



Breezy Knoll Child Care Center  
 311 Stillwater Road  
 Smithfield, RI 02917  
 (401) 232-7177



FEBRUARY 2011 NEWSLETTER

REMINDERS

- \* We hope you are enjoying the ease of our new sign-in procedure. We feel it is a great success due to the speed and efficiency it offers. We are pleased that there are no more stacks of papers to sort through to find your child's name!
- \* We ask that you check your child's cubby and mailboxes daily for materials to take home. We have noticed many overlooked items. Your interest reinforces to your child that the time spent at Breezy Knoll is important.
- \* Remember to wash all quiet time items weekly.
- \* Please be sure your child is dressed properly everyday with the expectation of outdoor play even in the snow. Thank you!

DATES TO REMEMBER

- Feb. 2, Wed. Groundhog Day 
- Feb. 14, Mon. Happy Valentines' Day
- Feb. 17, Thurs. Random Acts of Kindness Day
- Feb. 21, Mon. Presidents' Day BK closed
- Feb. 21-25 Kindergarten winter recess  
BK OPEN Tues.—Fri. 2/22-2/25

.....  
 • Friendships divide our troubles •  
 • and multiply our joys. •  
 • -Unknown •  
 •.....

PRESCHOOL NEWS

This month, some of the goals we will focus on are: to follow directions with multiple steps, to match, sort, and put objects into a series, to use number concept words, and to demonstrate care and persistence in art projects.

Some activities planned:



Literacy  
 I Can Brush My Teeth  
 Franklin's Valentine  
 I'm a Little Groundhog

Science  
 Snow Table  
 Oil/Water Painting  
 Marble Heart Painting



Math  
 Sorting hearts  
 Creating heart patterns  
 Graphing foods

POLICY FOR PLAYING OUTDOORS

Please take note that we will now be following some local school guidelines in regard to our Outdoor Time. The following factors will be considered when making center-based decisions:

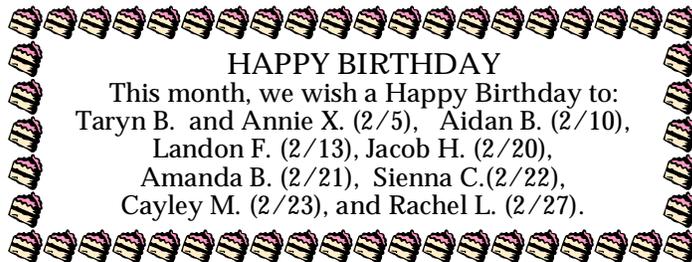
- Safety of Playground Area – no ice, no rain, cleared pathways, and play areas for children.
- Appropriate Dress Available – Children should be prepared with all outdoor clothing for given weather conditions. Breezy always has extra snow apparel, coats, etc. if children do not come prepared, yet it is best if all children have their own belongings.
- Wind chill factor is 20 degrees or above .

Breezy Knoll shares the developmental belief that all young children need frequent amounts of fresh air. It is our hope to provide daily outdoor experiences as much as we possibly can, even if for short durations during the winter season.



SNOW CANCELLATIONS

For center closings due to inclement weather, tune to WJAR TV 10, WPRI TV 12, WLNE TV 6, CW 28, PBS 36 or the Fox stations, or check their websites. Some radio stations 92.3 WPRO, 93.3 WSNE, 94.1 WHJY, 101.5 b101, 105.1 literock 105.

  
 HAPPY BIRTHDAY  
 This month, we wish a Happy Birthday to:  
 Taryn B. and Annie X. (2/5), Aidan B. (2/10),  
 Landon F. (2/13), Jacob H. (2/20),  
 Amanda B. (2/21), Sienna C.(2/22),  
 Cayley M. (2/23), and Rachel L. (2/27).

FUN FAMILY ACTIVITIES—RIELS

**MATHEMATICS:** There are so many games you can play that involve counting, matching, measuring, and organizing. Before long, your child will use their math skills to begin to solve problems.

**SORT AS YOU SHOP:** Ask your child to help sort groceries by putting together all of the foods that are the same. Vegetables in one place, canned goods in another, and fruit in another. Then, your child can count the number of items in each pile and then help you to put them away.

**MEASURE AS YOU COOK:** Ask your child to read the numbers that appear in recipes. "Can you see how many cups of milk I need?" Help your child count and pour milk into the bowl. Use language like, "You poured in one cup. How many do we need to add to get two?"



**KINDERGARTEN NEWS**

Kindergarten winter vacation February 21-25 **NO CLASS**  
 BK open Tues—Fri/**CLOSED** Monday, 2/21  
 Class resumes Monday, February 28.



Science/Social Studies

Delivering valentines  
 Dental health/nutrition  
 Coloring Flowers  
 Shadow Drawing  
 Presidents' Day



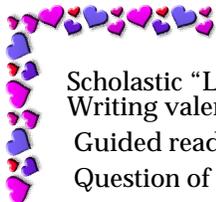
Math

100th day counting  
 Addition/subtraction  
 Sorting hearts, shapes, colors  
 Graphing  
 Money values  
 Time



Language Arts

Scholastic "Let's Find Out" Sight Word Bouquet  
 Writing valentine cards Toothpaste  
 Guided reading Exercise Like Animals  
 Question of the week : What if our shadows came



**REGISTRATION FOR**

**KINDERGARTEN / FIRST GRADE**

If your child will be entering Kindergarten or first grade in September of 2011, we remind you to call the administrative office of your school department for information about registration. March is typically the month for registering your child for the fall school session.

**KIDS QUOTES**

A child in the Preschool group was printing some letters onto his paper. When he successfully printed an M, he remarked, "Look! I can do the MacDonald's one!"

Another child in the Preschool group forgot his quiet time items. When offered a spare blanket for his cot, he declined, offering, "No, I don't need it. You know I never sleep!"

**BLOOD DRIVE**

Breezy Knoll will be sponsoring another blood drive in March from 2:00 pm to 5:00 pm. The van will be parked in our back parking lot during that time. We are hoping many of you will choose to donate blood before picking up your child on that day.

Donating blood is an easy and comfortable process. Most people say it is gratifying. The process of donating consists of four segments: the registration, interview, phlebotomy, and refreshment. The entire donation process can be completed in 45 minutes to an hour.

To donate blood, you must be at least 17 years of age; there is no upper age limit, weigh at least 110 lbs., and be in overall good health.

**TODDLER NEWS**

With the start of the new year, we have welcomed some new Toddlers to our room. We are enjoying getting to know them and their unique personalities!

February will be filled with fun things to do. For Valentine's Day, we will decorate hearts and appreciate how special our family and friends are. We hope the month brings more moderate temperatures so that we can time outside. Please remember to provide every day : snow pants, boots, mittens and hats, labeled with name, with the expectation of outdoor play. No scarves, please, as they create a potential hazard. We play outside daily, weather conditions permitting. Also, please remember to take home quiet time items weekly to wash to help prevent the spread of germs.

We thank you for your continued help with our supplies.



**NUTRITION TIP OF THE MONTH** From The Konnection/Kids First Newsletter

NUTRITION AND ORAL HEALTH ARE LINKED BY George Dupont, DDS, Samuels Dental Center, RI Hospital

The relationship between nutrition and good oral health has been firmly established. According to the American Dental Association, both dental caries and periodontal disease have been linked to poor eating habits. School age children are especially susceptible to dental decay and are dependent on parents and educational institutions to provide them healthy, nutritious meals.

The ingestion of sugary snacks, such as candy and gum have been long associated with an increase in dental decay. Foods that stick to the teeth such as fruit chews, raisins, and granola bars may seem like healthy alternatives to candy, but can promote tooth decay as well.

Some nutritional deficiencies have been shown to increase the risk of periodontal disease or gum disease. Diets lacking in Vitamin C or calcium greatly increase the risk of periodontal problems. Eating a well-balanced diet ensures proper nutritional intake. Good eating habits should begin at a young age and continue through life.

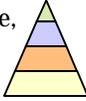
Eating regular meals with infrequent snacking, along with proper brushing, flossing, and fluoride, greatly reduces dental disease. Children are also recommended to visit the dentist twice yearly for professional cleaning and fluoride applications. The establishment of good eating habits and proper oral hygiene at a young age is essential in the prevention of dental disease and maintaining a healthy oral cavity through life. For more information, contact the American Dental Association ([www.ada.org](http://www.ada.org)) or the Academy of Pediatric Dentistry ([www.aapd.org](http://www.aapd.org)).



# SONGS, FINGERPLAYS, AND RECIPES

## The Pyramid Poem

At the top of the pyramid  
Sit lots of good treats.  
But to be in good shape,  
Eat just a few sweets.



The next group is dairy—  
Milk, yogurt, and cheese.  
For strong healthy bones,  
Eat two helpings of these.

Next to dairy are proteins -  
Fish, eggs, nuts and meat.  
Two servings for energy;  
These foods can't be beat.

Below is the fruit group  
Full of vitamin C.  
Two servings are needed  
To keep you healthy.

Beside are the vegetables.  
They're plants that we  
crunch.  
To get lots of fiber.  
Three servings we munch.  
And, finally, the grains  
group—  
Breads, pasta, and rice.  
Eat six or more servings  
Of these to feel nice!



## Hokey Pokey

You put your right hand in.  
You put your right hand out.  
You put your right hand in.  
And you shake it all about.  
You do the Hokey Pokey  
And you turn yourself around  
That's what it's all about!

## Brush Your Teeth

(tune: Row Your Boat)  
Brush, brush, brush  
your teeth.



At least twice a day.  
Gently, gently, gently, gently  
To keep cavities away.  
Floss, floss, floss your teeth  
To make sure they're clean  
Gently, gently, gently, gently  
To remove food in be-  
tween.



Rinse, rinse, rinse  
your mouth  
For a little while.  
Swishing, swishing,  
swishing, swishing  
For a bright and healthy

## Dentist

If I were a dentist  
I know what I would do.  
I'd tell all the children,  
'Keep a smile like.'  
And if a tiny hole should  
Start to show  
I'd say, "Climb into my chair.  
I'll make it go!"



## Pizza Song

Pat a cake, pat a cake, Pizza Man  
Make me a pizza  
As fast as you can.  
Roll it and toss it.  
Sprinkle with cheese.  
And don't forget pepperoni, please!



## I'm a Little Groundhog

(tune: I'm a Little Teapot)  
I'm a little groundhog  
On Groundhog Day.  
I peek from my hole  
On a winter day.  
If I see my shadow, in I go  
Winter's going to stay  
This I know!

Repeat with ending lines:  
If I see my shadow  
Out I'll stay.  
Spring will soon  
Be on its way!



### SWEETHEART PUDDING

Here's a healthy recipe right in time for  
Valentine's Day.

Your child can make his /her very own serving of pudding.

2 tablespoons milk  
2 teaspoons of instant vanilla pudding  
3-5 drops of red food coloring

Pour the milk into a cup. Add the instant pudding mix  
and 3-5 drops red food coloring. Stir for about 2 minutes.  
Let the pudding set for as long as recommended on the pud-  
ding box (about 2 minutes). Enjoy!

## Community Helpers Song

(Did You Ever See a Lassie)  
Did you ever see a builder,  
A builder, a builder?  
Did you ever see a builder  
Saw this way and that.  
Saw this way and that way  
And this way and that way.  
Did you ever see a builder  
Saw this way and that?

## The Valentine Song

(tune: Farmer in the Dell)  
A valentine for you.  
To cheer you when you're  
blue  
Heigh-ho, the derry-o.  
A valentine for you.  
I'll mail you a  
hug.  
And send you  
all my love.



## Wash Your Hands

(tune: Row Your Boat)  
Wash, wash, wash your hands.  
Wash the germs away!  
Watch the suds go down the drain.  
So germs do not stay!



## Heart (tune: Bingo)

There is a shape, and it means love, and heart is its name-o.  
H-E-A-R-T, H-E-A-R-T, H-E-A-R-T, and heart is its name-o.



Other verses:  
Painter/brush  
this way

Farmer/plow this way  
Miner/dig this way  
Teacher/write this way



### Optional Lunch Milk/Juice Money

If you would like Breezy Knoll to serve milk/juice to your child at lunch time, please enclose 25 cents for each day of the month your child will receive milk/juice. Please place money in an envelope and drop in mailbox over cubbies.

Child's Name \_\_\_\_\_

Milk/Juice money enclosed for month of: (circle one)

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Amount enclosed \$ \_\_\_\_\_

