



# Breezy Knoll Child Care Center

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Smithfield, RI 02917  
(401) 232-7177



## ..... OCTOBER 2010 NEWSLETTER .....

### PRESCHOOL NEWS

The school year has started, and the children are settling into the new routine, making new friends, and learning through play. In October, we will focus on these learning goals: persistence in completing a task, interactions with others, language development, math skills in grouping and matching, and development of both fine and gross motor skills. Some topics we will plan into the curriculum are: pumpkins, farming, change of seasons, leaves, and fire safety. Some activities we will plan into the curriculum to reflect the goals and expectations are listed below.

<u>Math</u>	<u>Dramatic Play</u>	<u>Creativity</u>	<u>Physical Development</u>
Experiment with patterns	Bakery	Leaf person	Nature rubbings
Farm animals/barns	What's on the menu?	Draw with chalk	Cup stacking
Match pumpkin to numeral	The Friendly Scarecrow	Design a chameleon	Bean bag fun
"Five Little Leaves"	Felt board faces	Make a paper cookie	Become a "human spider"

### LYNKS OF HOPE

We would like to tell you about a non-profit organization near and dear to our hearts. It was created to benefit those less fortunate in RI who are undergoing cancer treatment. It is called LYNKS of HOPE. All proceeds go to the Patients Assistance Fund, Fain 3, at the Miriam Hospital and directly assist patients, be it to help with medications, to buy food, to provide transportation for treatment, or to pay a utility bill.

The Third Annual Auction Benefit will be held on Saturday, October 16, at Bravo Brasserie, located at 123 Empire St, Providence, RI, at 7:30PM. Tickets may be purchased for \$25.00 by calling 401-231-2262, as well as at the door. You may also make a donation online at the website [www.LYNKsofHOPE.org](http://www.LYNKsofHOPE.org). We thank you!


### PARENT-TEACHER NIGHT



On Tuesday, October 19, Breezy Knoll will host a Parent/Teacher Night from 5:30-6:30 PM. Parents will be greeted at the door and directed to their child's classroom. The teachers will display curriculum activities and will be available for any questions or concerns. Because of time constraints, we ask that you kindly limit conversations to about five minutes. If you feel you need more time, please schedule an appointment for a personal conference. As always, this evening is planned for adults only.

### DATES TO REMEMBER

Fri, Oct. 8	Firefighters visit
Mon, Oct 11	Columbus Day—BK closed
Sun, Oct. 24	Happy 22nd Birthday, Breezy Knoll! 1988- 2010
Sun, Oct. 31	Happy Halloween!

### REMINDERS

- \* Please note that Breezy Knoll will be closed on Monday, October 11 for Columbus Day. 
- \* Please send a jacket or a sweatshirt each day for your child to wear in the morning to play outdoors. It usually warms up by the afternoon, but the mornings are very cool.
- \* Please remember to replace your child's summer spare clothes with those suitable for fall/winter and label with name.

  
 We celebrate our 22nd year on October 24!  
 Happy Birthday Breezy Knoll!  
 1988 - 2010  


### WELCOME BACK

We wish a warm welcome back to Lori Asselin. Lori has been out on leave and will return as a Toddler teacher on Monday, November 1. She has been greatly missed!

### HEALTH TIP OF THE MONTH



How Do We "Catch" a Cold? From ABCs For Parents

Colds aren't caused by wet feet, nor can your child catch one from bad weather, getting a chill or being caught in a draft. This type of exposure, however, can lower your child's resistance.

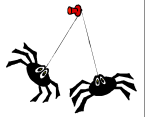
The illness we call the common cold is really a group of minor illnesses that can be caused by any one of almost 200 different viruses. With all those germs floating around out there, it's no wonder that our little ones "catch" one now and then. Gradually, children acquire more and more immunity to those viruses in their environment and get fewer and less severe colds.

Many people believe that cold viruses are spread only through the air, but, hand to hand contact is the primary way children get colds. You can limit the risk of catching colds in the following simple ways:

- \*Wash hands frequently.
- \*Don't allow your child to share drinking cups, eating utensils or food.
- \*Teach your child to keep hands and fingers away from the nose, mouth, and eyes.

## KINDERGARTEN NEWS

Thank you for all your support in preparing your child for school. The children are developing new skills, making new friends, and having fun while learning.



\* We will be going on another field trip to Jaswell's Farm on Friday, October 29. The children will learn how pumpkins are grown and cared for and then enjoy a hayride around the farm! Chaperones are welcome! Reminders: Please be sure that your child has a change of clothes at school. Kindly help your child to remember to bring his/her M.A.N.A.T.E.E. folder to school everyday. Thank you.

### Language Arts

Names of colors  
Sight words  
Letter of the week books  
Alphabet journals  
"Me, Myself, and I"  
Alphabet poems



Magazines: Let's Find Out

### Science

Grow a gummy bear  
Habits of plants/animals in fall  
Leaf rubbings  
Crashing colors  
Pumpkin development  
Spiders



### Social Studies

The state we live in  
Farm Life  
Christopher Columbus  
Art  
Bats  
Jack-o-lanterns  
Scarecrows  
Pumpkins



### Math

Counting/sorting fall items  
Printing the numbers 1 -10  
Shapes and colors  
Estimating  
Distinguishing same/different



## PARENT TIP OF THE MONTH

From The Child Care Support Network  
Helping Hands Newsletter

Morning time can be quite hectic. Getting everyone up, washed, dressed, fed, and ready to leave the house on time, can cause a lot of stress for everyone. If you develop a routine and follow through with it, things will go somewhat smoother.

When you start any routine, it takes up to two weeks before it sets in, so stick with it. You can help the process by giving words of praise for things done on time.

Be sure to set realistic timelines; a child of five will take longer than an older child to get ready. Help your child to be aware of what five or ten minutes really are by setting a timer. And, remember, your young child may need "warnings" before each step in the routine.

Making a list or a chart can remind children what needs to be done. Put the things in order of what takes the longest. Above all, as with any changes you make, be consistent and have patience. This is just one of the many phases you will go through with your child.



## KIDS' QUOTES

An oldie, but a goodie:  
Overheard at lunchtime:  
"My grandma makes good  
homemade cooking!"

## PROJECT NEEDS

If you would like to donate any materials needed for our projects, each teacher has a list posted monthly by the cubbies. We welcome your interest and involvement. Many thanks to the families who generously donated items during the month of September!

We would like to add: HP photo printer tri color ink cartridges # 110 for printing pictures from our photo printer. Also, 4x6 photo paper. Thank you in advance!



## PUMPKINS



During October, each group hopes to carve a jack-o-lantern. We are asking one family from each group to donate a large pumpkin. The Dolphins group and the Honeybees group will need two pumpkins per classroom. If you wish to do so, please see your child's teacher. We thank you in advance.



## WELCOME

We welcome Alaina Joudrey to our staff as a Teacher Aide/Floater. Alaina is working with each of our groups and getting to know all of the children. We are happy to welcome her on board!

Rachael Autiello has moved and is no longer working at Breezy Knoll. We will miss her.

## 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 it in the mailbox over the sign-in book in the front hall. Thank you!

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 \$ \_\_\_\_\_

Please keep separate from Tuition Money. Thanks!



## TODDLER NEWS



The month of September has passed, and fall has arrived. Our new children are adjusting well to the program and their new environment. We are enjoying getting to know them better each day.

We have set up a Toddler Family Tree. If you have not done so, please send in pictures of your family. The children enjoy seeing the familiar faces of their families every day. Check out our parent board for news of the day!

We would greatly appreciate any donations of HP photo printer tri color ink cartridges # 110 for printing pictures from our photo printer and 4x6 photo paper. We thank you for helping us keep our room filled with pictures!



### IMPORTANCE OF PLAY

From the Child Care Support Network's Helping Hands Newsletter "Play is child's work." We hear that a lot in early childhood education, and, as an adult, the concept of work=play is unfathomable. It's unfortunate that, as we grow older, work and play somehow shift to almost mutual exclusion, but, to children, they are still one and the same. Play is a child's work, in that, aside from being entertaining, it's also functional.



Play is the vehicle by which children better understand their world, their friends, and even themselves (i.e. likes/dislikes). Despite its many forms, play is a very sensory-driven enterprise. The sights, sounds, smells, tastes, and shapes of things impact a child's level of interaction (play). Play can accommodate every child and every mode of learning. Child's play is really much more complicated than it looks.

The kinds of learning a child experiences in the same activity vary from day to day, which is what makes play so powerful. Children learn more in an environment of play because they set the tone, gauge the speed, and choose the direction of the learning.

Brain research supports what early childhood professionals have always known—that young children learn and assimilate new information at a pace few adults can match! This is far from suggesting that teaching is obsolete. In fact, the most important role of teachers is as facilitators of play. Rather than trying to lead a child's play into something they are ready to teach, teachers follow the child's lead and teach what they are ready to learn.

A child care setting employing best practice standards is one where children are actively engaged in areas of play during the day.



### HAPPY BIRTHDAY

This month, we wish a Happy Birthday to:

Blake D. (10/2), Alessandra E. (10/4),

Jaclyn V. (10/6), Don V. and Robert J. (10/11),

Eric B. (10/15), Weston C. (10/25),

And Natalee J. (10/28)

### FUN FAMILY ACTIVITIES—RIELS

#### Developing a Sense of Responsibility

Think of ways that you can help your children become aware of their responsibilities with family and friends.

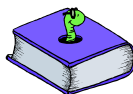
Encourage your child to help. This is how children learn cooperation. Choose a few responsibilities that your child can do successfully, such as:

- \* Picking up their toys
- \* Selecting their own clothing
- \* Wiping off the table
- \* Taking out the garbage
- \* Helping to wash the car
- \* Picking up leaves in the yard
- \* Putting clean clothes away
- \* Feeding the pet



You may want to create a chart of things your children can do on a regular basis to take care of themselves and help a little around the house. They will feel proud of their accomplishment!

### BREEZY KNOLL AUTHOR



We have great news about a former Breezy Knoll staff person! Kim Pizzarelli has written a children's book entitled Jessica Pickle, illustrated by Bill

Gallagher. It is now available at [www.publishamerica.net/product119462.html](http://www.publishamerica.net/product119462.html).

Starting October 31, the book will be available for sale in all local bookstores, including Barnes & Noble, and Borders Books. Kim and Bill plan to visit Breezy Knoll for a book signing in the near future. We will be sure to let you know the date for the visit, so that you can get your copy signed by both author and illustrator. We are so proud of Kim and wish her much success with her book. What an accomplishment!

#### Online Ordering Information for Scholastic Books

Web address: [scholastic.com/bookclubs](http://scholastic.com/bookclubs)

Class Activation Code: GW6QV

Please help us earn free books for our classroom library by placing your order online. It's simple!

- Sign up at [www.scholastic.com/bookclubs](http://www.scholastic.com/bookclubs). On the parent page, click the "Don't have a User Name and Password?" link, then register for your own username and password. When prompted, enter the one-time Class Activation Code shown above. This code ensures that your order is sent to April.
- Select the books you'd like to order from over 500 titles available online, and take advantage of on-line only specials and discounts.
- Send your order directly to April by the due date. Books will be delivered directly to our classroom, as always.


Ordering online is fast, easy, and secure. And we benefit from the free books we'll earn!

# SONGS AND FINGERPLAYS


## Five Little Pumpkins

Five little pumpkins sitting on a gate,  
The first one said, "Oh, my, it's getting late!"  
The second one said, "There are witches in the air."  
The third one said, "But we don't care."  
The fourth one said, "let's run and run and run."  
The fifth one said, "I'm ready for some fun."  
Oooooooooo went the wind and out went the light.  
And the five little pumpkins rolled out of sight.


## Up on the Treetop

(Tune: Up on the Rooftop)  
Up on the treetop  
Watch the leaves.  
They are changing;  
You can see.   
Red and orange,  
Yellow and brown,  
Pretty soon, they'll fall down!  
Crunch, crunch, crunch,  
Walk through the leaves.  
Crunch, crunch, crunch,  
Walk through the leaves.  
Up on the treetop  
In the fall,  
Leaves are changing.  
Watch them fall!

## Sail Your Ship

Sail, sail, sail your ship.   
Sail it night and day.  
Look for land, look for land.  
All along the way.


## The Squirrel

(Tune: Twinkle Little Star)   
Whisky, frisky, hippity hop,  
Up he goes to the treetop!  
Whirly, twirly, round and round,  
Down he scampers to the ground!  
Furly, curly, what a tail!  
Tall and broad just like a sail!  
Where's his supper? In the shell!  
Snappy, cracky; out it fell!

*Play is the highest expression of human development in childhood, for it alone is the free expression of what is in a child's soul.*


Friedrich Frobel 1782-1852  
Founder of Kindergarten

## Columbus' First Voyage


(Tune: Mary Had a Little Lamb)   
Columbus sailed the ocean blue,  
Ocean blue, ocean blue.  
Columbus sailed the ocean blue in 1492.  
He sailed west to reach the east,  
Reach the east, reach the east.  
He sailed west to reach the east in 1492.  
Asian shores he never reached,  
Never reached, never reached.  
Asian shores he never reached in 1492.  
Instead, he found a whole new land,  
Whole new land, whole new land.  
Instead, he found a whole new land in 1492.

## Spinning Spider


Spinning, spinning, round and round,  
Little spider makes no sound.  
Busy with her little spinner,  
She helps to catch a little dinner.

Old black flies and bumblebees,   
Step right in now, if you please.  
Busy with her little spinner,  
Spider's caught a yummy dinner!


## Always Alert

I am a smoke detector,   
And I say, "Beep."  
I am your nose when you're asleep.  
If there is a fire and smoke is all around,  
I'll wake you up with a very loud sound.  
BEE-EE-EE-EEP!

## RIDDLE OF THE MONTH

Q: What do spiders eat with their dinner?  
A: Corn on the cobweb! 

## Scarecrow

Scarecrow, scarecrow, can't you see?  
A big, black crow is sitting on your knee!  
Scarecrow, scarecrow, don't you care?  
A big black crow is sitting in your hair!  
Scarecrow, scarecrow, don't you know?  
A big, black crow is sitting on your toe!  
Scarecrow, scarecrow, be a little bolder!  
A big, black crow is sitting on your shoulder! 

## NUTRITION TIP OF THE MONTH



### From Food & Families.—Beginning the Day With Breakfast

Most families experience morning rush hour. It's not always the one that occurs on the freeway, but one in your own home. You may struggle to get everyone out the door on time, but, in the rush, you may have skipped one of the most important elements of the day—a healthful, nutritious breakfast. If you and your family have a tendency to skip breakfast, you are not alone. Surveys show that fewer people are eating breakfast, even though research tells us that breakfast is often the most important meal of the day.

When waking up from a good night's rest, your child has gone 10 to 14 hours without eating. Sending a child off to school or child care may allow another three or four hours to pass before a snack or a lunch. This extended period of hunger can affect your child's well-being. Headaches, fatigue, sleepiness, restlessness, and stomach problems are common complaints. Studies also show that skipping breakfast can result in poor verbal fluency, and memory can all be affected. Without breakfast, your child may also be more likely to have discipline or behavioral problems.

Breakfast should contain about one quarter of your child's total daily calories. Without breakfast, your child may not consume enough total calories and nutrients from other snacks and meals during the day. A good breakfast will keep your child going strong until the next snack or meal.

Some quick breakfast ideas with yogurt: Mix with granola or dry cereal/Stir into chopped, fresh fruit and sprinkle with sliced almonds / Top with raisins, nuts, and honey.

Other ideas: \*Microwave a frozen pancake, spread with peanut butter, top with raisins and/or bananas, and roll up! \*Spread cream cheese on a wheat tortilla, roll up and go! Add a fruit or juice. \*Hard-boiled egg and a piece of fruit. \*Leftover cold pizza served with milk. \*Grill cheese and tomato in a split pita for an inside-out pizza that's as good cold as it is hot. 