



Murrieta

August 2020

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

What's Happening Under the Sea

Dates to Remember
in August

August 4th:
Splash Day

August 6th:
Hawaiian Dress Up Day

August 12th:
Come dressed as your favorite
"Under the Sea" character"

August 14th:
Happy Birthday 16th Discovery Isle!

August 21st:
Wear an Ice Cream shirt or
Your favorite color!

August 25th:
Wear Your Favorite Team

August 28th:
Splash Day

August 31st:
Mud Day

Our summer is coming to an end! It seems like just yesterday we were starting our kick-off to summer. We hope your child has enjoyed their summer with us as much as we have enjoyed having them.

Please remember that classes start right at 9:00 a.m. It is extremely important for your child to be here and ready to go at 9:00 a.m. Getting your child here earlier than 9 a.m. allows your child to say good morning to their friends, play, and get acclimated before their circle time starts. When children are entering the classroom after 9 a.m., they are missing vital academic opportunities, as well as disrupting the other children while they are learning. Please help us stick to our schedules. We appreciate your understanding and continued support.

You've *Got* Homework



We are asking families to please bring in a family picture so we can display them in your child's classroom.

You can also email it to:

Ashley.kerr@discoveryisle.com

Vacation Requests

Our Vacation Request Policy states that a 2 week notice is required. We are required to strictly enforce this policy. Please plan ahead and submit your requests 2 week in advance!

Thank you!



Check us out on Facebook!

Discovery Isle has a Facebook page dedicated to showcasing the amazing Links to Learning activities our schools provide every daily. Each week, our school submits one or more activity to feature. "Like" our page so you don't miss out on seeing all of the fun things we get to do here at Discovery Isle!



Love your school? Share your review!

In today's connected world, many families turn to online reviews to learn more about the reputation of schools. That is why we are asking you to take a few minutes to visit one of the review websites and share the wonderful experiences you have had with our school.



Center Closed

Mark your calendars,
the Center will be **CLOSED**

September 7th in observance of the Labor Day Holiday!

Self Esteem

By Vanessa Rasmussen, © 2004, All rights reserved.

Website: <http://www.startingadaycarecenter.com>

Self-esteem is the combination of feelings of capability with feelings of being loved. Helping our children develop healthy self-esteem is one of the most important things that parents can do for them. Most parents are aware that their child's feelings of self-worth are linked to social and academic success. The development of a positive self-concept or healthy self-esteem is extremely important to the happiness and success of children and teenagers.

When parents and teachers of young children talk about the need for good self-esteem, they usually mean that children should have "good feelings" about themselves. With young children, self-esteem refers to the extent to which they expect to be accepted and valued by the adults and peers who are important to them. Kids who feel good about themselves seem to have an easier time handling conflicts and resisting negative pressures. They tend to smile more readily and enjoy life. These kids are realistic and generally optimistic. During their early years, young children's self-esteem is based largely on their perceptions of how the important adults in their lives judge them. The extent to which children believe they have the characteristics valued by the important adults and peers in their lives figures greatly in the development of self-esteem.

Here are some tips to help you build your child's self-esteem:

- Let your child feel special and appreciated. Try to provide full attention to the child whenever he or she wants to talk/play with you.
- Do not nag your child for his/her weaknesses, instead focus on the positives.
- If your child wants your attention at a time when you are busy, do not ignore the child or yell at him. Instead, calmly explain why you cannot talk/play right now and tell your child when you will be free to spend time with him.
- Praise your child for his little achievements. Praise even when he tries.
- High self-esteem is associated with solid problem-solving skills. Don't worry if your child can't think of solutions immediately; you can help her reflect upon possible solutions.
- A child may feel self-confident and accepted at home but not around the neighborhood or in a preschool class. Furthermore, as children interact with their peers or learn to function in school or some other place, they may feel accepted and liked one moment and feel different the next. You can help in these instances by reassuring your child that you support and accept him or her even while others do not.
- Avoid comments that are judgmental and instead, frame them in more positive terms.
- Show interest in each child's activities, projects, or problems.
- Treat children respectfully, ask their views and opinions on certain matters, take their views and opinions seriously, and give them meaningful and realistic feedback.
- It is important not to compare siblings and to highlight the strengths of all children in your family.
- Remember that learning new skills takes time and practice. Children do not learn new skills all at once.
- Give sincere affection. Let children know that they are loved and wanted.



Bug Hotel



This simple, yet sturdy, insect observatory lets young entomologists check in guests, then check 'em out.

WHAT YOU NEED

- Oatmeal container
- Markers
- Poster paints and brushes
- Utility knife
- Screen

Time needed: Under 1 Hour

Step 1:

Use markers or poster paint to decorate the outside of the oatmeal container, making sure you post the house rules!

Step 2:

Paint or draw the shutters, then use a craft knife (adults only) to cut them out with sideways H shapes.

Step 3:

Paint the door, then cut it out, making sure its bottom edge is at least 1/4 inch above the floor inside (to keep guests from checking out too early).

Step 4:

Roll the screening so it rests snugly around the inside of the container. Trim so the top edge fits beneath the lid and leave a 1-inch overlap where the side edges meet.

Tips:

Be sure to provide guests with food (notice what they were eating when you found them) and water (a filled plastic bottle cap should meet their needs).



Summer Fun: Outside Activities

Sponge Relay

Divide the children into teams. Each child stands with their team in a line with one child in front of the next. The first child in line is the leader. Each team will need two different sized buckets and one sponge. (It would help if each team had their own color of buckets and sponge). Set the large buckets at the start line, these are filled with water. The second set of buckets should be smaller and are set at the finish line, empty. Each child will in turn take the sponge from the start bucket and run to the finish bucket and squeeze it into that bucket and run back. The child gives the sponge to the next child in line and returns to the end of their line.

The next child dips the bear sponge into the start water bucket and repeats. The first team to fill their bucket with water wins. Children may have many turns in order to fill the buckets up.