



Breezy Knoll Child Care Center  
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## April 2011 Newsletter

### PRESCHOOL NEWS

After a long, cold winter, we are happy to be spending more time outside and observing signs of spring! This month, some of the goals we will focus on are: demonstrating a growing awareness of the beginning sounds of words, using language to understand the order and position of objects, beginning to understand that events take place in the past, present, or future, using scientific tools as props in play, exploring the natural processes or growing, changing and adapting to the environment, appreciating and respecting the work of others, and exploring and learning to tolerate a wide variety of sensory input. Some activities planned are:

#### Math

- Patterning with shapes
- Jelly bean count (and eat!)
- Mosaic mat



#### Creativity

- Paper plate rabbit
- Spring baskets
- Earth painting
- Litter bags

#### Science

- What does a seed need?
- Planting grass
- Recording growth of grass



#### Reading

- The Chick and the Duckling
- Squirrels
- Children of the Earth
- The Earth and I



### CONFIRMATION SUMMER AND FALL

If you need to change your child's schedule for summer or fall, kindly let Jeannette know as soon as possible. Now is the time to reserve the days you need in all programs. Thank you!

#### PARENT TIP

Helpfulness from Parents Magazine



At-Home: When the teacher asked your child to do something, she hopped to it. But when you make a similar request, she ignores you.

Tip: Look for ways to give your preschooler choices. At cleanup time, teachers let children decide how they'd like to get the job done: ("Would you rather pretend we're jumping frogs or galloping horses as we put things away?"). Giving your child options will make her feel empowered and encourage her to cooperate. At naptime, see whether she'd rather skip to her room or take a piggyback ride, so she feels she has some say in the matter. Try a similar strategy when she's reluctant to leave a play date: Ask if she wants to give her friend a goodbye hug or a "thanks for having me"

#### HEALTH TIP OF THE MONTH

From The Moms' Guide to Meal Makeovers  
 Janice Newell Bissex and Liz Weiss



From sandwiches to salads, iceberg lettuce is often the only leafy green kids are accustomed to eating. Romaine lettuce is equally mild, a little more crunchy, and a lot more nutritious. Compared to iceberg, it has four times more vitamin K (for strong bones) and ten times more vitamin A (good for eyes and a healthy immune system).



### CONGRATULATIONS

We congratulate Anna Harris for attaining her CDA accreditation. A CDA (Child Development Associate) is an certification specific to early childhood education, which is considered comparable to an Associate's Degree. We are all so proud of her!

Too often we give children answers to remember rather than problems to solve.

-Roger Lewin



### WAYS TO FILL YOUR HOME WITH MUSIC

From Wondertime Magazine written by Rani Arbo

- Cut Loose. Ditch your inhibitions by starting music play with a wild kitchen dance or some loosey-goosey movement.
- Sing Out. Anywhere, anyhow, anytime. Kids learn by repetition, so incorporate songs into your daily routine.
- Feel the Rhythm. To help pre-walkers (and even older kids) catch the beat, gently bounce or tap your child's body while you sing or listen to music.
- Shake, Rattle, and Roll. Keep a basket of shakers, whistles, bells, tambourines, drums, harmonicas, and xylophones on hand. And take them out of the basket — often.
- Give Them an Earful. Expose kids to the sounds you love.



### DATES TO REMEMBER

- Mar 28- Apr 2 National Friendship Week
- April 10-16 Week of the Young Child  
National TV turn-off week
- April 18-22 Spring vacation  
No Kindergarten class / Breezy Knoll OPEN
- April 21 Kindergarten founded in 1837
- April 22 Good Friday BK closed for staff development  
Earth Day
- April 25 Hug a Friend Day!
- April 28 Arbor Day



## KINDERGARTEN NEWS

Spring vacation is April 18-22. Kindergarten is not in session, but BK will remain **open**.



### Math

Fractions

Money values

Subtraction/addition

Graphing

Sequencing



### Language Arts/Reading

Vowel search

Poetry

Word families

Guided reading



### Science/Social Studies

Larvae to Butterfly

Recycling/Reusing

Reptiles/Amphibians

## YOGA

Breezy Knoll will be offering Yoga classes ending in a meditative, relaxed state of mind, beginning the week of April 11. Look for the flyer near the sign-in touchscreen for dates and times. The classes will be held from 5:30pm to 7:00pm, at a cost of \$5.00 per class.



## EARTH DAY

April 22 is Earth Day. As we discuss the importance of caring for the world we live in, we are passing along some ideas which require little effort, but provide big payoffs to the environment:

- Use coffee mugs instead of disposable cups.
- Turn off lights when you leave a room.
- Use a broom instead of a hose to clean your driveways.
- Replace regular light bulbs with energy-saving fluorescent bulbs.
- Install water-saving faucets and showerheads.
- Turn off water in between rinses when shaving or brushing teeth.
- Run the dishwasher and washing machine with a full load only.
- Live each day as if it were Earth Day!

Check the DEM website [www.den.ri.gov/earthday](http://www.den.ri.gov/earthday) for celebrations around the state.

## MAKING THE MOST OF FAMILY MEALTIME

Adapted from [www.NAEYC.org](http://www.NAEYC.org).

Children learn important lessons and skills during dinner, including viewing food as nourishment for active and healthy bodies. Establishing positive eating habits in childhood years help children build skills that can last a lifetime. Also, when each family member takes a turn to speak and listen, it reinforces the importance of polite conversation.

Dinner is one of the best times for families to reconnect, share daily events, and continue to deepen relationships. According to a recent national survey, the average household prepares and eats dinner at home five nights a week. Despite the busy schedules of today's families, making time for dinner is not only important, but also easier than you think.

- Turn off the television and radio so everyone can focus on conversation without distraction.
- Let the answering machine pick up calls or turn off the phone ringer to avoid dinner interruptions. A phone call can always be returned after dinner.
- Discuss positive events of the day or upcoming family events.
- Remember that kids often take more time to eat than adults do. Take your time through dinner and enjoy the extra few minutes sitting at the table before cleaning up.

Offer a variety of food choices. If you label foods as bad, healthy foods or junk foods, you can set up a situation where your children may feel deprived of some foods and may find other ways to sneak them in. If you offer all types of foods with a trusting atmosphere, your children will likely choose a nutritious variety.

## TODDLER NEWS



Spring has arrived, and we are looking forward to warmer days and seeing green grass.

We hope to spend more time outdoors enjoying the pleasures that spring brings. The Toddlers have enjoyed the changes to our room and the activities we have added on a daily basis.

Please take note of our project needs. A list will be posted on the Parent Board in the Toddler Room. We greatly appreciate any donations.

Reminders: All quiet time items must be washed weekly. Please be sure that there is an extra set of clothes suitable for the changing weather at BK for your child. Children are more comfortable in their own clothing.



## HAPPY BIRTHDAY



This month, we wish a Happy Birthday to:  
Maci M. (4/3), Lillian C. (4/7),  
Patrick M. (4/9), Luyao L. and "RJ" R. (4/10),  
Aiden G. and Josslyn L. (4/11), Max H. (4/19),  
Mia H. (4/23), and Wyatt K. (4/25).



## OPTIONAL LUNCH MILK/JUICE MONEY

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

Child's Name \_\_\_\_\_ Amount enclosed \_\_\_\_\_

Milk/juice money enclosed for month (please circle):

Jan Feb Mar Apr May June July Aug Sept Oct Nov Dec



# SONGS AND FINGERPLAYS

## Here Comes the Rain

(tune: Green Grass Grows All Around)

Here comes the rain. (Echo)  
The wettest rain. (Echo)  
The heaviest rain (Echo)  
That you ever did see. (Echo)  
And the water keeps going  
all around, all around.  
And the water keeps going all around.



## A Fat Bunny

A little fat bunny with ears so tall

And two pink eyes about this small  
Went hop, hop, hopping  
To get some lunch.  
He found a carrot.  
Yum, yum! Crunch! Crunch!

## I'm a Caterpillar

(tune: I'm a Little Teapot)

I'm a caterpillar, cute and green  
I'm inside a chrysalis and can't be seen.  
Wait a little while and you'll see why.  
I'll pop out as a butterfly!



## April Rains

April rains come falling down.  
Splishing, splashing, all around.  
We stay inside, but we all know  
The rain helps make the garden grow.



## The Clean Up Song

(tune: Twinkle Little Star)  
If you're near or if you're far  
It's time to clean up where you are.  
Put everything back in its place.  
Keep a smile upon your face.  
If you're near or if you're far  
It's time to clean up where you are!



## Down at the Dump

(tune: Down By the Station)  
Down at the dump early in the morning  
See the dump trucks standing in a row.  
See them dump the garbage  
In a great big pile.  
Dump, dump, dump, dump. Watch them go.  
Pretty soon our dumps will all be full.  
We had better figure out something to do.  
We could all recycle some of our garbage.



## This Land

(tune: This Land is Your Land)  
This land is your land. This land is my land.  
Let's work together to make it better.  
From tall green forest to clear blue waters.  
This land depends on you and me!



## April showers bring May flowers



## Birds Sing

(tune: Do Your Ears Hang Low?)  
Do you hear birds sing?  
They're so happy that it's spring.  
Hear them cheep, cheep, cheep.  
Hear them twitter; hear them peep.  
Hear them at sunrise when you open up your eyes.  
Do you hear birds sing?



## Walking in the Rain

(tune: Farmer in the Dell)  
We're walking in the rain.  
We're walking in the rain.  
We'll carry our umbrellas  
As we're walking in the rain.



## TODDLER TIP

One way a Toddler says, "I love you"  
**CUDDLING AND SNUDDLING**

Just when you can't deal with one more tantrum or one more "No!" your toddler plops herself down on your lap, snuggles closely, and leans her head onto your shoulder. She looks up at you with a sparkle in her eye and a sweet smile. As much as toddlers are doing many things to show their independence, they also need to refuel in the comfort of Mommy's or Daddy's arms. When your toddler cuddles with you, she is showing that she knows you are always there to provide her comfort. This is her active way of saying "I love you." This confident display of love can be the best part of your day!

## BUTTERFLIES

During the month of April, each of the groups will be hatching butterflies in their classrooms. The plan is for each class to watch the different stages of development, from larva to butterfly. When all of the butterflies are hatched and become strong enough, the entire school will meet outside and watch as we release the butterflies into the natural setting. It will be a lovely, colorful sight to watch as they flutter away to find a home.

## LEARN THROUGH PLAY



From Fun Family Activities: CREATIVITY

**Building::** Children can build with almost anything. As they build, they learn to use different materials to create structures. With materials that you already have around the house, children can create cities, zoos, farms, furniture, roads, airplanes, trains, robots, and so much more! Be creative, and follow your child's lead. Pull some household items together that will serve as good building supplies.

- Cardboard boxes from shoes, diapers, and tissues
- Milk or juice cartons
- Paper or plastic cups and plastic food storage containers
- Toilet paper and paper towel rolls
- Straws, sticks, and rocks
- Ready-made wooden blocks



Let your child have fun and be creative. Find a safe place where the building can be left if your child wants to display it or add to it later. Add cars, pretend people, and stuffed animals.

## APRIL IS NATIONAL HUMOR MONTH

The average five-year-old laughs 400 times a day, while the average adult laughs just 15 times a day.

Try to laugh a little more this month!

Q: What did the sea say to the sand?

A: Nothing. It just waved!

Q: What has four wheels and flies?

A: A garbage truck.

