

Discovery Isle  
23785 Washington Ave.  
Murrieta, CA 92562  
(951) 304-3033

# Murrieta Maritime

NOVEMBER 2015



## Dates to Remember in November:

Nov. 4th & 17th  
SPIRIT DAY-  
Wear your school shirts!

Nov. 10th  
Young Reader's Day-  
Bring your favorite book to school!

Nov. 11th  
Our center is CLOSED  
for Veteran's Day

Nov. 25th  
Friendship Feast-  
Potluck sign-ups in your  
child's classroom!

Nov. 26th & 27th  
Discovery Isle will be CLOSED in  
observance of Thanksgiving.



## WHAT IS HAPPENING UNDER THE SEA?

Can you believe it is November already? Being busy sure makes the time fly! We hope your family is healthy and happy this holiday season.

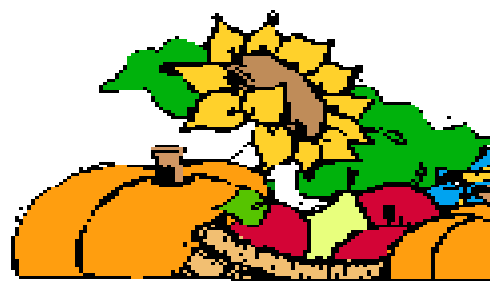
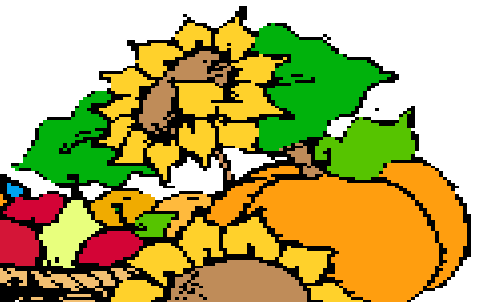
We want to thank the families that helped us celebrate at the Halloween carnival. The children enjoyed seeing each other in their costumes, and participating in the fun and games. We appreciate your commitment to joining us, your participation made this all possible. I also want to thank my staff for helping facilitate this event, as it is possible all through them volunteering their time! We look forward to celebrating the holidays with you at our Winter Wonderland in December!

We at Discovery Isle sincerely appreciate your continued support. Many of you have referred family and friends to our school, and received our family referral credit. To show our gratitude for referring a family who enrolls, you can receive up to a week of FREE tuition off of one month's tuition for each new family you refer that enrolls in one of our (9) locations.

From our family to yours, the Discovery Isle staff wishes your family a very Happy and Thankful Holiday this month!

-Ms. Renee & Ms. Jennifer-

Please remember to let a teacher know when you are dropping your child off or picking up from the busy playground. The teachers are required to log each drop off and pick up, and if that arrival or departure is not announced, your child cannot be logged appropriately and it jeopardizes their safety. Please help us keep your child safe!





Discovery Isle is hosting  
a food drive for  
The Murrieta Food Bank  
from Nov. 9th - 18th.

We will be delivering food on Nov. 19th  
to ensure local families will have food for  
their Thanksgiving Feasts.

All canned foods, boxed items, &  
anything non-perishable are accepted!

### Weather's A Changin'!

With the weather changing, please make sure your child's cubby has the appropriate types of clothing. For example, pants instead of shorts, long sleeves instead of short sleeves, and a jacket are perfect items!



Also, please be sure all of your child's belongings can fit **INSIDE** the cubby with the lid on. By doing this, it eliminates the spread of germs from cubby to cubby.

If you have **OVERSIZED** blankets or pillows, please switch them out for a smaller sized blanket or pillow.  
Thank you for your help!

Dear Parents,

Ever have one of those mornings where you think you have everything and when you get to school, and you realize your child's lunch is sitting on the counter at home? We do offer emergency lunches for \$5.00.

If your child decides he/she would like to purchase lunch on a day-to-day basis— stop by the front desk and you can purchase a daily lunch for \$5.00 as well. Our menus are always on our website for reference from home!

To get more information, see the front desk.



Scholastic Book Orders are available in the front lobby, as well as online. Please remember, we can only accept **CHECKS** or **MONEY ORDERS** for all orders.

All orders are due by the 23rd of each month. Our school greatly benefits from every order placed.  
We are able to receive points towards books for our library and our classrooms.

To order online, visit [www.scholastic.com/bookclubs](http://www.scholastic.com/bookclubs)  
The parent code you will need to order online is: GJRDQ

Thank you!



## Separation Anxiety:

### Preparing You & Your Child for Separation

(article found at [www.allaboutbaby.com](http://www.allaboutbaby.com))

This is the season many of our little ones will return to child care, or be cared for by a new baby sitter. You play a critical role in helping your child to make this adjustment; selecting a quality program which is responsive to you and your child's needs is the first step. A good beginning sets the stage for a happy well-adjusted child and relieves some of the pressure and stress of being working parents.

The sooner you introduce your child to friendly strangers, the better able he will be to adapt to care by non-family members when day care, school or emergency situations arise.

Regardless of your child's developmental stage, temperament and age, leaving your baby with a caregiver or teacher for the first time usually triggers "separation anxiety." Some children do indeed, say "good-bye" easily. Other children will cry, scream or cling to their primary care giver. Each child reacts differently.

Separation anxiety is a normal reaction for children ... and even adults. Leaving familiar people and entering into a new environment can be difficult for any one. Sometimes the pain of separation seems to hurt the parents more than their child. Be aware of your own emotions, such as apprehensiveness, guilt, or ambivalence. Remember that your child looks to you for reassurance that he is safe and that you are confident about his ability to adjust to this new environment. Talk positively about this new adventure. Instead of saying "I'm sorry Johnny, I need to go to work," tell your child "while I'm at work, you will be with all of the other children at the center." Focus on your child's needs. The initial tone YOU set can affect your child's feelings.

Beginning at approximately seven months of age, your baby may show signs of clinging to you as you leave the room. During this time, separation anxiety, which usually peaks at nine months of age is really the baby's way of saying, "I love my Mom or Dad best. I want her to stay here because I trust her/him." (Note: toddlers may experience separation anxiety again or for the first time at 18-24 months of age).

Therefore, it's best to familiarize your baby or toddler with the new caregiver early on. Prior to the initial outing, visit the center or plan to have the new baby sitter take care of your child more than once while you are present. Your child will feel secure if both you and the caregiver are more responsive to his needs during this important developmental stage. When the time comes for you to say "good-bye," try engaging your child in a fun activity. Then explain in simple terms that you must leave, but you'll be back. Never leave without saying good-bye to your child.

With an older toddler or preschooler, give him a concrete example of what will take place just after pick-up time, i.e. "when we get home we'll play with the Lego set." Only make promises that will really take place. Unlike babies, toddlers develop the capacity to retain a mental image of their parents after they've exited the room. This developmental milestone called "object permanence" allows your child to help comfort himself during your absence. Also, many toddlers and preschoolers become quite attached to a stuffed animal or other item. This "transitional object" may offer your child the comfort he will need. If your child does not have a specific object he is comforted by, offer a family photo so that when he misses you he can say hello to your picture.

When entering preschool your child may again experience separation anxiety. Some preschoolers resist their parent's departure. Other preschoolers withdraw or refuse to engage themselves in activities initially or after attending preschool for a few days or more. Children need time to differentiate between what goes on in school and what goes on at home. Once your child feels secure with new friends and teachers, chances are that he will begin to let go of you. It may take time for your child to develop that trust. In the meantime, expect that your child may take some steps backwards such as having toileting accidents or sucking on his thumb. It is common for preschoolers to develop fears such as not being picked up at dismissal time. They also may develop a sudden awareness of death (he might be afraid that you'll die while you're separated). Prepare your child by telling him what you will be doing while he is in school. Keep the lines of communication open with your preschooler and his teachers.

Never talk about your child in his presence. Your comments, whether positive or negative, can be misunderstood by your child and adversely affect his behavior. If you are concerned about your preschooler, schedule a conference with your child's teacher. During the conference be sure to mention if there are any major changes taking place at home such as the recent birth of a new baby, the death of a favorite pet, or a divorce. Dealing with separation anxiety is an ongoing developmental process that should be taken in stride.

## SHAPIN' UP YOUR SANDWICHES

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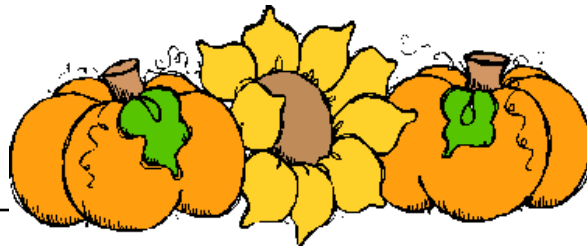
### What you need:

- \*Any sandwich that your child enjoys.
- \*Metal cookie cutter of any shape.



You can turn an ordinary sandwich into a fun lunch experience just by using a simple cookie cutter! Before you pack your child's sandwich, use a cookie cutter to cut the sandwich into a fun shape.

This may entice your picky eater to eat his/her sandwich!



## PILGRIM HATS

### You will need:

- 24 chocolate-striped shortbread cookies
- 12-ounce package of chocolate chips
- 24 marshmallows
- 1 tube of yellow decorators' frosting



### Marshmallow Pilgrim Hats

1. Set the chocolate-striped cookies stripes down on a wax-paper-covered tray, spacing them well apart.
2. Melt the chocolate chips in a microwave or double boiler.
3. One at a time, stick a wooden toothpick into a marshmallow, dip the marshmallow into the melted chocolate, and promptly center it atop a cookie.
4. Using a second toothpick to lightly hold down the marshmallow, carefully pull out the first toothpick.
5. Chill the hats until the chocolate sets, then pipe a yellow decorators' frosting buckle on the front of each hat.