



TIS THE SEASON TO BE JOLLY!!

Hello Families!

Thank you so very much to all the families that donated gift cards! We are always reminded of the many blessings we share. Families like you provided the opportunity to extend that spirit, gratitude, and generosity to families within our own school community who are facing hardship, so everyone was able to enjoy a warm delightful meal during the Thanksgiving holiday.

Thank you to all the Parents that attended our Parent / Teacher Conferences. And as always, anytime you have any questions or concerns, please do not hesitate to reach out to any of the Bright Beginnings staff members.

Please participate in our Giving Tree by making gift donations for a little boy or girl. Donating items of a child's wish list will make a difference this holiday season as you help families in need. Please look for more information regarding our Giving Tree Donations. Thank you for your generosity!

Bright Beginnings Wish you and your family a holiday season filled with love, laughter, and cherished moments together. Have a Safe & Health New Year!



UPCOMING EVENTS

- Dec 1 - Stroud Area Schools Closed
- Dec 1- Masking Tape Snowflakes
- Dec 2 - Indoor Snowball Fight
- Dec 5 - Sensory Snow Activity
- Dec 6 - St. Nicholas Day
- Dec 8 thru 12 - Scholastic Book Fair
- Dec 9 - Very Hungry Caterpillar Activity
- Dec 11 - Very Busy Spider Activity
- Dec 17 - Gingerbread Decorating
- Dec 19 - Silly Christmas Sweater Day
- Dec 22 - Make Christmas Cards
- Dec 24 - Breakfast with Santa, Center Closes at 3pm
- Dec 25 - Center Closed, Merry Christmas!
- Dec 31 - Balloon Dance Party
- Dec 31 - Center Closes at 3pm for New Year's Eve

WISHING ALL OUR FAMILIES A





WELCOME OUR NEW STUDENTS !!!

We are excited to welcome Riley K. and Reagan K. to the School Age classroom!



SCHOLASTIC BOOK FAIR
DEC 8TH – DEC 12TH
TWO BUYING SESSIONS
6:45AM TO 10:00AM &
3:30PM TO 6:00PM

Books make great Christmas gifts, and your purchase helps us earn points for new classroom books.

SCHOLASTIC BOOK ORDERS



We place Scholastic Book orders monthly! 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.

Happy Hanukkah



DEC 14 THRU
DEC 22

HAPPY BIRTHDAY

To You



Dec 01 - Ms. Jessica
Dec 07 - Anyarose G
Dec 09 - Ms. Aleida
Dec 10 - Ms. Meghan
Dec 12 - Noah L.
Dec 13 - James W.
Dec 17 - Joel P.
Dec 19 - Zion W.
Dec 20 - Madison G.
Dec 20 - Ms. Crystal
Dec 24 - Asher W.
Dec 30 - Addison H.
Dec 31 - Avery O.



DECEMBER WEEKLY THEMES

Week 1: Winter Fun!

Week 2: An Eric Carle Celebration!

Week 3: Tasty Treats

Week 4: Christmas

Week 5: Happy New Year!



— * HAPPY * —

New Year



Classroom News

INFANT ROOM

Hello Infant Parents,

What a wonderful October we had! We enjoyed a fun visit from our friend Smokey the Bear, completed our dancing corn experiment, and had our best Trunk-or-Treat parade yet! Thank you to all who participated.

In November, we held our annual conferences to share how wonderfully your child is progressing, had PJ Day, and celebrated Thanksgiving.

We also had two of our beloved Infant Room students graduate to the Waddler Room—congratulations to Jensen and Everly!

And a BIG congratulations to Ms. Dina on seven years of success here at Bright Beginnings!

Wishing you all a wonderful start to the holiday season!

Ms. Peggy and Ms. Teresa



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.



WADDLER ROOM

Hello Waddler Room Parents,

The month of November has flown by! Our Waddlers are growing so much.

Some highlights from the month: our Waddlers especially enjoyed music time. One of their favorite songs is Heads, Shoulders, Knees, and Toes. As they dance and listen to the music, they show great listening skills by following directions and pointing to the correct body parts. Our friend Scarlett requests songs all day because she loves to dance. Her favorite song is Old McDonald Had a Farm, which we played often during our Farm Week.

Good luck to our friends Harvey and Oliver as they transition to the Toddler Room! We would also like to welcome Jensen and Everly as they join the Waddler Room. We can't wait to show you all the fun activities we do in our class!

Ms. Laura & Ms. Brenda





Classroom News

SCHOOL AGE

Hello School Age Families,

Welcome to December!!!

In November, the children created “Crow-Crow”—a cute little scarecrow to watch over the classroom. Please stop by and say hello! The classroom was buzzing with curiosity as we explored the world of harvesting and farming, discovering that it all requires patience and care. We also shared what we are thankful for—family, friends, food—everything! It’s always good to remind ourselves to appreciate the blessings we have, big or small.

When learning about hibernation and migration, the children were surprised to discover that while monarch butterflies travel very far to find warmth, bears simply take long naps!

This month, from frosty snowmen to hot chocolate with marshmallows, we will be exploring winter wonders and tasty treats. We will enjoy creating holiday crafts and learning about Christmas traditions. We can’t wait to ring in the New Year with laughter and learning as we reflect, celebrate, and look ahead to an awesome and fabulous Bright Beginning!

School-Age Fun Facts for December: Even though no two are exactly the same, all snowflakes have six sides. A reindeer’s eyes change from golden to blue during the dark Arctic months to help them see better. Polar bears use their black skin (under their white fur) to absorb the sun’s warmth during the cold Arctic winter.

- Ms. Crystal, Ms. Tiffany & Ms Rose



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TODDLER ROOM

Hello Toddler Families,

November has been a wonderful month of learning in our classroom! We explored animals that hibernate, learned about harvesting, and even talked about tractors and how they help on farms. This month, we also focused on the letters D and I and practiced recognizing the number 9.

The children have been working hard on name identification and building their fine motor skills through hands-on activities. We are also encouraging independence by helping the children learn to try tasks on their own—like putting on their jackets before going outside—before asking for help. They are making great progress!

We wish David and Colin good luck on their new adventures in the Preschool classroom. All their friends will miss them! We were excited to welcome Oliver and Harvey, who transitioned from the Waddler room. Our classmates have done an amazing job making them feel welcomed and included. We are so proud of everyone!

- Ms. Alana & Mr. Luis





Classroom News

PRESCHOOL ROOM

Hello Families:

What a wonderful and joy-filled month we've had! First, we would like to extend a warm welcome to Colin M. and David M., who joined our preschool classroom this month. We are absolutely delighted to have you both and can't wait to watch you learn and explore with us.

Throughout November, our thankful turkeys discovered the magic of the season through our farm, harvest, migration and hibernation, and Thanksgiving themes. During Farm week, the children enjoyed learning about different animals, especially the sounds they make, and practiced "milking" a cow in a fun hands-on activity. For our Harvest theme, we explored fall fruits and vegetables and created miniature apples using model clay. In our Migration and Hibernation theme, the class learned how animals prepare for winter by making cozy "hibernation dens" and pretending to migrate like geese. For Thanksgiving, we practiced gratitude, made thankful turkeys, and enjoyed sensory play with fall-themed bins.

This month, our Student Shoutouts go to Addison H. and Brielle A. Addison has been a wonderful listener and a fantastic role model, showing great knowledge of our classroom routine. Brielle shines during circle time, confidently reciting the days of the week and showing strong knowledge of her alphabet and numbers. We are so proud of both of you!

We would also like to celebrate Ms. Mariane and Colin M., who had birthdays this month. To our wonderful parents, thank you for the love and support you give your children each day. We hope you all had a joyful November and wish you a wonderful start to the holiday season.

– Ms. Mariane & Ms. Aleida



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



Classroom News

PRE-K ROOM

Hello Pre-K Families!

I hope everyone had a WONDERFUL Thanksgiving! November flew by, but we had loads of FUN and so many reasons to be THANKFUL.

I want to start with some shoutouts. A big shoutout to Karter W. for showing what true friendship looks like—offering hugs, helping classmates, and showing kindness throughout the day. Another shoutout goes to Saige B. for her leadership; she reads the names on the milk cups and delivers them to her classmates with care. We are so proud of both of you!

During Farm Animal Week, we talked about our favorite animals, read stories, and had a BLAST doing farm yoga. Pre-K and Preschool also came together to create our scarecrow friend, "Shelby." We hope you all had a chance to meet her!

Veterans Day was a special celebration. The children learned about the branches of the military, made beautiful poppies, and marched to You're a Grand Old Flag. Their enthusiasm was heartwarming.

For Harvest Week, we shared our favorite foods and colors of the season and created a fun balloon-painting art project with Fall colors. We also learned about animals that hibernate and migrate and made adorable hedgehogs, ladybugs, and watercolor butterflies..

Thanksgiving Week gave us time to talk about gratitude and learn about the first Thanksgiving. The children shared the people and things they appreciate most.

Our students continue to amaze us! They recite the alphabet in English, Spanish, and Sign Language and can form sentences when given a word. They can even tell you all about our American flag, including the thirteen colonies. Their abilities are incredible, and they bring joy to our classroom every day.

As we head into December—the most wonderful time of the year—we are excited for all the magic it will bring. I wish everyone a very Merry Christmas, Happy Hanukkah, Happy Kwanzaa, and a joyful New Year. However you celebrate, may your blessings be endless!

Ms. Lisa & Ms. Marci





Raising Kids

KIDS AND MEDIA USE: HOW TO BUILD HEALTHY HABITS

How much time do your children spend each day or week passively sitting in front of one kind of screen or another instead of actively playing or exercising?

Several studies have linked excessive screen time to childhood obesity and lowered literacy rates for children of all ages. Scientists have also found language delays and poor eye contact and irregular sleeping habits among children younger than age 2 who are exposed to too much screen time.

Screen time, especially before bed, can negatively impact sleep quality in several ways:

- **Blue Light Emission:** Electronic devices emit blue light, which suppresses the production of melatonin, a hormone essential for sleep. Exposure to blue light in the evening can make it harder to fall asleep and stay asleep.
- **Brain Stimulation:** Screens keep the brain active and engaged, making it difficult to relax and wind down before bed. This can lead to delayed sleep onset and reduced sleep duration.
- **Sleep Interruptions:** Notifications, social media updates, and other distractions on screens can interrupt sleep and make it harder to get back into a restful state.
- **Altered Circadian Rhythm:** Screen time, especially in the evening, can disrupt the body's natural sleep-wake cycle (circadian rhythm). This can lead to irregular sleep patterns and difficulty adjusting to changes in daylight hours.
- **Increased Anxiety and Stress:** Using screens before bed can expose individuals to stimulating content, which may increase anxiety and stress levels. This can further interfere with sleep.
- **Reduced REM Sleep:** Screen time may reduce the amount of REM (rapid eye movement) sleep, a crucial stage for cognitive function and emotional regulation.
- **Cumulative Effects:** Over time, consistent screen time before bed can have a significant impact on sleep quality, leading to chronic sleep deprivation and other health problems.

Set boundaries for television and other media use. Avoid screen media for infants or toddlers younger than age 2 and limit the amount of time older children watch or use media.

According to the American Academy of Pediatrics, children preschool age and older should have no more than two hours of total screen time per day. Remember that computer time factors into a child's overall screen time for a day.

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Raising Kids

KIDS AND MEDIA USE: HOW TO BUILD HEALTHY HABITS (CONTINUED)

Tip: Use a timer to help children remember when it is time to stop. Strive to expose your child to high-quality television and media materials. You may want to review your options with the following questions in mind:

- A. Is this considered developmentally appropriate for my child's age?
- B. Has it been reviewed by others or won awards from credible sources?
- C. Is it free from bias, violence and sexually explicit content? For example, are there scary images?

Characters fighting? Sexual themes or content?

Watch with and actively engage your child in thinking about what you are seeing on the screen. Discuss what characters are doing, how they might be feeling and use screen time as an opportunity to talk about your family's values.

Finally, develop and abide by clear and consistent "House Rules" for the frequency and use of television, media and computers in your home.



WINTER
Break!

**STROUDSBURG AREA SCHOOLS CLOSED
DECEMBER 24 – JANUARY 2**



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A Lookback at November Events



YOUR FEEDBACK

We appreciate the wonderful feedback we have received! Thank you so much! Please support us by sharing that great feedback with others by giving us a 5-star review on our [website](http://www.bright-beginnings.org) or on our [Facebook](https://www.facebook.com/brightbeginnings) page. Thank you for your help and for being a part of our Bright Beginnings family!

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