



# Breezy Knoll Child Care Center

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## ..... OCTOBER 2012 NEWSLETTER .....

### PARENT-TEACHER NIGHT

On Tuesday, October 23rd, Breezy Knoll will host a Parent/Teacher Night from 5:45-6:45 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. Hope to see you then!



### 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, some learning goals we will focus on: 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.



The Pre-Kindergarten class is looking forward to their field trip with the Kindergarten class to Jaswell's Farm at the end of the month. They will enjoy a hay ride and choose a pumpkin to take home.

We celebrate our 24th year  
on October 24!

*Happy Birthday Breezy Knoll!*



### REMINDERS

- \* Please note that Breezy Knoll will be closed on Monday, October 8 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.
- \* Be sure to check out the Family Information Board in each of our classrooms.

### WELCOME BACK

We welcome Chrystal Washburn back to Breezy. Chrystal was away on vacation for the summer, and we missed her! We are happy to welcome her back.

### 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.

### Online Ordering Information for Scholastic Books



Web address: [scholastic.com/bookclubs](http://scholastic.com/bookclubs)  
Class Activation Code: **GW6QV**

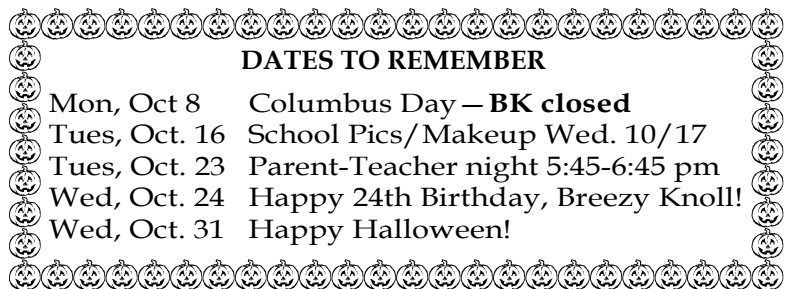
Please help us earn free books for our classroom library by placing your order online. It's simple!

- 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!

### DATES TO REMEMBER

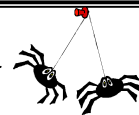
- Mon, Oct 8 Columbus Day – BK closed
- Tues, Oct. 16 School Pics/Makeup Wed. 10/17
- Tues, Oct. 23 Parent-Teacher night 5:45-6:45 pm
- Wed, Oct. 24 Happy 24th Birthday, Breezy Knoll!
- Wed, Oct. 31 Happy Halloween!



## 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 Thursday, October 11. 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 school folder back to school everyday *and place it in the labeled bin.* Thank you! We are looking for donations of pumpkins and also items for our Vet/Pet shop!

### Language Arts

Sight words  
Alphabet book  
Rhyming  
Syllables  
Seasonal Poems

### Science

Pumpkin explorations  
Seasonal changes  
Sink/float fall objects



### Let's Find Out

P is for Pumpkin  
Busy, Busy Autumn Squirrel  
It's a Dark, Dark Night  
Firefighters



### Art

Shapely fire trucks  
Paint a fall tree  
Pumpkin mosaics  
Paint a pumpkin



### Math

Common Core Standards:  
Counting and Cardinality  
-Know number names and count the sequence  
-Count to tell number of objects  
-Comparing numbers

### **PARENT TIP OF THE MONTH** *from 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.




### **CLASS PICTURES**




On Tuesday October 16 and Wednesday, October 17 (make-up day), Gene Hutnak Photographers will be at Breezy Knoll at 9:00 AM. He will photograph all children who are here on Tuesday. Wednesday is make-up day for those children who are not here on Tuesdays. If your child does not attend either day, you may bring him/her on Thursday. Envelopes detailing the various packages available for purchase will be sent home. If you need another envelope, please ask your child's teacher. There is no need to prepay on picture day. Payment will be due after you have seen the proofs and placed an order.

### **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 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 Pre-K group and the Honeybees group will need two pumpkins per classroom. If you wish to do so, please see your child's teacher.

## TODDLER NEWS

We welcome fall and the change of the season. Our new children are adjusting well to the program and their new environment. We are enjoying getting to know them better each day. Please 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!

Kindly remember to send in a full set of clothes appropriate for the weather to keep at Breezy Knoll. We ask that you take all quiet time items home weekly for washing. Thank you!



### 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: (please circle)

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec  
Amount enclosed \$ \_\_\_\_\_



# 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 n the fall,  
Leaves are changing.  
Watch them fall!



## BUSY, BUSY SQUIRRELS

(Tune: "When Johnny Come Marching Home Again")

The squirrels are busy running 'round, today, today.  
They are hiding all their nuts - away, away.  
Up in trees, and in the ground.  
Hiding nuts all around.  
Oh, they work so hard.  
So later, they can play.

## 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!

## 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!



## HAPPY BIRTHDAY

This month, we wish a Happy Birthday to:  
Alessandra E. (10/4), Kathryn G. (10/8),  
Max C. (10/9), Liam B. (10/19),  
Eric B. (10/15), Ali M. and Lea M. (10/20),  
and Weston C. (10/25).

## 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!



## 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.



## GROCERY BAGS

We are looking for donations of plastic grocery bags. Thank you for bringing in any extras you may have!



## 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.

