



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



## FEBRUARY 2012 NEWSLETTER

### DATES TO REMEMBER

- Feb. 1, Wed. Happy 100th Day of School!
- Feb. 2, Thurs. Groundhog Day
- Feb. 14, Tues. Happy Valentines' Day
- Feb. 17, Fri. Random Acts of Kindness Day
- Feb. 20, Mon. Presidents' Day **BK closed**
- Feb. 20-24 Kindergarten winter recess
- BK OPEN Tues. – Fri. 2/21-2/24**
- Mar.5-Mar. 23 Pennies for Patients fundraiser for Leukemia and Lymphoma Society
-  March (beg.) Daffodil Days Fundraiser for American Cancer Society

### REMINDERS

- \* 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!

### 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:

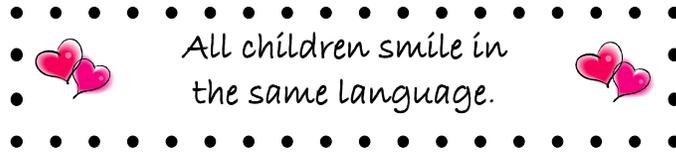
- Safety of Playground Area - no ice, no rain, cleared pathways, and play areas for children.
- Appropriate Dress Available - Children should be prepared with all outdoor clothing for given weather conditions. Breezy may have extra snow apparel, coats, etc. if children do not come prepared, but it is 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.



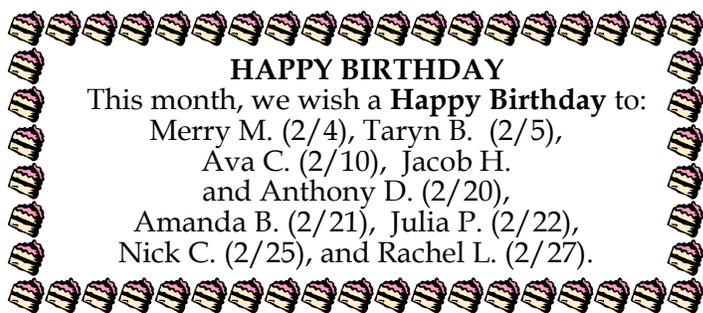
### PRESCHOOL NEWS

Mid-year Progress Reports have been sent home. Please remember to sign the envelope and return both to your child's teacher. Thank you! 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.

We are all enjoying the mild winter we're having and the time spent outdoors!

Some books we will read this month:

- I Can Brush My Teeth                      Valentine Mice
- I'm a Little Groundhog                      My Love For You
- What is a Friend?                              The Day It Rained Hearts



### FUN FAMILY ACTIVITIES—RIELS

#### Mathematics: Fun Ways to Learn to Measure

- Have your child use fingers as measuring tools. Ask your child to find things in your home or yard that are the same **size** as their pinky finger.
- Compare the **weights** of canned goods and boxes on your kitchen shelves. Ask your child to hold one item in each hand and decide which is **lighter**; which is **heavier**.
- Show your child how to weigh produce on the scale at the grocery store. Add items then take them off and see how the scale changes. Guess how many items it will take to make one **pound**.
- Ask your child to lay out your shoes in a row and lie down beside them. See how many "feet" **tall** they are.
- Talk about measurement as you use it in daily life. For instance, say, "Let's hang this picture six **inches** above the bookshelf in your room." Show your child how you use a ruler and tape measure to determine the size of things around the house.



**KINDERGARTEN NEWS**

Kindergarten winter vacation February 20-24 **NO CLASS**  
**BK open Tues – Fri/CLOSED Monday, 2/20**  
**Class resumes Monday, February 27.**



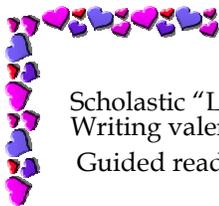
**Science/Social Studies**

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



**Math**

100th day of school 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



**REGISTRATION FOR KINDERGARTEN / FIRST GRADE**

If your child will be entering Kindergarten or first grade in September of 2012, 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

**BLOOD DRIVE**



Breezy Knoll will be sponsoring another blood drive on March 20 from 2:00 pm to 5:00 pm. The van will be parked in its usual spot on the corner. 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 entire donation process can be completed in 45 minutes to an hour.

**NUTRITION TIP OF THE MONTH**

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.) of the Academy of Pediatric Dentistry.



**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 moderate temperatures so that we can spend 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.

**ADEQUATE SLEEP**



According to the National Sleep Foundation, children ages 5 to 12 years old need at least 10-11 hours of sleep each night to soak in what they learned in school that day. Here's how you can make sure your child is getting the proper amount of sleep each night:

- Create a bedtime routine that will help your child to relax and takes place at the same time every night.
- Set a bedtime that will give your child at least 10 hours of sleep before they need to get up for school.
- Seriously consider keeping television and computers out of your child's bedroom.

**KIDS QUOTES**

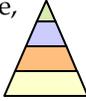
Offered by a Kindergartner: *I think my Dad, when he was in the old days, was a pilgrim!*

A 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!*

# SONGS, FINGERPLAYS, AND RECIPES

## The Pyramid Poem

At the top of the pyramid  
Sit lots of good treats.  
But to be I 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 vege-  
tables.



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!  
(Sing again with other parts of  
the body)

## 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!



## 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?



Other verses:  
Painter/brush  
this way  
Farmer/plow this way  
Miner/dig this way  
Teacher/write this way

**Strawberry-Banana Stacks**

Makes: 2 servings Start to Finish: 10 mins.

**Ingredients :**  
 6 mini chocolate, caramel, or berry-flavored popcorn cakes  
 1 - 2 tablespoons strawberry-flavored cream cheese  
 6 banana slices  
 6 fresh strawberries

Spread cakes with cream cheese and top with banana slices.  
 If desired, dollop with additional cream cheese and top with a  
 strawberry. Serves 2. Yummy!

## 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.  
Heigh ho, the derry-o  
A valentine for you.



## 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.



## 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

