



# Breezy Knoll Child Care Center

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Smithfield, RI 02917  
(401) 232-7177



## ..... OCTOBER 2014 NEWSLETTER .....

### PARENT-TEACHER NIGHT

On Wednesday, October 22nd, Breezy Knoll will host a Parent/Teacher Night from 5:30-6:30 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. Because of time constraints, we ask that you



kindly limit conversations to about five minutes. If 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.



### GENEROSITY AND COMPASSION

The words may not make much sense to a toddler or young child, but even young children can learn the value of sharing and helping people in need.

Give your children opportunities to care for someone or something other than themselves - a pet, a plant, or another person. Praise them when you see this behavior. For example, "I noticed you gave your little sister a hug when she fell off her bike. That was a very kind thing to do."

- Jennifer Shu, MD, FAAP  
Medical Editor, *HealthyChildren.org*  
[www.healthychildren.org](http://www.healthychildren.org)



We celebrate our 26th year  
on October 24!

Happy Birthday Breezy Knoll!  
1988 - 2014

### REMINDERS

- \* Please note that Breezy Knoll will be closed on Monday, October 13 for Columbus Day.
- \* Fundraiser Fri, Oct. 10 – Fri, Oct. 24.
- \* During weeks when school is not in session, please be reminded that Breezy Knoll is open our normal hours.
- \* Please send a jacket or a sweatshirt each day for your child to wear in the morning to play outdoors. The afternoons are warm, but the mornings are very cool.
- \* Please remember to replace your child's summer spare clothes with those suitable for fall. LABEL with name.
- \* Be sure to check out the Family Information Board in each of our classrooms.

### Online Ordering Information for Scholastic Books



Web address: [scholastic.com/book-clubs](http://scholastic.com/book-clubs)  
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 online 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!

### VACCINE INFORMATION ON THE INTERNET

#### What are the websites you can trust?

from RI Department of Health Office of Immunization Newsletter

The internet can be a valuable resource to find health information. However, the quality of health information varies and can be difficult to access. Make sure you are getting information from trustworthy websites.

#### Trustworthy sources of information about vaccines include:

- Rhode Island Department of Health ([www.health.ri.gov](http://www.health.ri.gov))
- National Network for Immunization Information ([www.immunizationinfo.org](http://www.immunizationinfo.org))
- The Centers for Disease Control and Prevention ([www.cdc.gov/vaccines](http://www.cdc.gov/vaccines))
- Immunization Action Coalition ([www.immuize.org](http://www.immuize.org))
- Tufts University Child & Family web Guide ([www.childandfamily.info](http://www.childandfamily.info))



Be sure to discuss the information you find online with your healthcare provider. Health information found on the internet should never replace the information or advice given by your healthcare provider.



### DATES TO REMEMBER

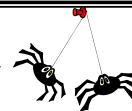
- Wed, Oct. 8 Fire Department visits at 9:30 am
- Fri, Oct. 10 Fundraiser begins
- Mon, Oct. 13 Columbus Day – **BK closed**
- Wed, Oct. 22 Parent-Teacher night 5:30-6:30pm
- Fri, Oct. 24 Happy 26th Birthday, Breezy Knoll!  
Fundraiser ends
- Fri, Oct. 31 Happy Halloween!





## 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 Tuesday, October 21st. The children will learn how pumpkins are grown and cared for, and then enjoy a hayride around the farm! Chaperones are welcome!

\* We are looking for donations of pumpkins and also items for our Vet/Pet shop! \* The Fire Dept. visits us on Wednesday, October 8th.



Artist of the month: Vincent Van Gogh

Cooking: Pumpkin pie in a cup

### Language Arts

Sight words  
Rhyming  
Syllables  
Seasonal Poems  
Letter sounds

### Science

Pumpkin explorations  
Seasonal changes  
Sink/float fall objects  
Nocturnal animals

### Let's Find Out

My Autumn Nature Walk  
Where is Pumpkin?  
Ask a Fire Safety Expert!  
I Spy a Spider

### Art

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



### Math

Know number names and count the sequence  
Count to tell number of objects  
Comparing numbers  
Writing numbers

### PARENT TIP – Morning rush 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.

### HEALTH TIP – FEVER from [www.healthychildren.org](http://www.healthychildren.org)

A fever is usually a sign that the body is fighting an illness or infection. Fevers are generally harmless. In fact, they can be considered a good sign that your child's immune system is working and the body is trying to heal itself. While it is important to look for the cause of a fever, the main purpose for treating it is to help your child feel better if he is uncomfortable or has pain.

Normal body temperature varies with age, general health, activity level, and time of day. Infants tend to have higher temperatures than older children. Even how much clothing a person wears can affect body temperature. A fever is a body temperature that is higher than normal.



If your child has a fever, she may feel warm, appear flushed, or sweat more than usual. She may also be more thirsty than usual.

Some children feel fine when they have a fever. However, most will have symptoms of the illness that is causing the fever. Your child may have an earache, a sore throat, a rash, or a stomach ache. These signs can provide important clues as to the cause of the fever. For more information and instructions on taking your child's temperature, go to [www.healthychildren.org](http://www.healthychildren.org).

## 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. Thank you!

## 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 daily news!

We would greatly appreciate any donations of HP photo printer tri color ink cartridges #110 and 4x6 photo paper for printing pictures from our photo printer. We think you'll agree that a picture speaks a thousand words! 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 for leaving all toys at home.** We have many ways to keep your child entertained and learning :) Your Toddler needs only something to snuggle with during quiet time, such as a favorite small stuffed animal.



*To bring up a child in the way he should go, travel that way yourself once in a while.*

*Josh Billings*

### 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



# 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!

## 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!



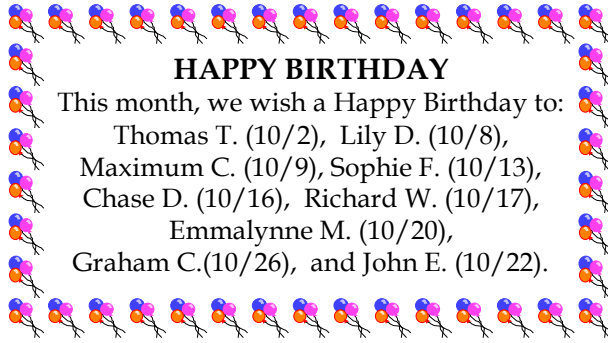
## The Squirrel



(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!

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



## HAPPY BIRTHDAY

This month, we wish a Happy Birthday to:  
Thomas T. (10/2), Lily D. (10/8),  
Maximum C. (10/9), Sophie F. (10/13),  
Chase D. (10/16), Richard W. (10/17),  
Emmalynne M. (10/20),  
Graham C.(10/26), and John E. (10/22).

## 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!



## RIDDLE OF THE MONTH

Q: What kind of witch lives at the beach?  
A: A sandwich!

## Busy, Busy Squirrels

(Tune: When Johnny Comes Marching Home Again)  
The squirrels are busy running  
'round, today, today.  
They're hiding all their nuts away,  
Away, away.  
Up in the trees and in the ground,  
Hiding nuts all around.  
Oh, they work so hard  
So later, they can play.



## 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.



## 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!

## KIDS' QUOTES

AN OLDIE, BUT GOODIE:  
After quiet time, a Pre-K child was waking up slowly. A teacher greeted her with "Good morning!" The child responded, "You know, I'm not much of a morning person!" Many of us know how she feels!



## NUTRITION TIP From Food & Families. – Beginning the Day With 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. 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/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.



## 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. We thank you in advance!