

November 2014

SAVE THE DATES

Tues., Nov. 4th

PBC NO SCHOOL – NO VPK

Tues., Nov. 11th

PBC NO SCHOOL – NO VPK

Fri., Nov. 21st

Thanksgiving Feast – 11am

Food Drive Donations DUE 11/21

(Canned/boxed foods)

Wed., Nov. 26th

PBC NO SCHOOL – NO VPK

Thurs., Nov. 27th

Thanksgiving – CENTER CLOSED

Fri., Nov. 28th

CENTER CLOSED

CURRICULUM THIS MONTH

"At School" with Ms. K, Mr. D,

Ms. F & Mr. O

We're Kind

Families Help Each Other

We're All Different

What is Opposite

SPECIAL LEARNING

"Harvest"

Week 1: On the Farm

Week 2: Fruits & Vegetables

Week 3: Native Americans

Week 4: Pilgrims

DID YOU KNOW YOU CAN PAY TUITION ONLINE?

www.tuitionexpress.com



Teaching Your Preschooler Kindness & Giving

- www.brighthubeducation.com



Every parent hopes his or her child will be kind and courteous, show gratitude, and engage in giving back to the community. These attributes are learned by the roles demonstrated by parents, caregivers, and teachers. Children learn by seeing and doing.

Here are some suggestions for talking with your preschooler about kindness and then showing them daily:

- Say hello and smile at people.
- Be extra kind to people in your life; be courteous, and say please and thank you.
- Offer to let a classmate go first in a game.
- Share your toys.
- Help to clean up your classroom and playground.

Ways to show generosity:

- Collect food to donate to a food bank.
- Donate unwanted toys and books to other children in need.
- Bring in outgrown clothing to donate to a clothing drive or shelter.
- Create artwork and deliver it to nursing homes or senior centers.
- Call or write letters to grandparents or relatives who you don't see often.

There are so many more acts of kindness you can do. Brainstorm together and write down your family's ideas and put them into action! **Have a HAPPY THANKSGIVING!**

BIRTHDAY CORNER A special **HAPPY BIRTHDAY** goes out to...

Ayanna F. – Nov. 4th

Ozzy G. – Nov. 7th

Naiya L. – Nov. 8th

Maykayla M. – Nov. 8

Isaac L. – Nov. 11th

Victoria H. – Nov. 16th

Uli H. – Nov. 17th

Ada S. – Nov. 17th

Natalie B. – Nov. 18th

Alinah F. – Nov. 20th

Kara H. – Nov. 21st

Ms. Marie – Nov. 22nd

Adrian L. – Nov. 23rd

Ms. Irma – Nov. 24th

Dimitry L. – Nov. 25th

Maximus P. – Nov. 27th



DID YOU KNOW WE OFFER AFTERCARE?

AGES 5-12 YEARS OLD!

Our aftercare is available 5 days a week. We DO provide pick-up service from most local area schools.

We offer:

- Teacher assisted homework
- Arts & crafts
- Enrichment activities & more
- Computer room
- Games
- Snacks provided

To register or get more information, ask at our front desk or call us at 561-629-8005.

afterSchool Excellence Program

Stamp Projects Playgroups Crafts

HOME WORK HELP! Computers Arts & Crafts

Before & Afterschool Program

- Teacher assisted homework
- Fun arts & crafts
- Enrichment activities & more
- Bus transportation provided

Register today to secure your spot in the best before AND afterschool program around!

(561) 629-8005
3456 Jog Rd, Greenacres, FL 33467
(Just 7 miles North of Lake Worth Rd. on Jog Rd.)

DID YOU KNOW YOU WE OFFER EVENING CARE?

Mon.thru Fri. 6pm to 11:30pm. We offer drop-in, babysitting services, date night, night shift hour care. Dinner and snacks included! Ask at the front desk to see how we can provide your child great care that fits your schedule – at great rates!

NOW OFFERING

GREAT NEWS!

Bright Beginnings now offers EVENING CARE Monday thru Friday from 6pm-11:30pm!

We offer drop-in, babysitting services, date night, night shift hours. We can offer our daytime care and incorporate it with our night time care (i.e. 3:30pm or 12 noon to 6pm). We'll work with you to provide your child with great care that fits your schedule.

DINNER AND SNACK INCLUDED!

We can charge hourly or set up a weekly tuition. Ask at the front desk about pricing!

LATE EVENING AFTERCARE

RUN EVENING ERRANDS!

EVENING SHIFT CARE

DATE NIGHT

BABYSITTING

GREAT RATES...REGISTER NOW!

3456 Jog Rd, Greenacres (7 miles north of Lake Worth Rd.)

561-629-8005

BRIGHT BEGINNINGS PREP ACADEMY
brightbeginningsprep.com

Four Ways to Get Your Child to Share

- www.parenting.com



1. Give them a say. Children feel good when they can come up with their own solutions for sharing. In Hall's classes, she lets children role-play sharing a doll or a ball so they can practice problem solving on their own. Or if your son's riding the lone tricycle and a younger sibling cries for a turn, guide them to a solution by asking: "How long will you be on the bike?" or "Do you think you can play with a ball while you're waiting for your turn?"

2. Use a timer. Randi Rose relies on timers to keep the peace in her classroom in Wellesley, MA. A sand timer or clock with moving hands lets children see the passage of time -- and there's no arguing when time's up.

3. Enlist unlikely helpers. When one of Annabel Olah's students is reluctant to share, the South Riding, VA, teacher pulls her aside at an appropriate time and asks her to help her show the others how to share. The child feels valued as a leader. At home, you can even appoint a younger sibling to do this task; she'll take pride guiding her older siblings.

4. Double up. Preschool teachers buy items like paints and balls in multiples so children don't always have to share. Think about whether a second set of crayons or a duplicate fought-over toy can reduce needless friction.

Fruits & Veggies

- www.healthykids.nsw.gov



Fruit and vegetables taste great and are jam-packed with vitamins, minerals and dietary fiber. To stay fit and healthy, you need to eat a balanced diet which includes fruit and vegetables every day. Different colored fruit and veggies have different health benefits so try and have as many different colors as you can!

Put fruit and vegetables into every meal

It's a good idea eat a wide variety of fruit and vegetables and to include some in every meal. There are lots of interesting and tasty ways to do this – fruit and vegetables can be served raw, baked, grated or diced. They can also be added to other ingredients.

- Put sliced bananas or strawberries on cereal.
- Add chopped fruit to yogurt.
- Make a smoothie using fresh or frozen fruit.
- Pack vegetable sticks for snacks on the go.
- Try vegetable kebabs with your dinner.
- Top your pizza with sliced mushrooms and tomatoes.

Eating fresh fruit is much better for you than a glass of fruit juice, which can have up to six teaspoons of sugar and very little dietary fiber. Fresh is often the best but canned (low salt), dried and frozen fruit and vegetables are good alternatives. It's best to choose ones that have been packed in water or natural juice, rather than those with added sugar or salt. Dried fruit, like apricots, apples and sultanas, are high in vitamins, mineral and fiber. However, they're also high in sugar and can cause tooth decay, mainly because they tend to stick to your teeth. It's best to have only small quantities of dried fruit – and make sure you have a glass of water afterwards too!