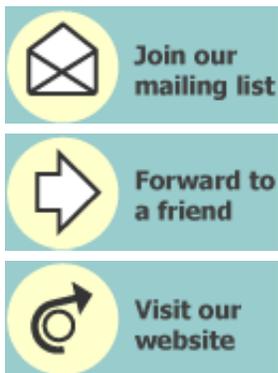




ELC Parent Newsletter
December 2014



Join Us!
S.E.E.K. Early Learning Center's
Winter Wonderland Open House

We all know how stressful meeting Santa Claus can be for our kids. This year please join S.E.E.K. Early Learning Center for a Winter Wonderland Open House. Pictures with Sensitive Santa, crafts, music, and snacks will set the stage for the start of a magical holiday season. Bring your family and friends!

S.E.E.K. Early Learning Center

1848 N. 52nd Street
Phoenix | 85008
480.902.0771

Check us out on Social Media!



Earn FREE Day Care!

Help us show our teachers how proud you are of them

and their impact on your little ones. Let them know how you feel. Share your experiences on our [Yelp](#) page and receive ONE FREE DAY of childcare!

Reminders

--Please send refillable water bottles and sunscreen to school with your son or daughter.

--Coffee with the Directors, first Friday of each month from 7:00-9:30 am.

--Please do not open the front door to anyone you are unfamiliar with during drop-off and pick-up.

Thank you!

YOU'RE INVITED TO
S.E.E.K. EARLY LEARNING CENTER'S
WINTER WONDERLAND OPEN HOUSE

DECEMBER 6TH, 2014 10AM-12PM
1848 N. 52ND ST. PHX, AZ 85008

OPEN HOUSE EVENTS	ABOUT OUR PROGRAM
PICTURES WITH SENSITIVE SANTA	SMALL CLASS SIZES
COOKIES AND HOT CHOCOLATE	INDIVIDUALIZED INSTRUCTION
MAKE AND TAKE HOLIDAY ORNAMENTS	EXPERIENCED TEACHERS
TOUR OUR PRESCHOOL CLASSROOMS	INFANT, TODDLER, AND PRESCHOOL CLASSROOMS
MEET OUR TEACHERS AND DIRECTORS	FULL-DAY AND PART-DAY ENROLLMENT
	MONDAY THROUGH FRIDAY, 7AM-7PM

S.E.E.K.
Early Learning Center

480.902.0771 | WWW.SEEKEARLYLEARNING.ORG

This Month's Themes

Forest	12/1-5/14
Winter	12/8-19/14
Christmas	12/22-26/14
100th Day	12/29/14-1/2/15

Important Dates

Dec 6th	Winter Wonderland Open House
Dec 17th	Holiday Show
Dec 24th-25th	SCHOOL CLOSED-Christmas Holiday
Jan 1st	SCHOOL CLOSED-

Healthy Eating--You ARE What You Eat!

S.E.E.K. Early learning Center is committed to supporting your child in establishing lifelong healthy eating and drinking habits. Please find the list of healthy foods below to assist you in packing a well-balanced meal for your child.

Young kids can, of course, be picky eaters. And they often assert their independence through eating, or not eating, what they're offered.

So it's easier to serve foods you know they will like and actually eat, without all of the meltdowns and frowns. But what's easiest isn't always what's best.

In November S.E.E.K. Early Learning Center will start using the Lunch Box Report Card. Please work with your child to select a healthy food from each food group every day. We will start sending home a Lunch Box Report Card home with your child as a reminder to pack healthy foods. Remember--You ARE What You Eat!

New Year's Day

Jan 19th

SCHOOL Closed-Teacher In-Service



Child Name: _____ Date: _____

Holiday Show and Family Breakfast

What: Holiday Show and Pancake Breakfast

When: Wednesday, 12/17
9am-10am

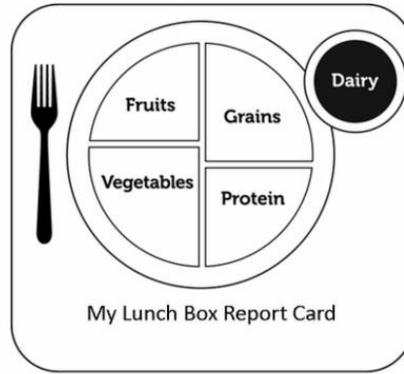
Who: Parents, family and friends

Join us for a morning of holiday carols and a yummy pancake breakfast. Please [RSVP](#) by Wednesday, December 10th. Thank you and we look forward to seeing you there!

Scholastic Books



Buy Books and Help the ELC! The S.E.E.K. Early Learning Center now has an account with Scholastic Books. If you would like to order books for your own library, as gifts, or if your client's would like to order books, just visit the Scholastic website. Once you create an account, put in the code **MBJRR**. Then all of your purchases will be linked to the S.E.E.K. Early Learning Center and our



S.E.E.K. Early Learning Center is committed to supporting your child in establishing lifelong healthy eating and drinking habits.

Please work with your child to meet the standard of incorporating all 5 food groups in their lunch each day.

Circled items were missing today

You ARE what you eat!

Notes: _____

Thank you for your support

Taking a Vacation Over the Christmas Holiday?

Each family who attends S.E.E.K. will receive 10 days of credit for vacation per year, August 1st to July 31st. The credit of \$20 for half day and \$35 for full and extended day children will be applied to the following month's invoice. Please note: credits for vacation days are per child, not per family. Any credits not used by July 31st of each year will expire. Please complete and submit to the Assistant Director a Vacation Request for two weeks prior to vacation start. Please contact [Margaret Irwin](#) with any questions.

Health & Safety Check at Drop Off

With cold and flu season upon us, now is a good time to take a few minutes to remind your child about some of the simple things they can do to stop the spread of germs that make themselves or others sick.

One of the best ways to prevent the spread of illness is through frequent hand washing and proper technique. Proper hand washing technique, as recommended by the Centers for Disease Control and Prevention (CDC), includes:

- Wet hands
- Apply soap
- Rub your hands vigorously as you wash them for 20 seconds.
- Wash all surfaces (including backs of hands, wrists, between fingers and under fingernails)
- Rinse well and leave the water running until after drying your hands

teachers can earn books for their classroom libraries. For more information, please contact [Michele](#) or [Jenna](#).

How To Help Your Child Manage Time and Understand Expectations

Time is an unclear measure for children. It is very common for a parent to feel frustrated with a child when he has not done what he was asked to do (e.g., pick up toys, put on shoes, finish snack) even after he has been given a five-minute warning. However, it is important for parents to know that there is little difference between five minutes and an hour to young children because of the way they experience time. Children live in the moment and the future is difficult for them to measure. When parents use time (rather than events such as "when I get to the top of the stairs") to communicate what they expect the child to do, it can lead to the child feeling confused and frustrated, and ultimately, the child expressing his emotions through a tantrum.

Timers, particularly sand timers, are excellent tools parents can use to help young children measure time and understand expectations. Children can see the sand

- Dry hands with a single use towel
- Turn off faucet using a paper towel

In the morning when dropping your child off at school, we are going to ask that you first stop at the sinks located in the courtyard so that you can assist your child in washing their hands prior to entering the classroom. Please help your child to follow the steps, ask them to sing the hand washing song while they scrub! :)

Upon entering the classroom, your child's teacher will greet you and your child. In addition to her greeting you each morning she will also ask you a few quick questions about your child's current health.

- How has their morning been so far?
- Is there anything important that I need to know about your child today?
- Did your child sleep well last night?
- When was the last time your child was changed or used the restroom?

While asking these questions your child's teacher will complete a quick health check. We do this in an effort to prevent contagious diseases (or viruses) and to assure that we provide a safe and healthy environment for everyone. Your child's teacher will visually check the following:

- Anything unusual on the skin such as new a bruise, or scratch.
- Signs of sickness: discharge in the eyes or nose, a rash, tiredness or a cough.
- Skin for healthy temperature.*

*If the child feels warm the teacher will take the child's temperature prior to parent leaving.

It is crucial to establish and maintain a relationship with ongoing communication to create a positive partnership that will help us to better support all the children at S.E.E.K. Early Learning Center.

Thank you for your support!

At Home With You Preschooler!

Make your own sparkle snow for glorious Winter play. This stuff is so fun we could not keep our hands out of it!

timer, turn it over and watch the sand fall to the bottom. There is a clear beginning, middle and end which gives children a way to predict and understand what will happen when the sand runs out. Sand timers empower children and help them to feel that they are a part of the process rather than simply being told what to do. Sand timers also give parents an opportunity to encourage and compliment their child when he is moved to action to "beat the clock"-a much more enjoyable and effective activity than nagging.

Try This At Home...

- Taking turns
- Trading
- Sharing
- Use a timer

Time is a difficult concept for young children to grasp. Sand timers give children something they can see and touch to help them measure time. When sand timers are used to help children understand expectations, take turns and transition to new activities, they can reduce the frequency of challenging behavior, encourage children to participate in tasks and even do things by themselves.

Thank You!

Sparkle Snow Recipe

- Two 16 oz boxes of corn starch/corn flour
- One can of shaving cream
- Peppermint extract (optional)
- Buffalo snow iridescent flakes

Mix the shaving cream and corn starch together in a sensory bin or container. It takes a bit of mixing to work the shaving cream into the corn starch, but the process is FUN! Both materials feel amazing. Add a couple drops of peppermint extract towards the end of the mixing process to add another element of play and exploration.

Once these ingredients are mixed add the buffalo snow and mix. You don't need the whole bag of buffalo snow. Just keep adding it until you like the amount of sparkle. Click [here](#) for more fun winter activities.



ELC Wish List

- Computer games
- Dress up clothes
- Ink pads and stamps
- Books on CD
- Craft supplies
- Children's CDs
- Beads
- Legos
- Age appropriate games



- Books (0-5 years)
- Puppets
- Clothes/shoes/socks

New or gently used items welcome :)



To everyone who came out to [The Phoenix Rock Gym](#) in November! We had a great time climbing, exploring and attempting new things. A BIG thanks to [ASU's Outdoors Club](#) and [Kind Snacks](#) too!

Got Pictures?

This school year our teachers are asking for parents to turn in pictures of you, your child and your family. They would love to have pictures that relate to the curriculum and classroom themes throughout the school year. The photos will be posted throughout the room for all students to see and enjoy. If you are interested in sending pictures with your child but you are unsure of what to send ask your child's teacher for more information. Thank you!



[Forward this email](#)



This email was sent to jessica@seekarizona.org by jenna@seekarizona.org | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



Try it FREE today.