



# Breezy Knoll Child Care Center

311 Stillwater Road  
Smithfield, RI 02917  
(401) 232-7177



## DECEMBER 2011 NEWSLETTER



Happy Holidays from the Staff!  
All of the staff at Breezy Knoll  
would like to extend  
our best wishes to  
each and every one of you.  
We thank you for your continued  
support in all of our efforts.  
We wish you the best of health  
and prosperity throughout  
the coming year.

### REGISTRATION

Please return the registration form to reserve enrollment for your child for summer and fall of 2012. We are reserving enrollment for our families before offering openings to our waiting list. If you need another form, please see Jeannette. Thank you!

### TUITION



There will be a slight increase in tuition fees beginning in January of 2012. We will also slightly increase fees in June 2012. A new fee schedule will be sent to you as soon as it is completed. If you have any questions, please do not hesitate to contact April, Jeannette,

### HOLIDAY HINT: Poison Plant Protection

*Excerpt from Child Health Alert*

Here is a list of plants that can cause problems. Readers should keep in mind that many plants are poisonous if parts of them are chewed or swallowed; most cause only vomiting and diarrhea, but some can be far more toxic, causing convulsions and even coma. Toxic plants include the following: **Mistletoe:** All parts are toxic, but the small white berries are particularly dangerous. **Jerusalem Cherry:** The fruit is very toxic. **Yew:** All parts are toxic. **Boxwood:** Leaves and twigs are especially toxic. **Poinsettia:** The American Poinsettia, the more common variety in the US, is mildly toxic, causing intestinal problems. There are European varieties that may be more toxic, so it's a good idea to keep all poinsettias out of a child's reach.

Parents should avoid bringing poisonous plants into a home with small children, and they should also know the names of the plants that they do have. If there is any doubt, and a poisoning is suspected, call your poison control center. Attach the telephone number to the phone. **RI Poison Control Center** is (401) 444-5727.



### STRESS REDUCTION

Yes, it is possible to have a stress-free holiday season. Taking steps to reduce stress and anxiety around the holidays will help you and your family to more thoroughly enjoy the festivities. Following your normal routine as closely as possible leading up to the holidays can help reduce chaos and anxiety.

- Limit your children's television viewing. Play games or do holiday crafts together as an alternative activity.
- Formulate a realistic spending budget and stick to it. Having a plan and following it will keep spending down and diminish financial worries.
- Take time for yourself! A hot bath, a walk outdoors, or quiet reading time on a regular basis can go a long way to recharge your energy and calm your nerves.
- Talk to your children about the true meaning of the season. Regardless of your religious beliefs, the winter season is filled with celebration and community.
- Practice saying "No!" Don't over commit yourself. If your schedule is overfull, your chances of being stressed and anxious are much higher.

### REMINDERS

If you plan to share a special holiday treat, we ask that you consider some healthier options besides sweet/baked treats. Fruit and dip, pudding/yogurt, and jello jigglers are a few suggestions. We appreciate your offering, and we are thinking of the health of your children. It's so easy to overload on sugary treats during the holiday season!

### DATES TO REMEMBER

- |               |   |
|---------------|---|
| Fri, Dec. 9   | Giving Tree gifts due. Thanks!                  |
| Tues, Dec. 20 | Hanukkah begins                                 |
| Wed, Dec. 21  | Winter begins                                   |
| Sun, Dec. 25  | Merry Christmas!                                |
| Mon, Dec. 26  | <b>BK closed</b> to celebrate Christmas holiday |
| Dec. 26 – 30  | Kindergarten recess                             |
|               | Open Tues 12/27 – Fri.12/30                     |
| Sun, Jan. 1   | Happy New Year!                                 |
| Mon, Jan. 2   | <b>BK closed</b> to celebrate New Year holiday  |
| Tues, Jan. 3  | Kindergarten class resumes                      |
|               | Tuition increase begins                         |



### SNOW CANCELLATIONS



Please check your local television stations for notification of the cancellation/delay process due to inclement weather. Attached is a complete listing of the participating stations. If you choose, you can register to be personally notified on your home or cell phone, PDA or email address. The simple registration form is available on the websites of participating radio and television stations. Please see list attached.

## KINDERGARTEN NEWS



**/Dec. 20 -Tuesday – Kindergarten Music Performance at Heritage Hills Nursing Home. Leave Breezy Knoll at 9:45.**

**HOLIDAY HOURS:**

Breezy Knoll CLOSED Mon. 12/26/11  
 OPEN Tues. 12/27/11- Fri. 12/30/11  
 Kindergarten vacation 12/26/11 – 12/30/11  
 Breezy Knoll CLOSED. Mon. 1/2/12



Math

Finish geometry unit  
 Work with numbers to 20  
 Comparing numbers  
 Graph



Dramatic Play

Bake Shop



Science/Social Studies

Winter Holidays  
 Wants/needs  
 Five senses  
 Gingerbread

Art

Holiday gifts  
 Gingerbread people  
 Ornaments

Topics

Gingerbread stories  
 Polar Express  
 Winter holidays

Writing/Reading

Holiday cards  
 Sight words  
 Compare/contrast  
 Gingerbread stories  
 Beginning/ending sounds



**REMINDERS:** Please check your child's spare clothes to be sure they are suitable for the cold weather. Label everything! Boots, hats, mittens, snow pants, and a coat are needed for outdoor play when it snows. Dry shoes are needed for the classroom on snowy days. Thank you!



### TEACHER NAMES

We would like to clarify for you the names of the teachers in all of our programs:

Toddlers: AM: Anna, Alyssa, Lori, Wanda, Sarah  
 PM: Jillian

Hummingbirds: Chrystal

Honeybees: AM: Jamie/Pam  
 PM: Patrice

Pre-Kindergarten: Gina/Bethany

Kindergarten: Mrs. McDuffee

After Kindergarten: Michele/Cara

Morning Floater: Michele

School Age: Sarah



### GIVING TREE

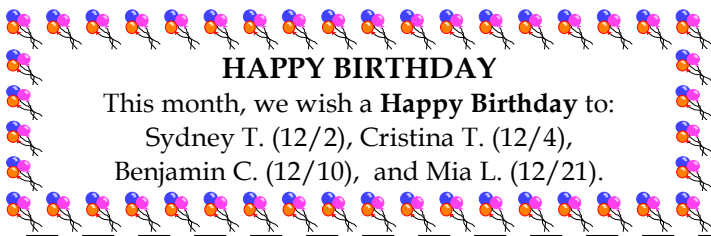


This holiday season, Breezy Knoll is working with Family Resources in Woonsocket and the Smithfield Welfare Department in their Adopt-a-Family program. We will provide Christmas gifts for two families. We have set up a "Giving Tree" in the front hall. If you want to help, simply take an ornament from the tree and **attach it to the wrapped gift you are donating, (very important!)**, then return it under the tree. This program **ends on Friday, December 9**. All gifts are due by that date to ensure delivery in time to the holiday. We thank you for your generosity.

### HAPPY BIRTHDAY

This month, we wish a **Happy Birthday** to:

Sydney T. (12/2), Cristina T. (12/4),  
 Benjamin C. (12/10), and Mia L. (12/21).



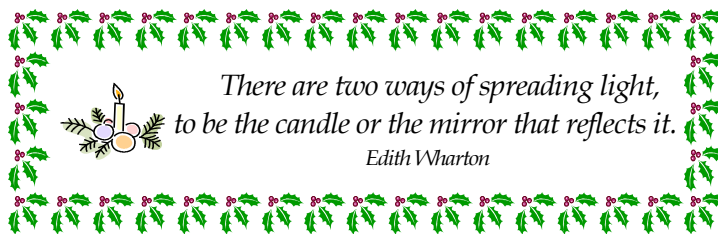
### FUN FAMILY ACTIVITIES—RIELS

**Mathematics**—When children hand out napkins to each person at the table, help you cook applesauce by measuring ingredients, pour sand from one container to another, complete a puzzle or tap their foot to the beat of a song, **they are learning math skills that help them make sense of the world around them.**

#### MAKING BATH TIME FUN

During bath time, encourage your child to learn math skills while having fun.

- \* **Count** fingers and toes. You could even try to count by twos, then fives.
- \* Add toys, plastic cups or bowls to the bath water. Count together with your child as you put the items into the water. Ask your child, "Which is **bigger**? Which is **smaller**?"
- \* Encourage your child to pour water **into** and **out of** containers, making them **full** and then making them **empty**. Have your child compare and decide which containers will hold **more** or **less** than the other.
- \* Help your child to notice the bath toys that **sink** and those that **float**. Use a plastic bowl that floats and add items, one at a time, counting as you go. Ask your child to **predict** how many items it will hold before it sinks! At the end of bath time, have your child remove the items one by one, counting as you go.



*There are two ways of spreading light,  
 to be the candle or the mirror that reflects it.*

*Edith Wharton*

### BLOOD DRIVE

Thanks to all who donated blood during our November blood drive. Our next blood drive will be held on Tuesday, Jan. 10, 2012 from 2:00 – 5:00 pm. We thank you for your participation.

### 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 the tuition mailbox.

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

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

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

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



## TODDLER NEWS

We wish a warm welcome to Wanda Lanoue, who joined our staff in October. Wanda is Lori's sister, and both children and teachers are so pleased that she has joined us.

The month of December is planned with great activities! With the exciting holiday season upon us, we will enjoy some soothing activities, such as finger painting and exploring the sand table, balanced with energetic fun, such as parachute play. We will, of course, celebrate the spirit of the season in giving and sharing. If you have any holiday traditions to share, kindly jot them down and leave them in any of the Toddler teachers' mailboxes. If you plan to bring in snacks for the children to share, please consider the nutritional value of the snacks and kindly include the list of ingredients so that we may check for potential allergic reactions. If you need some suggestions, please ask us! Thank you! \*Some gentle reminders: remember to bring mittens (more than one pair, if you can) and hats **daily** and label *everything*. Also, remember to wash all quiet time items **weekly**. As winter quickly approaches, so does the cold and flu season.

We wish all of our Toddler families a very happy holiday season.



### FAMILY TRADITIONS from *Early Childhood News*



Customs contribute to family closeness and create a sense of "home." They help give you a sense of who you are as a family. Customs and rituals are a part of every family's life. Some of them occur on holidays or special occasions.

Many family customs are handed down from one generation to the next. Others may be invented by your family as you create your home. Often, in fast-paced lifestyles, some traditions fade away. Consider modifying or simplifying traditions, allowing them to be preserved. Sometimes, too many customs can be overwhelming. Incorporating everything from your parents' families is difficult. Families can outgrow certain traditions.

Family customs and traditions are important resources. When wisely used, they can strengthen family bonds and contribute to family closeness and unity.

### KIDS QUOTES



Kindergarten child: "I have something just like it, but it's different."

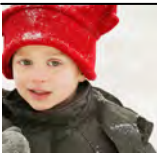
Child in the Honeybees, after washing his hands, "Oh, no, we're out of hand toilet paper."

### IT SURE IS COLD OUTSIDE

**Children lose body heat much faster than adults!**

When sending your children outdoors in the winter; keep the following in mind:

**\*\*\*Give them something to eat** before they head outdoors to play. Their body will turn the food into heat which will help keep them warmer longer. **\*\*\*Bundle them up!** Think layers. Dress them with long johns, a sweater, thick socks and an outer waterproof layer. **\*\*\*Don't forget hats and mittens!** 50- 60% of their body heat can be lost through their head and hands. **\*\*\*Limit the amount of time** you let your children play outdoors in the cold weather. Check on them after one hour to be sure their inner layers are not wet and they are not shivering. **\*\*\*When the wind chill is below 0 degrees, keep your children inside.**



### BEDTIME BONDING from *Parents Magazine*

#### Forming important family rituals

Some families find that simple rituals like discussing the best parts of their days helps keep them connected. One Mom told us how she and her 4-year-old daughter share what they'll dream that night. "She asks me every night when I tuck her in, 'What are you going to dream about tonight?' and I tell her. Then I ask her. Sometimes she says 'Ice cream and candy,' or 'Meeting my new teacher.'" These conversations give families a window into each others' worries, dreams, and interests.



### THIN ICE ISN'T ALWAYS OBVIOUS

**When it comes to frozen bodies of water, you can never be too careful!**

To keep your children safe, teach them:

- \* **Never** use ice for a shortcut.
- \* **Never** skate alone or without asking your permission first.
- \* **Never** skate on ice that has not been tested by the Fire or Recreation Department.
- \* **Never** go out on the ice to help another child or animal. **Get help!**

**The only safe ice is at an ice skating rink.**

For more information on ice safety and a listing of skating rinks, contact:

State Park Ice Information Line  
Division of Parks & Recreation  
2321 Hartford Avenue



### PRESCHOOL NEWS

In December, we will focus on these learning goals: self-organization, developing successful relationships, communicating needs clearly and increasing vocabulary, understanding that spoken/written words have meaning, and recognizing and generating rhymes. In Math, children will name common shapes and use language to describe the position of objects. Children will continue to demonstrate self-care skills and explore a wide variety of sensory input. We will discuss family traditions and celebrations and focus on a theme of giving and sharing.



**BUILDING CREATIVE SKILLS** - Parents Magazine  
**DANCE:** Dance builds strength, agility, and flexibility, and it also boosts confidence and problem-solving skills, and teaches children about teamwork. The following is an example of how to have fun with your toddler while learning.  
**TODDLERS: Jumpin' Jellybeans** :Crank up the music, and let your children have ants in his pants! Explore every aspect of movement -- hopping, leaping high and low, wiggling fast and slow. Following simple sequences gives toddlers' short-term memory a workout and develops body awareness. Most of all, have fun!



RHODE ISLAND BROADCASTERS ASSOCIATION  
INCLEMENT WEATHER CANCELTION PROGRAM

TELEVISION STATIONS

|                   |  |
|-------------------|--|
| WLNE-TV/ABC 6     | ( <a href="http://www.abc6.com">www.abc6.com</a> )         |
| WJAR-TV/NBC 10    | ( <a href="http://www.turnto10.com">www.turnto10.com</a> ) |
| WPRI-TV/CBS 12    | ( <a href="http://www.wpri.com">www.wpri.com</a> )         |
| CW 28             | ( <a href="http://www.cw28tv.com">www.cw28tv.com</a> )     |
| RI PBS/Channel 36 | ( <a href="http://www.ripbs.org">www.ripbs.org</a> )       |
| WNAC-FOX          | ( <a href="http://www.fox64.com">www.fox64.com</a> )       |

RADIO STATIONS

FM DIAL:

|            |  |
|------------|--|
| 92.3 WPRO  | ( <a href="http://www.92profm.com">www.92profm.com</a> )                   |
| 93.3 WSNE  | ( <a href="http://www.wsne.com">www.wsne.com</a> )                         |
| 94.1 WHJY  | ( <a href="http://www.whjy.com">www.whjy.com</a> )                         |
| 95.5 WBRU  | ( <a href="http://www.wbru.com">www.wbru.com</a> )                         |
| 98.1 WCTK  | ( <a href="http://www.wctk.com">www.wctk.com</a> )                         |
| 99.7 WSKO  | ( <a href="http://www.scoreamfm.com">www.scoreamfm.com</a> )               |
| 100.3 WKKB | ( <a href="http://www.latina1003.com">www.latina1003.com</a> )             |
| 101.5 WWBB | ( <a href="http://www.b101.com">www.b101.com</a> )                         |
| 102.7 JAZZ | ( <a href="http://www.festivaljazz1027.com">www.festivaljazz1027.com</a> ) |
| 105.1 WWLI | ( <a href="http://www.litrock105fm.com">www.litrock105fm.com</a> )         |
| 106.3 WWKX | ( <a href="http://www.hot1063.com">www.hot1063.com</a> )                   |
| 1450 WLKW  | ( <a href="http://www.wnbh.com">www.wnbh.com</a> )                         |

AM DIAL:

|           |  |
|-----------|--|
| 1590 WARV | ( <a href="http://www.warv.net">www.warv.net</a> )               |
| 630 WPRO  | ( <a href="http://www.630wpro.com">www.630wpro.com</a> )         |
| 790 WSKO  | ( <a href="http://www.scoreamfm.com">www.scoreamfm.com</a> )     |
| 920 WHJJ  | ( <a href="http://www.whjjam.com">www.whjjam.com</a> )           |
| 1110 WPMZ | ( <a href="http://www.poder1110.com">www.poder1110.com</a> )     |
| 1180 WCNX | ( <a href="http://www.wcnx1180.com">www.wcnx1180.com</a> )       |
| 1240 WOON | ( <a href="http://www.onworldwide.com">www.onworldwide.com</a> ) |
| 1290 WRNI | ( <a href="http://www.wrni.org">www.wrni.org</a> )               |
| 1540 WADK | ( <a href="http://www.wadk.com">www.wadk.com</a> )               |
| 1590 WARV | ( <a href="http://www.warv.net">www.warv.net</a> )               |