

December 2014

## SAVE THE DATES

Thurs., Dec. 4<sup>th</sup> & 18<sup>th</sup>

Kona Ice 3pm

Thurs., Dec. 11<sup>th</sup>

**Pictures with Santa!**



Thurs., Dec. 18<sup>th</sup>

VPK students will be singing  
Christmas Carols 10am

Fri., Dec. 19<sup>th</sup>

**Classroom Holiday Parties –**  
Sign-up sheets in each classroom

Dec. 22<sup>nd</sup> – Jan. 5<sup>th</sup>

Palm Beach Schools Closed  
NO VPK – *Camp available!*

Wed., Dec. 24<sup>th</sup>

Center closes early – 6:30am-Noon

Thurs., Dec. 25<sup>th</sup>

Christmas Day - CENTER CLOSED

Fri., Dec. 26<sup>th</sup>

Center Open

Wed., Dec. 31<sup>st</sup>

Center closes early – 6:30am-Noon

Thurs., Jan. 1<sup>st</sup>

New Year's Day - CENTER CLOSED

Fri., Jan. 2<sup>nd</sup>

Center Open

## CURRICULUM

"At School" with Mr. C, Ms. E & Ms. Y  
At the Doctor's Office  
Exercise Keeps Us Healthy  
Rest Keeps Us Healthy  
What is Opposite

### SPECIAL LEARNING: "Holidays"

Week 1: Holidays in Germany  
Week 2: Holidays in Mexico  
Week 3: Holidays in the U.S.  
Week 4: Holidays in Sweden

**DID YOU KNOW YOU CAN  
PAY TUITION ONLINE?**

[www.tuitionexpress.com](http://www.tuitionexpress.com)

## Get in the Giving Spirit!

[www.scholastic.com](http://www.scholastic.com)

Teach your children the joys of caring, and show them the true meaning of the season. This year, create a new holiday tradition with your family — get involved in a charitable activity. It's an ideal way to teach your child values such as generosity, compassion, and gratitude, and prevent her from coming down with an annual case of "the gimmies." The months of November and December are a great time to get involved, as there are a plethora of opportunities to suit your family's interests and availability. It's also a chance to try out several different types of activities and find one your family can get involved in all year round. We've got a number of ideas to get you started, but to find more options and specific opportunities in your neighborhood, visit [volunteermatch.org](http://volunteermatch.org).

- **Host a Coat or Food Party.** Drumming up donations is a great way to start a tradition that not only helps your community but also strengthens bonds within it. It's great to give some canned goods or your family's old coats to a charity, but making it a party takes it up a notch. For a coat party, have guests bring coats that are used but still in good condition. If you have a food party, ask for canned/dried food and have kids help pack it up for food banks and shelters.
- **Sing and Dance for Joy.** If your child is the type to surprise you with impromptu puppet shows or sing from dawn to dusk, consider harnessing that energy to put on a play (or other performance) at a nursing home or community center. Involve everyone in the family in making costumes and sets, and recruit other families and friends to play parts.
- **Help Furry Friends.** For animal lovers, helping out at a pet shelter is an easy choice. Donate a few days or just an afternoon to give the regular staff a break and fill in for vacationers. Even during the holidays, dogs need to be walked, cats need petting, and all animals need to be played with, fed, and have their cages cleaned. If you have young or sensitive children, a no-kill shelter is a good option (especially if you don't want to come home with a new pet!).
- **Serve a Senior Citizen.** If your child is unable to spend time with his grandparents this season, consider reaching out to an elderly person. The winter and holiday months are often the hardest on the elderly and a little help will be much appreciated. Help your child connect with past generations by visiting with seniors in a retirement community or nursing home. Your child can give manicures or makeovers, deck the halls with boughs of holly jolly décor, help wrap gifts, or read to the hard-of-sight.
- **Feed the Needy.** The most familiar way to volunteer is still a perfect one: help out at soup kitchen or food bank. The holidays are the busiest time at shelters, and they need help setting up, serving, and cleaning up.



### BIRTHDAY CORNER

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

Glanna G. – Dec. 3<sup>rd</sup>

Grace D. – Dec. 6<sup>th</sup>

Leile M. – Dec. 9<sup>th</sup>

Melina G. – Dec. 13<sup>th</sup>

Marianna M. – Dec. 13<sup>th</sup>

Haely G. – Dec. 17<sup>th</sup>

Elijah J. – Dec. 18<sup>th</sup>

Roxana S. – Dec. 19<sup>th</sup>

Daniel V. – Dec. 20<sup>th</sup>

Lucas M. – Dec. 23<sup>rd</sup>

Alyssalee O. – Dec. 29<sup>th</sup>



### DON'T KNOW WHAT TO ASK FOR THIS YEAR?

How about a **GIFT CERTIFICATE** for use at our center! Great for tuition, camps, aftercare, evening care...

Ask at the front desk for more information!



## 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 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!

NOW OFFERING

EVENING CARE!

#### GREAT NEWS!

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

## HAVE YOU "LIKED" US ON FACEBOOK?

Take a minute to "LIKE" us on Facebook so you will get the latest news, event info, center information and more!

[Facebook.com/BrightBeginningsFlorida](https://www.facebook.com/BrightBeginningsFlorida)



# Eating Healthy During the Holidays

- [www.kids.gov](http://www.kids.gov)



During the holidays, yummy food and tasty treats are everywhere. It would be easy to let healthy eating habits slide, but holidays can still be healthy.

Here are some tips to help you and your family stay on track with good eating habits:

- Nibble on health snacks like whole grain crackers, fruit, or raw vegetables before the big feast. You will eat less.
- When you are at a party or having a holiday meal, look for the foods that are healthier, like veggies or fruits, and make sure to eat some of those.
- It takes your brain some time to signal you are full. Wait 10-15 minutes before eating seconds. This may keep you from overeating!
- It's not rude to say no to food. Don't be pressured to eat, if you aren't hungry.
- Eating holiday goodies like fudge, peanut brittle, cookies, and other baked goods is fine, but eat them in small portions.
- You can help make healthy holiday food with your family. Look for low-fat recipes that substitute butter and oil with non-fat ingredients like applesauce or pumpkin.

*Enjoy your holiday celebrations!*

## JOIN US FOR WINTER BREAK!

# WINTER CAMP 2014

Join us for our fun winter camp!

Dec. 22 - Dec. 26 - \$125

Dec. 29 - Jan. 5 - \$150

We'll be going on field trips, having dance parties and more!

\$5 per field trip - TWO per camp session

DEC. 24 - School Closes at 12pm

DEC. 25 - School Closed

DEC. 31 - School Closes at 12pm

JAN. 1 - School Closed

