

NEWS CONNECTION

WORKING TOGETHER FOR A GREAT START

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

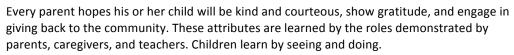
DID YOU KNOW YOU CAN PAY TUITION ONLINE?

www.tuitionexpress.com



Teaching Your Preschooler Kindness & Giving





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 Natalie B. - Nov. 18th Ozzy G. - Nov. 7th Alinah F. – Nov. 20th Naiya L. – Nov. 8th Kara H. - Nov. 21st Ms. Marie – Nov. 22nd Maykayla M. - Nov. 8 Isaac L. – Nov. 11th Adrian L. – Nov. 23rd Victoria H. – Nov. 16th Ms. Irma – Nov. 24th Uli H. – Nov. 17th Dimitry L. - Nov. 25th Ada S. – Nov. 17th Maximus P. – Nov. 27^{t1}



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.



DID YOU KNOW YOU WE OFFER EVENING CARE?

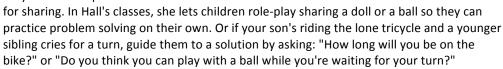
Mon.thru Fri. 6pm to 11:30pm. We offer drop-in, babysitting services, date night, night shift hour care. Dinner and snacks included! Ask at the front desk to see how we can provide your child great care that fits your schedule – at great rates!



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



- **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!

