

MERIT-E

December 2017

Greeting parents and families.

The group activities that we are doing this month are coloring with markers and crayons, finger painting, explore play dough, sand, water, and other interesting items in our sand and water table.

We have been reading books and we will begin to start our journal writing this month. Ms. Morella and Ms. Megan will also be working on social/ emotional development with the children. We will encourage the children to use their words.

We will go to the playground often so please try and dress your child appropriately as the weather is changing. We will go outside unless the temperature drops below 26 degrees.

Please remember to bring jackets, hats, shoes, etc.

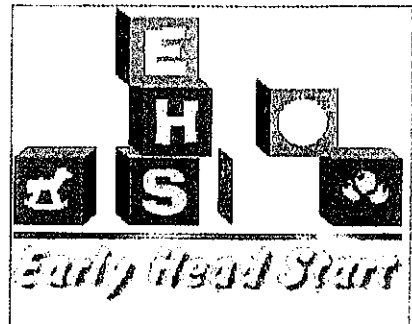
Education

Benefits of Using Routines with Your Kids

1. **Routines eliminate power struggles.** Routines eliminate power struggles because you aren't bossing the child around. This activity (brushing teeth, napping, turning off the TV to come to dinner) is just what we do at this time of day. The parent stops being the bad guy, and nagging is greatly reduced.
2. **Routines help kids cooperate.** Routines help kids cooperate by reducing stress and anxiety for everyone. We all know what comes next, we get fair warning for transitions, and no one feels pushed around, or like parents are being arbitrary.
3. **Routines help kids learn to take charge of their own activities.** Over time, kids learn to brush their teeth, pack their backpacks, etc., without constant reminders. Kids love being in charge of themselves. This feeling increases their sense of mastery and competence. Kids who feel more independent and in charge of themselves have less need to rebel and be oppositional.
4. **Kids learn the concept of "looking forward" to things they enjoy...** which is an important part of making a happy accommodation with the demands of a schedule. He may want to go to the playground now, but he can learn that we always go to the playground in the afternoon, and he can look forward to it then.
5. **Regular routines help kids get on a schedule.** Regular routines help kids get on a schedule, so that they fall asleep more easily at night.

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Ms. Megan
Ms. Morella



Important Dates

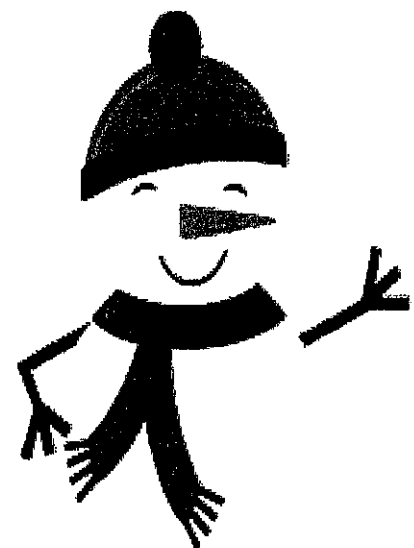
Music Together on Wednesdays

Dec 1 – NO School

Dec-4 Happy Birthday Bentley

Dec 15– Winterfest

Dec 22– Jan 1– Christmas Break



MERIT-E

November 2017

Ms. Betty Ms. Megan Ms. Morella

Dear Parents,

We are very pleased with the progress your children are making, we enjoy watching them learn and experience new things in the classroom everyday! The children are really enjoying playing in the house area and pretending with the babies and animals. They also are really enjoying building with blocks and exploring the art materials such as marker, paint, crayons, and playdoh. The group activities that we will be doing this month includes fine motor, verbal skills, color and letter recognition, and making good choices. We will continue to paint, write, build with blocks and read with the children. We are very pleased with the progress your children are making, we enjoy watching them learn and experience new things in the classroom everyday!

Winter is fast approaching! Please remember to bring your child in a jacket with hats and gloves since we do go outside daily weather permitting. Please do not send your child to school wearing sandals, flip flops, etc. . . Please also remember that it is difficult for children who are learning to put their shoes on to put high-top shoes on when we are going outside, so please refrain from sending your child in them.

Remember to complete your child's daily sheet and bodily care every morning when you arrive in the classroom. We need you to complete an in-kind form, this is for time you interact with your child at home. This is a very important piece of funding for our program so as much in-kind as you can complete is very helpful to us!

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EDUCATION

here are five of the best strategies to improve nutrition and encourage smart eating habits:

Have regular family meals.

1. Serve a variety of healthy foods and snacks.
2. Be a role model by eating healthy yourself.

Important Dates:

November 3rd: Half day Dismissal 11:30am

November 19th: Braxton's Birthday

November 20th: Hope's Birthday

November 20th and 21st: Parent/Teacher conferences.

November 22nd - 24th: Thanksgiving break

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