



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



## FEBRUARY 2014 NEWSLETTER

### DATES TO REMEMBER

- Feb. 2, Sun. Groundhog Day
- Feb. 14, Fri. Happy Valentines' Day
- Feb. 17, Mon. Presidents' Day **BK closed**
- Feb. 17-21 Kindergarten winter recess/No class  
**BK OPEN Tues. – Fri. 2/18-2/21**

### REMINDERS

- \* To be sure there is availability for the 2014 summer and fall sessions for your child, please register as soon as possible. A form is available in this newsletter, as well as our website. If you need more information, please see Jeannette.
- \* 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!

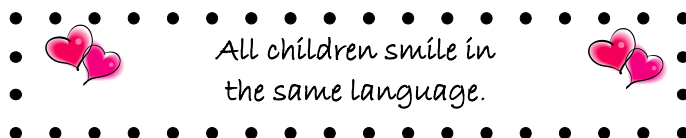


### POLICY FOR PLAYING OUTDOORS

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.

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.



All children smile in  
 the same language.

### 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 hope the weather cooperates so that we can spend lots of time outdoors!

Some books we will read this month:

- I Can Brush My Teeth                      Valentine Mice
- I'm a Little Groundhog                      My Love For You

### SNOW CANCELLATIONS

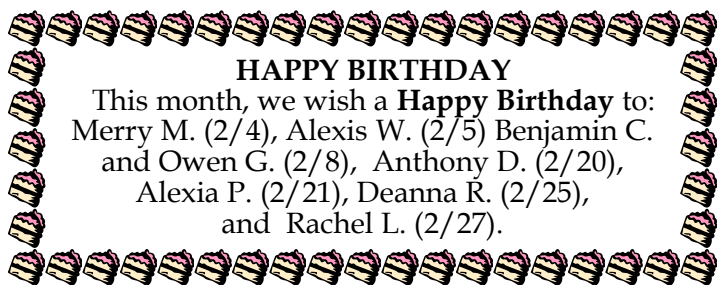


For center closings due to inclement weather, tune to WJAR TV 10, WPRI TV 12, WLNE TV 6, CW 28, PBS 36 or the Fox stations, or check their websites. If you choose, you can register to be personally notified on your home or cell phone, PDA or email address. The simple registration form is available on the websites of participating radio and television stations.

### FUN FAMILY ACTIVITIES—RIELS

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

- 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.



### HAPPY BIRTHDAY

This month, we wish a **Happy Birthday** to:  
 Merry M. (2/4), Alexis W. (2/5) Benjamin C.  
 and Owen G. (2/8), Anthony D. (2/20),  
 Alexia P. (2/21), Deanna R. (2/25),  
 and Rachel L. (2/27).

## KINDERGARTEN NEWS

Kindergarten winter vacation February 17-21 **NO CLASS**  
**BK open Tues – Fri/CLOSED Monday, 2/17**  
Class resumes **Monday, February 25.**



### Science/Social Studies

Dental health/nutrition  
Groundhogs

### Language Arts

Scholastic "Let's Find Out"

Writing valentine cards

Vowel sounds

Sight words

Guided reading

Building words with endings ay, an



### Dramatic Play

Post Office

\*Donations of old cards,  
and envelopes welcome!

### Math

Addition

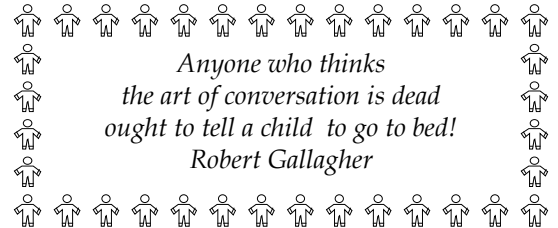
Graphing



## REGISTRATION FOR KINDERGARTEN / FIRST GRADE

Early March is typically the time for registering your child for Kindergarten or first grade in September of 2014. We remind you to call the administrative office of your school department for information.

Please see Jeannette for information about Breezy Knoll Kindergarten 2014. Space is limited!



*Anyone who thinks  
the art of conversation is dead  
ought to tell a child to go to bed!*  
Robert Gallagher

## TODDLER NEWS

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. 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.

We thank you for your continued help with our supplies for the creative activities we enjoy.

## 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.

## NUTRITION TIP OF THE MONTH

### NUTRITION AND ORAL HEALTH ARE LINKED

by George Dupont, DDS

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](http://www.ada.org)) of the Academy of Pediatric Dentistry.

## MAKE IT FUN from Parents' Magazine

If your child (toddler included :-)) has a penchant for cleaning, encourage more of the behavior you like with toys designed for dramatic play. You can set your child up with a miniature vacuum so he or she can clean the carpets while you do the same with your full-size vacuum. The same is true of toy brooms, dustpans, and aprons. When the work is fun, it doesn't feel like work. **TURN ON THE TUNES:** Put on some music and even the dreariest chores are better. Teach your child to waltz her dolls to the toy box. Stalled-out toy trucks can bounce back to the toy box to the beat. Or, you can make a game based on how long the song is. For example: "Let's see if we can get all of these shoes put away before the next song starts." **SET A TIMER:** Little people have short attention spans. Instead of working until a task is complete, set the kitchen timer on the table and get as much done in two-minute spurts as you can. Older toddlers will enjoy racing to fill the toy box and might even ask for more time on the clock so they can beat the timer!

## SONGS, FINGERPLAYS, AND RECIPES

### The Pyramid Poem

At the top of the pyramid  
Sit lots of good treats.  
But to be in 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 vegetables.  
They're plants that we  
crunch.

To get lots of fiber.  
Three servings we munch.

And, finally, the grains –  
Breads, pasta, and rice.  
Eat six or more servings

### 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 between.



Rinse, rinse, rinse  
your mouth  
For a little while.  
Swishing, swishing,  
swishing, swishing  
For a bright and healthy  
smile.



### 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  
Baker/bake 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.



### MAGAZINES FOR YOUNG CHILDREN from NAEYC for families

**BABYBUG** -Carus Publishing. 9 issues a year. Ages 6 mos.–3 yrs.

**Highlights High Five** -Highlights for Children. 12 issues a year. Ages 2–6

**Ladybug** -Carus Publishing. 9 issues a year. Ages 3–6

**National Geographic Little Kids** -National Geographic Society. 6 issues a year. Ages 3–6.

### 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 mailbox near sign-in.

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



**RHODE ISLAND BROADCASTERS ASSOCIATION  
INCLEMENT WEATHER CANCELATION PROGRAM**

TELEVISION STATIONS

WLNE-TV/ABC 6 (www.abc6.com)

WJAR-TV/NBC 10 (www.turnto10.com)

WPRI-TV/CBS 12 (www.wpri.com)

CW 28 (www.cw28tv.com)

RI PBS/Channel 36 (www.ripbs.org)

WNAC-FOX (www.fox64.com)

RADIO STATIONS

FM DIAL:

AM DIAL:

92.3 WPRO (www.92profm.com)

1590 WARV (www.warv.net)

93.3 WSNE (www.wsne.com)

630 WPRO (www.630wpro.com)

94.1 WHJY (www.whjy.com)

790 WSKO (www.scoreamfm.com)

95.5 WBRU (www.wbru.com)

920 WHJJ (www.whjjam.com)

98.1 WCTK (www.wctk.com)

1110 WPMZ (www.poder1110.com)

99.7 WSKO (www.scoreamfm.com)

1180 WCNX (www.wcnx1180.com)

100.3 WKKB (www.latina1003.com)

1240 WOON (www.onworldwide.com)

101.5 WWBB (www.b101.com)

1290 WRNI (www.wrni.org)

102.7 JAZZ (www.festivaljazz1027.com)

1540 WADK (www.wadk.com)

105.1 WWLI (www.litrock105fm.com)

1590 WARV (www.warv.net)

106.3 WWKX (www.hot1063.com)

1450 WLKW (www.wnbh.com)

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.

**TODDLER/PRESCHOOL/PRE-K/KIND SUMMER AND FALL 2014 REGISTRATION**

Child's Name \_\_\_\_\_ Birth date \_\_\_\_\_

**SUMMER ENROLLMENT:**  YES my child will attend through the **SUMMER OF 2014**

**Program:**  TODDLER  PRESCHOOL  PRE-K

**Schedule:**  Mon  Tue  Wed  Thu  Fri  HALF DAY  FULL DAY

NO my child will NOT attend during the **SUMMER of 2014**

**FALL ENROLLMENT:**  YES my child will attend through the **FALL of 2014**

**Program:**  TODDLER  PRESCHOOL  PRE-K  BK KINDER  LP KIND :

**Schedule:**  Mon  Tue  Wed  Thu  Fri  HALF DAY  FULL DAY

NO my child will NOT attend during the **FALL of 2014**

Signed \_\_\_\_\_ Date \_\_\_\_\_