

September 2015 Newsletter

Principal's Message:



Dear Parents,

Our summer has come to an end and we would like to thank all our teachers for planning an amazing summer full of activities and events. The children learned so much and had such a great time. We couldn't have done it without them.

Our center is growing and we would like to welcome our new teachers to our center: Mrs. Krista Krause in the Angelfish room, Miss Ciara Washington in the Pufferfish room and welcome back Mrs. Erina Sharp in the Clownfish room and her baby Kai. In addition, please welcome Mrs. Meagan Sulzen (our Angelfish teacher) to the Jellyfish classroom. She will be taking over for Ms. Andrea Bradley. We wish Ms. Bradley the best as she moves to Atlanta, Georgia.

With the new school year beginning we would like to take the opportunity to remind parents to update any new information regarding to your child (ren). This includes their immunization card, contact information, authorizations for photos or new allergies. Please see the office to let us know.

We would also like to welcome our new families that have just joined us. We are excited to have you with us and please don't hesitate to contact us if you have any questions. We are always here!

Sincerely,
Melinda Carvalho, Principal

Back to School Ice Cream Social

Please join us for our Back to School Ice Cream Social September 23rd & 24th. Come and learn more about your child's classroom and teachers. Importantly, it is a great way to meet other families as well.

Check in with us later for scheduled classroom day confirmations. This Ice Cream Social will be from 4pm-5pm.

Discovery Isle Reminders:

- Affective this month, we will continue to charge of a \$1.00 per minute when we have a child picked up after 2:30 pm and 6:00 pm. Our center is open from 6:45 am to 6:00 pm.
- Please make sure to label all of your child's items to insure that if misplaced we know who it belongs to.
- Tuition is due by the 5th of each month. We accept checks, have automatic withdrawal from a checking account or now except credit cards (MasterCard, Visa or Discover) with an additional administration fee. See the office for details.

Developing Balance Skills in Young Children

From Tummy Time to Bike Riding

Balance is a fundamental skill necessary for maintaining controlled positions, such as sitting in a chair, or engaging in physical activities like running or riding a bike. Having balance makes motor skill development easier, reduces the risk of injury, and helps children focus on academic tasks.

Our Nobel Learning Education team stays up to date with the latest research to ensure that our Links to Learning curriculum exceeds childhood learning standards. The Links to Learning curriculum was enhanced last fall to include a greater focus on balance, a building block for skills such as hand-eye coordination, muscular strength and body awareness.

Here are some ways we help improve balance in the classroom, as well as ideas for you and your child to do at home.



INFANTS:

In the classroom: Tummy time promotes neck, back and abdominal strength needed for infants to eventually push up, roll over, sit up and crawl. Teachers keep infants engaged by using activity mats or plush blocks.

At home: Place your baby on his stomach and shine a flashlight near him. Once you have captured his attention, shine the light in a rhythmic pattern. For older infants, encourage your baby to move or crawl toward the light.

TODDLERS (ages 1-2):

In the classroom: During the toddler years, children make major strides in balance and coordination. Teachers play music and encourage students to move their bodies in different ways while maintaining their balance.

At home: Push and pull toys require children to use core balance and arm strength, which can be difficult for new walkers. Place a small wagon or toy shopping cart and a pile of blocks on the floor. Show your child how to fill the cart with blocks. He will enjoy pulling or pushing the blocks around the room.

BEGINNERS (ages 2-3):

In the classroom: Sitting cross-legged, or as we say with the children “criss-cross applesauce,” is an important developmental skill for two year olds. Teachers encourage children to sit criss-crossed anytime they are playing on the floor. Sitting in this position strengthens a child’s core muscles and helps improve body control. We discourage “W-sitting,” with knees together and feet on either side of the hips, because it puts strain on knees and hips and fails to engage core abdominal muscles.

At home: Provide your child with a sit-and-spin toy. Ask him to sit on the toy with his legs crisscrossed. As he turns the wheel to spin, he will gain a better understanding of cause and effect.

INTERMEDIATES (ages 3-4):

In the classroom: Around age three, children learn to maintain control of their upper body while moving their lower body. Our Intermediate students practice pedaling a tricycle, bouncing on hopper balls, and walking on a balance beam.

At home: Have your child practice running and stopping with control by playing the traffic light game. Shout out the color green, yellow or red. Have him move quickly when hearing “green,” move slowly when hearing “yellow,” and completely stop when hearing “red.”

PRE-K/PRE-K 2 (ages 4-5):

In the classroom: Teachers encourage children to practice balance and coordination by jumping on their non-dominant foot, walking on a line or beam, or jumping rope. Children also practice balance by crouching down to tie their shoes.

At home: Ask your child to tell you about the games and activities played at school. Include these activities at home and during family events such as birthday parties and vacations. Scooters and pogo jumpers are great toys for children at this age.

Good balance helps children maintain appropriate and controlled body movement during important tasks. By building balance skills in the preschool years, your child will be better prepared as he enters elementary school and beyond.

- Lauren Starnes, PhD – Director of Early Childhood Education