need to see Mrs. Linda to pick them up.

We wish all our families a happy Thanksgiving later this month!

- Ms. Crystal, Ms. Gail, & Ms. Meghan



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Nightmares, Night Terrors & Sleepwalking in Children: How Parents Can Help

Children may wake up or not sleep well during the night for different reasons. Nightmares, night terrors, sleepwalking and sleep talking, for example, are common sleep problems among kids. Here are some tips to keep in mind when they happen.

Nightmares are scary dreams that often happen during the second half of the night when dreaming is most intense. Children may start having nightmares as young as 6 months of age. They tend to peak between 3 and 12 years old. Children may wake up crying or feeling afraid and may have trouble falling back to sleep. If your child has a bad dream, the best response is to comfort them.

What you can do: (a) Go to your child as quickly as you can. (b) Assure them that you are there and will not let anything harm them. (c) Encourage them to tell you what happened in the dream. Remind them that dreams are not real. (d) Allow them to keep a light on if it makes them feel better. (e) Once your child is ready, encourage them to go back to sleep. (f) See if there is something that is scaring your child, like shadows. If so, make sure they are gone.

Night terrors occur most often in toddlers and preschoolers. They take place during the deepest stages of sleep. Deepest sleep is usually early in the night, often before parents' bedtime.

During a night terror, your child might: (a) Cry uncontrollably. (b) Sweat, shake or breathe fast. (c) Have a terrified, confused or glassy-eyed look. (d) Thrash around, scream, kick or stare. (e) Not recognize you or realize you are there. (f) Try to push you away, especially if you try to hold them.

While night terrors can last as long as 45 minutes, most are much shorter. Most children fall right back to sleep after a night terror because they actually have not been awake. Unlike a nightmare, a child will not remember a night terror.

What you can do: (a) Stay calm. Children are unaware of ever having a night terror because they are asleep, so there is no effect on children, only parents. (b) Make sure your child cannot hurt themselves. If they try to get out of bed, gently restrain them. (c) Remember, after a short time your child will probably relax and sleep quietly again. If your child has night terrors, be sure to tell babysitters what they are and what to do. If night terrors keep happening, talk with your child's doctor.

Like night terrors, sleepwalking and sleep talking happen when children are in a deep sleep. While sleepwalking, children may have a blank stare. They may not respond to others, and it may be very difficult to wake them up. Most sleepwalkers return to bed on their own and do not remember getting out of bed. Sleepwalking tends to run in families. It can even occur several times in one night among older children and teens.

What you can do: (a) Make sure children don't hurt themselves while sleepwalking. Clear the bedroom of things children could trip or fall on. (b) Lock outside doors so children cannot leave the house. (c) Block stairways so children cannot go up or down. (d) Do not try to wake children when they are sleepwalking or sleep talking. Gently lead them back to bed, and they will probably settle down on their own.

Remember - If you have any questions or concerns about your child's sleep habits, don't hesitate to talk with your

A LOOK BACK AT OCTOBER EVENTS



YOUR FEEDBACK

We appreciate the wonderful feedback we have received so far! Thank you so much! Please support us by sharing that great feedback with others by giving us a 5-star review on our [website](#) or on our [Facebook](#) page. Thank you for your help and for being a part of our Bright Beginnings family!