



## February 2024 Newsletter

### FRIENDSHIP MONTH!

*Only 29 days but lots going on!!!*



February is usually our coldest month but let's hope Punxsutawney Phil will predict that Spring is on its way!

Fun Fact about Leap Year..... It takes approximately 365.25 days for Earth to orbit the Sun — a solar year. We usually round the days in a calendar year to 365. To make up for the missing partial day, we add one day to our calendar approximately every four years. That is a leap year.

Our Bright Beginnings Valentine's Day Party will be on Wednesday February 14<sup>th</sup>. Children may bring their favorite Teddy Bear to school to join us for a special snack. Don't forget to wear RED! If your child would like to send in Valentine's for his/her classmates, please do not write student's name on the Valentine's. Our Valentine's exchange will be much easier for the students to hand out if names are not written. Thank you for your understanding. Please make sure there are enough Valentine's for the entire class.

Don't forget appropriate hand washing is necessary at drop off time before your child/ren are released to their teacher daily.

Children still go outside to play. We try to get them out as much as we can, as long as the temperature is above 25 degrees with the windchill factor. Please bring appropriate winter jackets, hats, gloves/ mittens, etc. to go and play outside.

♥ Happy Valentines Day ♥



### Dates to Remember



- Feb 2<sup>nd</sup> – Groundhog Day
- Feb 9<sup>th</sup> – National Pizza Day
- Feb 14<sup>th</sup> – Valentine's Party
- Feb 15<sup>th</sup> – Stroudsburg Schools Early Dismissal
- Feb 16<sup>th</sup> & 19<sup>th</sup> – Stroudsburg Schools Closed
- Feb 19<sup>th</sup> – Presidents Day
- Feb 19<sup>th</sup> – Service Dog Presentation
- Feb 20<sup>th</sup> – Presentation by Mr. Dyches
- Feb 21<sup>st</sup> Dentist Presentation
- Feb 23<sup>rd</sup> – Banana Bread Day
- Feb 28<sup>th</sup> – Pancake Day

### February Birthdays

- Feb 5<sup>th</sup> – Ms. B
- Feb 12<sup>h</sup> – Elijah L
- Feb 13<sup>th</sup> – Logan K
- Feb 15<sup>th</sup> – Leo H
- Feb 16<sup>th</sup> – Delaney L
- Feb 17<sup>th</sup> – Aaron "AJ" S



# CLASSROOM NEWS!!!

## Infant Room News:

Welcome to February! The Infant room started the new year being positive and productive. We always have plenty to do here in the infant room.

As time moves on, before our very own eyes, we watch your son or daughter become a Waddler. How they have grown and matured and accomplished every milestone in their first year. Most of them are taking their first steps unassisted. They also have quite a few words in their language as well as several signs!

Grace and Finley have already graduated into the Waddler room and its bittersweet for me to say. The other children are not far behind them.

- Ms. Peggy



## Waddler Room News:

The month of January sure has gone by fast! I hope everyone is doing well in the New Year!

Our Waddlers had fun exploring Snow and Ice! They played in the snow and even added paint to watch the snow change colors. They enjoyed building an igloo out of blocks and exploring Artic animals. Some of our friends wanted to skate barefoot on the shaving cream ice skating rink. Other friends did not want to participate and that's okay because they are setting boundaries. Have a great month!

- Ms. Laura & Ms. Devin



# WELCOME OUR NEW STAFF!!!

We would like to welcome the new teachers that started this past month. Let's please welcome Mr. Terrance and Ms. Sonia as our new co-lead preschool teachers and Ms. Julia and Ms. Briana as new assistant teachers.

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



## FEB WEEKLY THEMES

Week 1: Black History Week



Week 2: Love is in the Air

Week 3: Community Helpers

Week 4: Math Exploration



# 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 15<sup>th</sup> of the month and shipped right to the school for easy pick up. You can order using the order forms or online.



# CLASSROOM NEWS CONTINUED!!!

## Toddler Room News:

Winter has officially arrived in the Poconos, bringing lots of snow and ice with it! We had lots of fun exploring the snow, both inside and outside, while we focused on our wintery themes.

We talked about Winter and the cold while learning about snow and ice. The kids loved painting snow with watercolors and making snowballs.

We've been enjoying stretching and moving our bodies while practicing our yoga poses, and EVERYBODY gets excited when it's time to dance. Our current favorites are "Listen & Move" and "Freeze Dance." This group are budding bibliophiles, and have been enjoying sitting at the table and looking at new books each week, little legends after my own heart!

Of course, we've also been working on sharing and taking turns, and I feel so proud when I hear them using their words and standing up for themselves. It's truly been an honor and a privilege watching them grow and soaking up every bit of knowledge they can in the past two months.

As a reminder, please be sure your child has the proper winter clothing on hand each day in their cubby to go outside. Unless it is raining or below freezing, we will be going outside to burn off some energy and enjoy the fresh air.

I can't wait to see what February has in store for us!

- Ms. Stacey



## School Age Room News:

Welcome to February! Last month, the children had a chance to do some Yoga and enjoyed the sounds of Calm Radio. They created a healthy food board with Mrs. Gail and even had a chance to play hide and seek with Mrs. Linda.

Manners will be the focus for this month, and we are asking the families to encourage the children to use or continue using their manners. It is a sign of respect and goes a long way throughout their lifetime.

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



## Preschool Room News:

We are grateful that you have allowed us to care for and educate your child. Ms. Karlyn has done a good job of holding down the fort for us with the help of the Pre-K teachers as we successfully set up and have the food program running efficiently.

As we have had a lot of changes in the preschool classroom, we thank you so very much for your understanding and your patience. However, we are pleased to say that we have hired 2 co-lead teachers with many years of experience in education. So, in our next blurb we will have them share some information about themselves. Can't wait to see what great things are in store for us as 2024 progresses!!

- Linda



## 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:

Hi Pre-K Families! I hope the New Year is being GOOD to you!!!

Let me begin with welcoming Miss B. to the Pre-K classroom as she has been working with us for the past month. We also would like to welcome Allison H. to the Pre-K class, she is already doing fantastical with her transition. Sadly, we had to say goodbye to our friend Jennessi, we wish her the best of luck and happiness in her new school, she will be missed.

We kicked off the New Year learning how to keep our minds and bodies HEALTHY.... We made a food pyramid as we learned the importance of exercise and how to keep our bodies and teeth clean and germ free.

Snow and Ice week was a BLAST!!!

We did some really cool art projects, and we had a BALL with our science project. We made our very own snow and created a snowstorm in a jar. The children were so intrigued as they measured the ingredients, put it together and watched the results. We have a bunch of little scientists in our midst.

Arctic Animal week was fun, we learned about a bunch of different arctic animals, I think everyone's favorite is the Narwhal. That week we also learned about Dr. Martin Luther King Jr. and how we can spread his word by being kind to one another. Hazel had such an amazing answer "Everyone is different, and everyone is important," spoken like a true leader!!!

The children enjoyed the stories during fairytale week and learned what the moral of the stories were.

The children continue to do GREAT during circle time. They not only know the alphabet, but they also know how many letters are in the alphabet and how many of those letters are vowels. They are learning to add numbers, they know the importance of our flag and what the Stars and Stripes stand for. Their Spanish vocabulary is growing, and we are starting to work on their sign language skills. We love watching their confidence bloom and the enthusiasm they have to learn. We are so very proud of each and every one of them.

I'm so very EXCITED to see what February brings to us.

- Miss Lisa and Miss B.



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## Toothbrushing Tips for Young Children

Tips to Help Young Children Practice Brushing & Make It A Good Experience:

- **Choosing a toothbrush.** Use a soft-bristled toothbrush designed for brushing an infant's or child's teeth.
- **Holding a toothbrush.** If the child has trouble holding a toothbrush, try making the handle thicker by putting it inside a tennis ball. The toothbrush handle can also be strapped to the child's hand with a wide rubber band, a hair band, or Velcro. Toothbrushes with thick handles can also be found in retail and discount stores.
- **Teaching the child how to brush.** Break the process into small steps that the child can understand and practice. Ask a dentist, dental hygienist, occupational therapist, or early childhood specialist for help, if needed. Another way is to place a hand over the child's hand to guide the toothbrush as the child brushes.
- **Using toothpaste with fluoride.** Use toothpaste with fluoride that the child likes and that feels good in his or her mouth. An adult should always place toothpaste on the toothbrush.
  - **For children under age 3:** Use a small smear of fluoride toothpaste (or an amount about the size of a grain of rice).
  - **For children ages 3–6:** Use a pea-size amount of fluoride toothpaste.
  - **If a child cannot spit:** Have the child tilt his or her mouth down so that the toothpaste can dribble out into the sink, a cup, or a washcloth. Since the fluoride in toothpaste is clearly meant to be swishes but not swallowed, make sure to help or watch the child while brushing. When she is old enough, tell her to spit out the toothpaste after brushing.
- **Positioning the child.** There are many ways a child can be positioned to make the child feel comfortable and allow an adult to brush his or her teeth.
- **Keeping the child engaged in brushing.** Use a timer, a short song, or counting as a game to encourage brushing for 2 minutes.

### Cook's Corner:

I just wanted to share a shoutout that we got the other week from a parent about how the food program has had a positive effect on her son. The message from the parent read: "I just wanted to say, I am so thankful for the food program at the center. My son eats more new foods at home now. This boy never ate peanut butter at home before this program. Now all he wants is peanut butter sandwiches. I am sure we all know how easy a snack/meal that is to make. Also, it's a healthier choice than other things he used to ask for. I am thankful he has a safe place to try new things with his friends!"

I hope that there are other parents out there that feel the same way. I love to see the excitement on the children's faces when I bring them foods that they love.

- Ms. Amanda



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





# A LOOK BACK AT JANUARY 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!