

Dec. 2018

## SAVE THE DATES

**DEC. 13<sup>th</sup>** – Kona Ice

**DEC. 14<sup>th</sup>** – Pictures with Santa \$2  
(must be paid in advance)

**DEC. 20<sup>th</sup>** – Class parties and  
VPK Christmas Program

**DEC. 21<sup>st</sup>** – Staff Christmas Party

**DEC. 24<sup>th</sup> - JAN. 7<sup>th</sup>** – NO VPK –  
NO SCHOOL Palm Beach County  
Schools – **SIGN-UP FOR OUR**

**WINTER BREAK CAMP!**

**Dec. 24<sup>th</sup>** – Center closed at NOON

**DEC. 25<sup>th</sup>** – **CENTER CLOSED**

**Merry Christmas!**

**Dec. 31<sup>st</sup>** – Center closed at NOON

**Jan. 1<sup>st</sup>** – **CENTER CLOSED**

**Happy New Year!**

**Jan. 8<sup>th</sup>** – VPK Resumes

## CURRICULUM THIS MONTH

**CREATIVE:** Holidays Around the World

Week 1: Holidays in Germany

Week 2: Holidays in Mexico

Week 3: Holidays in Sweden

Week 4: Holidays in the United States

**It Starts with the Letter People**

Week 1 & 2: We're All Different Ms. F

Week 3: What is Opposite Mr. O

## DID YOU KNOW YOU CAN PAY TUITION ONLINE?

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



## WE HAVE GIFT CERTIFICATES!

Great for tuition, camps,  
aftercare, evening care...

Ask at the front desk for more  
information!



## Holiday Safety Tips

<http://www.safekids.org/holiday-safety-tips#sthash.xyD9sfyF.dpuf>

### Decorate Your Tree With Your Kids in Mind

Kids are curious and will want to play with the ornaments on the tree, so you might as well prepare. Move the ornaments that are breakable or have metal hooks towards the top of the tree. That makes room at the bottom for the ones that are safer for young kids.

### Water the Tree Regularly

Natural trees look beautiful and smell great, but if they're not watered regularly, needles can dry out and pose a potential fire hazard. Make sure your tree has plenty of water by checking it regularly.

### Check the Lights

Lights are one of the best parts of holiday decorating. Take a look at the ones on your tree and in and around your home for exposed or frayed wires, loose connections or broken sockets.

### Blow Out Candles and Store Matches Out of Reach

Keep holiday candles at least 12 inches away from anything that can burn, and don't forget to blow them out when you leave the room or before you go to sleep. Make a habit of placing matches and lighters in a safe place, out of children's reach. Avoid novelty lighters or lighters that look like toys.

### Keep Harmful Plants Out of Reach

Plants can spruce up your holiday decorating, but keep those that may be poisonous out of reach of children or pets. This includes mistletoe berries, holly berry, and Jerusalem cherry. In a poison emergency, call the national **Poison Control Center** at **1- 800-222-1222**.

### Find the Perfect Toy for the Right Age

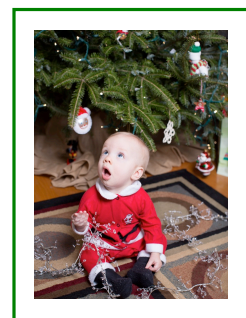
Consider your child's age when purchasing a toy or game this holiday season. It's worth a second to read the instructions and warning labels to make sure the gift is just right. Before you've settled on the perfect toy, check to make sure there aren't any small parts or other potential choking hazards.

### Keep Button Batteries Away from Young Kids

Keep a special eye on small pieces, including button batteries that may be included in electronic toys. While these kinds of games are great for older kids, they can pose a potential danger for younger, curious siblings.

### Prevent Spills with Pot Handles

Kids love to reach, so to prevent burns from hot holiday food or liquid spills, simply use the back burner of your stove and turn pot handles away from the edge.



## 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)



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

Iann 12/5	Jovany 12/5	Adrian 12/9
Jeremy 12/15	Alex F 12/17	Angel 12/19
Avril 12/20	Lea 12/20	Amina 12/23



## 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 2018

Join us for our fun winter camp!

**SIGN UP TODAY**

**KEEP YOUR CHILD ACTIVE  
DURING WINTER BREAK!**

**Ages 5-12 years old**

Session 1: Dec. 24th(closed at NOON), Dec. 26th-28th \$140  
Session 2: Dec. 31st(closed at NOON), Jan. 2nd-4th & 7th \$165

We'll be going to the park, bowling,  
skating, movies, karaoke & more!



**WINTER BREAK FUN!**