



Breezy Knoll Child Care Center  
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**MARCH 2014 NEWSLETTER**

**DATES TO REMEMBER**

- March 1, Sat National Smile Day  
Have a smile-off – Who can smile the longest?
- March 17, Mon. Happy St. Patrick’s Day!
- March 20, Thurs. First day of spring!
- March 21 Fri. Spring Pictures

  
*While we try to teach our children about life,  
 our children teach us what life is all about.*  
 Angela Schwindth  


**PARENT TIP Dynamic Classrooms Are Not Quiet!**  
 from National Association for the Education of Young Children



Quiet classrooms do not mean that young children are learning. In fact, since oral language is very important during the early years, quiet classrooms may indicate that young children are not learning all they could be. Talking gives a child the

opportunity to experiment with new words. It provides the vehicle for expressing current knowledge. Using words and talking about how things work, making comparisons, and retelling experiences lead to increased intellectual development. When children reconstruct experiences, sequence events, and point out similarities or differences, they are clearly engaging in higher-level thinking skills. And when kids are encouraged to ask questions, they not only gain information from adults’ responses, but also build their competence and confidence as active seekers of knowledge and understanding.

The vocabularies children use in reading and writing are based on the words they are familiar with from listening and speaking. Expanded vocabularies and other aspects of language growth occur through using language. Talking in the classroom may be a little noisy, but positive results are easily heard!

**PRESCHOOL – PRE-K NEWS**

March is here, and that means spring is just a few short weeks away. We look forward to its arrival and warm, sunny weather! We will have fun anticipating St. Patrick’s Day. Some goals we will focus on: increasing capacity for self-control, understanding an increasingly complex and varied vocabulary, associating a number of objects with names/symbols for numbers, investigating changes in materials and cause-effect relationships, and seeking help from another when appropriate. We wish all of our families a Happy Spring!



**SPRING PICTURES**

Gene Hutnak Photography will return to Breezy Knoll on Friday, March 21 at 9:00AM to photograph the children, using a springtime background. Pictures taken at this time will arrive in time for Easter. No money is required in advance. You will be able to see the images before you place an order. **Please note: No class pictures will be taken, and there is no make-up day.**



**HAPPY BIRTHDAY**

This month, we wish **Happy Birthday** to:  
 Gracie M. and Hayden C. (3/1), Benjamin C. (3/2), William P. (3/4), Gea G. and Andrew L. (3/8), Austin S. (3/12), Roman M. (3/14), Sophia M. (3/15), Skylar J. (3/16), Gavin C. (3/21) Sophia L. (3/22), Keegan Z. (3/23), Aiden M. (3/29), and Luke S. (3/30)

**REMINDERS**

- If you have not yet done so, please register with Jeannette or April for your child’s summer/fall schedule.
- Remember to wash all quiet time items weekly.
- For center closings due to inclement weather, tune to WJAR TV10, WPRI TV 12, WLNE TV6 or the Fox stations or check their websites.

**PARENT TIP**

From TRUCE (Teachers Resisting Unhealthy Children’s Entertainment) [www.truceteachers.org](http://www.truceteachers.org).

**Toys have enhanced play value when they :**

- \* Can be used in many ways.
- \* Allow children to be in charge of the play.
- \* Appeal to children at more than one age or level of development.
- \* Are not linked to video games, TV, or movies.
- \* Can be used with other toys for new and more complex play.
- \* Will stand the test of time and continue to be part of play as children develop new interests and skills.
- \* Promote respectful, non-stereotyped, nonviolent interactions among children.
- \* Help children develop skills important for further learning and a sense of mastery.
- \* Can be used by children to play alone as well as with others.
- \* Can be enjoyed by both girls and boys.

## KINDERGARTEN NEWS



On March 3, we begin a new arrival routine: "morning estimation jar!"

### Science

Healthy bodies  
Weather  
Spring

### Dramatic Play

Construction

### Math

Cont. addition  
Word problems  
Begin subtraction  
Estimation



### Art

Clovers  
Rainbows  
Weather  
Painting

### Reading/Language Arts

Dr. Seuss  
Guided reading  
Blend onsets/rimes  
Sight words  
Make words w/familiar endings



## "TELLING SECRETS"



Whispering has a great effect in a loud, crowded place. Whisper a message in your child's ear. The background noise will require your child to focus intently on your message, and he/she will undoubtedly will want to whisper a message in your ear. Concentrating on hearing and delivering the whispered message is calming for your child – and for you, too!

## TODDLER NEWS



This month, we will continue working on age-appropriate skills. The children will roll playdough, explore in the sand table, dress-up in the dramatic play center, paint on easels, and have fun, fun, fun! Hopefully we will be able to spend lots of time outside! Please note a few reminders: Kindly wash **all** quiet time items weekly to help prevent the spread of germs. Also, please remember to fill out a medication form for any medication to be administered at school. Kindly remember that only prescription medication can be given to your child. The forms are located in the front hall on the Parent Board and also in the Toddler Room. If you have any questions, please ask any one of the teachers. Our project needs are posted on the parent board. We thank you for your donations.



## LUNCH SUGGESTIONS

Some families have asked us for ideas in packing their child's lunch. We are offering some sandwich ideas and finger foods as an alternative to sandwiches.

On whole grain bread:

- \*Veggie cream cheese and cucumber
- \*Tuna salad and a sliced tomato
- \*Almond butter with slivered almonds/craisins
- \*Hummus and chopped peppers
- \*Apple butter and fresh apple slices
- \*Laughing Cow light spreadable cheese with ham and grated carrot
- \*Reduced-sugar jam and cream cheese
- \*Grilled cheese and tomato
- \*Scrambled egg and tomato or any other vegetable
- \*Ham/turkey and cheese rollups are fun for children who prefer no bread. Roll ingredients over a bread stick or pretzel for added crunch!
- \*Cheese cubes or string cheese with vegetables and fruit provide a nutritious lunch. Add low fat dip!
- \*Cottage cheese with fruit/veg. is a healthy choice.



## INDOOR ACTIVE FUN



If it's too cold to go outside, try playing some active games indoors, such as Twister, Simon Says, and Red Light, Green Light.

## FREE READING WEBSITES FOR FAMILIES

- \* Reading Is Fundamental [www.rif.org](http://www.rif.org). Children will love the RIF website because it has games, interactive stories, contests, e-cards, and more! Parents can download booklists, and information guides.
- \* Reading Rockets [www.readingrockets.com](http://www.readingrockets.com). A website for parents who want more information about how to help struggling readers.
- \* PBS [www.pbskids.org](http://www.pbskids.org). Kids can play educational games with their favorite characters and shows like *Reading Rainbow*, *Sesame Street*, *Between the Lions*.

## HEALTH TIP

*From Eating Right From the Start – Redleaf Magazine*

In our fight to prevent childhood obesity, we need to encourage children to be physically active. We can do this by providing a place for them to run, jump, and play. Most children if given encouragement, time, and space, won't have any problems accumulating thirty to sixty minutes of daily active play. However, sixty minutes to several hours of daily physical activity at various levels is best for optimal health. This physical activity can include free play, organized games or sports, helping with house—or yard work, or just walking or running from place to place throughout the day.



## HEALTH TIP 2

*from www.HeathlyChildren.org.*

Once you get your family moving:



Drink plenty of water before, during and after activities. Children need to drink at least six 8-ounce cups of water per day. Add another 8 ounces for every half hour of strenuous activity. For longer activities or when children don't drink enough water, diluted 100 percent fruit juice or sports drinks can increase their fluid intake.

Breakfast is an important meal for all children. Consider serving whole-grain cereals or muffins made with fruit, like bananas, blueberries or raisins.

For a snack before or after physical activities, serve crackers and cheese, peanut butter and jelly sandwiches, trail mix, containers of cut-up fruit and sliced vegetables with a low-fat dip.

# SONGS AND FINGERPLAYS

## The Leprechaun



Patrick is a leprechaun.  
He has a sack of gold.  
He hides it in a special place.  
Between two stumps, I'm told.

I think I once saw Patrick  
Out in the woods at play.  
He smiled and laughed  
and winked his eye.  
And then he ran away.

Don't try to follow Patrick  
To find his treasure sack.  
He'll twist and jump  
And run away.  
And never will come back!



## Who Has Seen the Wind?

Who has seen the wind?  
Neither I nor you.  
But when the leaves hang  
trembling  
The wind is passing through.

Who has seen the  
wind?

Neither you nor I.  
But when the trees  
bow down their  
heads

The wind is passing by.



## Rainbow Song

(tune: Pop Goes the Weasel)  
Let's all name our colors right now.  
Red and orange and yellow.  
Green and blue and purple, too.



## Here is My Kite

Here is my kite  
With a long, long tail.  
I hold it and run  
'Til I make it sail!  
High up in the sky  
The wind blows it  
around  
Then I pull on the string  
And my kite dips  
to the ground.



## Jelly Bean Countdown

Five little jellybeans  
I wish I had more.  
I'll eat the red one,  
And then I'll have four.  
Four little jellybeans  
Tasty as can be  
I'll eat the green one  
And then I'll have three.  
Three little jellybeans  
Only a few  
I'll eat the yellow one  
And then I'll have two.  
Two little jellybeans  
Eating them is fun  
I'll eat the orange one  
Now there is one.  
One little jellybean  
The last one for me  
I'll eat the black one  
I'm happy as can be!



## Windy Weather

(tune: I'm a Little Teapot)  
Hold onto your hat and don't let go.  
Those March winds have begun to blow!  
Out with the winter; in with the spring.  
Those strong winds mean just one thing.  
It's time again for string and kite.



## The More We Get Together

The more we get together,  
Together, together.  
The more we get together  
The happier we'll be.



For your friends are my friends  
And my friends are your friends.  
The more we get together  
The happier we'll be.

## A Springtime Rhyme

(tune: The Farmer in the Dell)  
The flowers start to bloom.  
The grass begins to grow.  
The warm rays of the sun  
Have melted all the snow.  
The birds look for some  
worms.  
And they begin to sing.  
You know when these things  
happen, then it must be spring!



## JOKE OF THE MONTH!

Q: What do you get when you cross  
a caterpillar with a parrot?  
A: A walkie-talkie!



## Once I Saw a Butterfly

(tune: Twinkle Little Star)  
Once I saw a butterfly  
Dancing in the clear blue sky.  
Through the meadow he would go.  
Flying high and flying low.  
Once I saw a butterfly  
Dancing in the clear blue sky.



## NUTRITION TIP – FUN FAMILY ACTIVITIES – RIELS

**Eating Healthy:** A great way to teach your child about good nutrition is to talk about, prepare, and eat healthy foods together. Explain that bodies need healthy foods to grow, and that treats like cake, cookies, and candy are okay once in a while.

**Your child will love to help you prepare food.** Here's a fun recipe for Chocolate Ladybugs from HealthyChildren.org.

**Ingredients:** 5 fresh, large whole strawberries  
30 semi-sweet dark chocolate chips

**Directions:** Cut the tops off of the strawberries and cut them in half lengthwise. With your fingers, gently push three chocolate chips into each half to create the ladybug's spots. Serve on a fun platter!



From the very beginning  
of his education,  
the child should experience  
the joy of discovery.  
Alfred North Whitehead

## 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 \$ \_\_\_\_\_

