

## SAVE THE DATES

**Mar. 8<sup>th</sup>** – Ident-a-Kid VIsit  
**Mar. 17<sup>th</sup>** – St. Patrick's Day  
**Mar. 18<sup>th</sup>-25<sup>th</sup>** – NO School Palm Beach County – NO VPK (Camp Available!)  
**Mar. 25<sup>th</sup>** – CENTER CLOSED – Good Friday

## CURRICULUM

### CREATIVE

Week 1: Dr. Seuss  
 Week 2: Airplanes  
 Week 3 & 4: St. Patrick's Day and Boats  
 Week 5: Cars and Trucks

### SPECIAL LEARNING

Week 1 & 2:  
 In the Garden-Seeds & plants with Ms. V  
 Week 3 & 4:  
 Light and Dark with Ms. L  
 Week 5:  
 Water with Ms. U

## DID YOU KNOW YOU CAN PAY TUITION ONLINE?

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



## DON'T KNOW WHAT TO REQUEST FOR A BIRTHDAY OR SPECIAL OCCASION GIFT?

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!



## Gardening with Small Children

<http://www.floridahealth.gov/programs-and-services/childrens-health>

Gardens give children a chance to try fresh fruits and vegetables and learn where food comes from. Kids who learn to love gardening at an early age grow into adults with a passion for plants and respect for the environment. Gardens can be as small as a container garden in a window or as large as a school habitat. If you are new to gardening with preschoolers, start small and then expand as your confidence and experience increases. Easy food plants to grow: lettuce, radishes, snow peas, cherry tomatoes, bush beans, pumpkins. Gardens allow children:



- To be active and engaged in learning
- To build on prior learning and experiences with their environment
- To develop a relationship with nature
- To explore at their own pace

### Tips for container gardening

- Get enough containers with drainage holes. Suitable containers can be: milk cartons or jugs; paper, plastic or Styrofoam cups; egg cartons; yogurt cups; coffee cans; flour or sugar sacks.
- Fill each container with high-quality, well-drained potting soil.
- Add plant seeds. Sweet peas grow fast, smell nice, and are a good choice for a first gardening experience.
- Cover seeds lightly with more potting soil. Water.
- Place containers near a window to get enough light.
- Make sure the containers do not dry out by watering regularly.
- If you choose to grow climbing plants like tomatoes or cucumbers, provide support as the vines grow. Paint stirrers make good stakes.

### Tips for outdoor gardens

- Involve kids in all stages that are reasonable for their age. Hands-on activities like collecting, touching, tasting, and smelling help them learn through discovery.
- Spend time preparing the soil. Most garden work can be completed with a child-sized trowel if the soil is well-prepared.
- Practice sun safety. Make sure kids use sunscreen, wear a hat, and have plenty of water to drink.
- Teach kids proper gardening behavior. They should not eat anything before asking an adult.
- Don't use pesticides or other chemicals in the garden. Be sure to check about chemicals in potting soil or seeds.
- Plant for immediate and delayed gratification. Plant both seeds and potted plants.
- Don't worry about the garden's appearance. Children will still learn from the experience and think the garden is beautiful.

## 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

**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)



Get info about our school at:  
[www.brightbeginningsprep.com](http://www.brightbeginningsprep.com)

## Planes, Trains & Automobiles [jofrost.com](http://jofrost.com)

Ahhh, spring break and the summer months. A time to relax and enjoy, but first you have to get through the chorus of "Are We There Yet?" By car, train, plane, or bus, here are some helpful tips when preparing to travel with children.



**When traveling in the car ...** Bring age appropriate entertainment to occupy your children, will it reduce the amounts of times they ask you, "Are we there yet?" Probably not, but it will certainly feed the boredom of having to sit in one place for longer than an hour and a half and under half an hour for a toddler. But for some of us parents who realize it is also a good time to connect with your kids and play catch up on what's happening in their own lives it can be a good time to have many a conversation, that on an average day might not permit. Play 'I Spy' games that allow our children to become more astute in their observations. Doodle pads, Etch-a-sketch, finger puppets, stories and sing along music, the name game, taking turns naming different vegetables or animals. Wearing informal clothes allows us to feel our utmost relaxed. The practicality of this attire for toddlers speaks for itself. Sweat pants, car keys, slip on shoes, hoodies, leggings and layers allow us to regulate our body temperature. A lot of travel sickness in cars can come from being overheated. Don't forget to pack a spare top, and pair of bottoms for the mishaps. If you can pre-plan your trip so you know where the service stations are, you can give your family a good 30 minutes to all stretch, grab a bite to eat, grab a toilet break, and take in some fresh air. Change seating arrangements if you can (same car different view).

**Whilst waiting in the airport ...** As your children will be using their coloring books and games on the airplane, it's suggested the longer you keep them at bay the better. When you arrive at the airport, if your children have not had breakfast yet, feed them. Airplane watch, and guess where they might be going. Sing and hand mime nursery rhymes like you do at home. **By plane ...** Although some of the same tips apply for air travel as road travel the one necessity would certainly be providing pre-prepared food for your flight. It will leave a situation less complicated for food allergies, consistent meal times, and likes and dislikes of flight meals. Make sure babies have pre-baby powder in bottles, ready to be topped up with water, that toddlers have their favorite snacks, and cold dishes. Be mindful of your toddlers and baby's routine. Do your little ones need feeding, milk or solids? Do they need changing or soothing to settle them to sleep? Are they showing signs of boredom by getting irritated and need mental stimulation? Do they need a change of scenery, that could be as little as being on your lap or up on your shoulder? The more in sync you are with your little ones needs the more you can accommodate.

Most importantly, preparation, organization and good time keeping allows the whole the experience from leaving the house, getting to the car or train, makes getting to the destination a good positive start. Which means if you can prepare anything two days in advance, it will give you a head start. As a rule of thumb pack the kids first. Then the only concern next is yourself and most importantly, DO ENJOY. These times are precious and your kids as adults will remember and treasure them. Safe Travels!

### MARCH BIRTHDAY CORNER A special HAPPY BIRTHDAY goes out to...



|                   |                    |                   |                   |
|-------------------|--------------------|-------------------|-------------------|
| Layla B. – 3/1    | Jace D. – 3/1      | Ricardo A. – 3/3  | Ketisia J. – 3/3  |
| Robert C. – 3/4   | Joseph R. – 3/5    | Ethan L. – 3/6    | Natalia P. – 3/6  |
| Jonas C. – 3/9    | Xavior C. – 3/10   | Mikaela B. – 3/11 | Dominic E. – 3/11 |
| Emma C. – 3/12    | Christie G. – 3/15 | Alexander L. 3/15 | Gabriel L. – 3/15 |
| Hunter N. – 3/16  | Raymsen C. – 3/22  | Angela P. – 3/22  | Logann B. – 3/24  |
| Destiny S. – 3/25 | Kai H. – 3/28      | Jordan B. – 3/30  | Zoeh F. – 3/30    |

Ms. Alana – 3/22