



December 2023 Newsletter

DECEMBER IS HERE!!!

Tis the season to be jolly!!!



Dear Parents,

We hope everyone had a wonderful Thanksgiving and is ready for the winter season! Just a reminder, Children will go outside every day weather permitting, so please be sure your child has appropriate outer wear: hat, scarf, gloves, boots, etc. Please LABEL your child's belongings!

The CACFP (Food Program) has been very successful so far. Please read the information sheet at the end of the newsletter. The article provides good information that models the CACFP regulations.

Participate in our Giving Tree by making gift donations for a little boy or girl will make a difference this holiday season as you help families in need. Please look for more information regarding our Giving Tree Donations. We thank you for your generosity!

We want to send lots of peace and joy to all our families this Christmas season. Wishing you all have a Christmas filled with memorable moments you'll cherish forever. May the excitement of this season stretch into the New Year! Hoping for safe travels and that you become closer to all those that you treasure in your heart this Christmas and New Year's.



A VERY MERRY
CHRISTMAS
and Happy New Year!

Dates to Remember

- Dec 4th – Make Snowflakes
- Dec 6th – St. Nicholas Day
- Dec 7th – Pearl Harbor Remembrance Day
- Dec 7th – Start of Hanukkah, ends on the 15th
- Dec 8th – Snowball Fight
- Dec 12th –Gingerbread Man
- Dec 13th – Hot Cocoa Day
- Dec 18th – Cookie Exchange
- Dec 19th – Make a Christmas Card & Present Day
- Dec 21st – Silly Sweater Day
- Dec 22nd – Christmas Pajama Party & Movie, CENTER CLOSSES @ 3PM
- Dec 25th – Christmas Day CENTER CLOSED
- Dec 26th – Start of Kwanzaa, ends on Jan 1st
- Dec 27th – Create a New Year's Party Hat
- Dec 29th –CENTER CLOSSES @ 3pm for New Year's Eve

CLASSROOM NEWS!!!

Infant Room News:

Welcome to the season of Joy! Not only because the Holidays are upon us but because all your children have grown so much emotionally as well as physically. They have embraced language and use ASL to sign some words as they communicate their wants and needs, which helps us help them.

Our older infants are pulling themselves up and taking steps while getting braver and more confident daily!

Our younger infants are small but mighty. They are mastering rolling over and sitting independently.

Ms. Stacey and Ms. Peggy not only look forward to teaching your children but learning from them as well.

- Ms. Stacey & Ms. Peggy



Waddler Room News:

Hello Waddler Families!

The month of November the Waddler's enjoyed learning all about turkeys. They had fun playing with feathers and making their turkeys during art. We pretended to be turkeys as we waddled around making sounds like a turkey...Gobble, Gobble!! We hope all our families had a wonderful Thanksgiving.

The children also had a great time making fall wreaths, learning about the letter D and talking about the color brown. We want to wish all our families a very Merry Christmas!

- Ms. Laura & Ms. Devin

WELCOME OUR NEW STUDENTS!!!

We would like to welcome the new students that started this past month. Let's please welcome: Miarah and Xavier to our School Age room and Trent to our Pre-K room.

We are very happy to have you join our Bright Beginnings family!

DECEMBER BIRTHDAYS!

| | |
|--------------------|----------------------|
| 12/07 - Gabriel H. | 12/17 - Joel P. |
| 12/07 - Vernisha M | 12/20 - Madison G. |
| 12/10 - Logan S. | 12/20 - Ms. Crystal |
| 12/10 - Jovani V. | 12/21 - Ms. Danielle |
| 12/10 - Ms. Meghan | 12/24 - Asher W. |
| 12/12 - Noah L. | 12/30 - Addison H. |
| 12/16 - Quincy D. | 12/31 - Avery O. |

DEC WEEKLY THEMES

Week 1: Winter Fun!

Week 2: Tasty Treats

Week 3: Christmas / Holidays

Week 4:
Happy New Year!



Merry Christmas to all...



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!!!

Toddler Room News:

Hello from the Toddler room!

We wrapped up the spooky season by painting our pumpkins that were brought in. The teachers even got a chance to participate as they carved a classroom pumpkin, and the parents judged the best carved design during our Halloween parade. The parade was a lot of fun, we dressed up in our costumes and our teachers walked us around to collect candy from each of the parents that participated in the Trunk-or-Treat.

We are learning a lot. Ms. Danielle and Ms. Emily are teaching us how to get along and be kind to one another. We love to play together especially when we're outside. We practice sharing and using appropriate words to communicate our wants and needs.

At the beginning of fall Mrs. Linda showed us a caterpillar and explained the life cycle of a butterfly. After a few weeks our lovely caterpillar turned into a beautiful Monarch butterfly. It was really neat to see its wings and identify its gender. We release him so hopefully he will migrate to warmer weather.

As we geared up for Thanksgiving, we were excited to share laughter and just enjoying being at school.

We also enjoyed watching the leaves fall. Although the time is changing, it surely isn't stopping us from learning and discovering new things. We are reaching a lot of milestones.

We hope everyone has an amazing Christmas!

Ms. Danielle & Ms. Emily



Preschool Room News:

Happy December to all my friends and family! We hope all of you had a great Thanksgiving!

Are you enjoying the nice warmer Fall days that we've been having?? Please keep in mind that we are still going to go outside on cool days, so please make sure that your child has a coat and hat daily.

Everyone has been working so hard on tracing, cutting and name recognition. The letters that we've been focusing on for the month of November were D, I, and L, the numbers were 4 and 6, the shape was Square, and the color was Brown.

We are enjoying the food program. Mrs. Amanda is doing a great job preparing the food for us. Everyone has been enjoying most of the meals. We are trying new foods and even if the children don't think they like the type of food they still are encouraged to take a "no thank you" bite.

Ms. Amanda & Ms. Karlyn



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!!!

Pre-K Room News:

Hello Pre-K Families,

Our Food Program began, and the children are really enjoying it, especially when it's trying something new to them. Special shout out to Ms. Amanda that is not only amazing in the classroom, she's also amazing in the kitchen making our yummy meals.

During Farm Animal week we talked about our favorite animals, we learned about the life cycle of a chicken, and we had BLAST imitating farm animal sounds.

We had a very special day learning the meaning and the importance of Veteran's Day as we listened to some patriotic music. The children made beautiful cards that were sent to some of our local Veterans. It was so heartwarming watching the children really put their emotions into it.

During Harvest week we shared what we loved most about harvest time, our favorite food, our favorite colors and talked about the changes in the weather.

Thanksgiving week we learned about the first Thanksgiving and the people that were there to make it happen. We shared stories about the people and things in our lives that we are thankful for.

Hibernation and Migration was very educational learning about all these amazing animals that sleep or move south for the winter.

Just like that we are about to begin the final month of the year. The absolute most WONDERFUL time of the year! We're so excited to see what December brings.

- Ms. Lisa



School Age News:

Hello! Welcome to December!

The COLD is here!!
BUUURRRRRR!!! Let's give a big WELCOME to Mariah and Xavier. Glad to have you guys with us.

Some memories from November include the children making barns with popsicle sticks, playing freeze tag outside while waiting for the afternoon buses with Ms. Gail, and singing together while playing with each other during tabletop activity time.

The children have been doing well with the Food Program and really enjoy themselves during PM snack.

Please remember that the children are out of school from December 25th through January 2nd for Christmas break. A sign-up sheet will be available for you to sign your children up for services on the days the daycare will be open. **Please note that if you do not sign your child up, a spot cannot be guaranteed.** Ms. Crystal will send out another message when the sign-up sheet is available.

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



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OFFICE OF CHILD DEVELOPMENT AND EARLY LEARNING



STAR 4 Center

Feeding & Nutrition Tips

Children feel better when they eat well. During the toddler, preschool and kindergarten years, your child should be eating the same foods as the rest of the family. Your job as a parent is to offer foods with nutritional value in a calm environment and to have regular times for eating. Your child's job is to decide whether he or she is hungry and how much food to eat when it's offered.

8 Tips for Parents:

- **Offer a range of healthy foods.** When children eat a variety of foods, they get a balance of the vitamins they need to grow. Healthy options include fresh vegetables and fruits, low-fat dairy products (milk, yogurt, cheeses) or dairy substitutes, lean proteins (beans, chicken, turkey, fish, lean hamburger, tofu, eggs), and whole-grain cereals and bread.
- **Don't expect children to "clean their plates."** Serve appropriate portion sizes, but do not expect your child to always eat everything served. Even better, let your children choose their own portion sizes. It is okay if children do not eat everything on their plates. At this age, they should learn to know when they are full. Some four-year-olds may still be picky eaters. Parents can encourage their children to try new foods, but they should not pressure eating.
- **Offer regular mealtimes and sit together.** Serve foods at regular meal and snack times. Try to be careful to not offer foods between these eating times. Children who are eating or "grazing" throughout the day may not be hungry at mealtimes, when healthier foods tend to be available. When it is meal or snack time, turn off the TV, and eat together at the table. This helps create a calm environment for eating.
- **Limit processed food and sugary drinks.** Another parent role is to limit how much processed food is in the house and to limit fast food. Most important is to limit sugary drinks. Sugary drinks include soda, juice drinks, lemonade, sweet tea, and sports drinks. Sugary drinks can lead to cavities and unhealthy weight gain.

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



Feeding & Nutrition (continued)

- **The best drinks are water and milk.** The best drinks for children are water and milk (including non-dairy milk). Milk provides calcium and vitamin D to build strong bones. Ice cream is okay once in a while, but it should not be offered every day. Whole fruit is preferable to fruit juice—even if it is 100% juice—as juice is a concentrated source of sugar and low in fiber. If you offer juice, make it 100% fruit juice and limit it to 4 oz. or less per day. It is best to serve juice with a meal, as juice is more likely to cause cavities when served between meals.
- **Small portions for small children.** It is important to pay attention to portion sizes. Four- and five-year-olds need smaller servings than adults. Encourage your children to choose their own serving size, but use smaller plates, bowls, and cups.
- **Turn off the TV—especially at mealtimes.** Television advertising can be a big challenge to your child's good nutrition. Four- and five-year-olds are easily influenced by ads for unhealthy foods like sugary cereals, fast food, and sweets. The best way to avoid this is put in place a "media curfew" at mealtime and bedtime, putting all devices away or plugging them into a charging station for the night.
- **Teach table manners.** At this age, your child should be ready to learn basic table manners. By age four, he or she will no longer grip the fork or spoon in his or her fist and be able to hold them like an adult. With your help, he or she can begin learning the proper use of a table knife. You can also teach other table manners, such as not talking with a full mouth, using a napkin, and not reaching across another person's plate. While it's necessary to explain these rules, it's much more important to model them. Your child will watch to see how the rest of the family is behaving and follow their lead. It's easier to develop table manners if you have a family custom of eating together. Make at least one meal a day a special and pleasant family time. Have your child set the table or help in some other way in preparing the meal.



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A LOOK BACK AT NOVEMBER 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!