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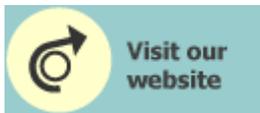
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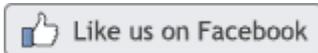
## ELC Parent Newsletter January 2017



### S.E.E.K. Early Learning Center

1848 N. 52nd Street  
Phoenix | 85008  
480.902.0771

#### Check us out on Social Media!



#### Earn a **FREE** day!

Write a review on Yelp! to earn a free day at school. The reviews show our teachers how proud you are of them and their impact on your little ones. Let

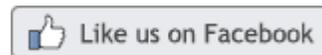


Hello Families,

It's January! We are so excited for what this new year will have in store for us.

After the hustle and bustle of the holidays, we are happy to help get everyone back to a nice routine. Our theme for the month is Under the Sea. We can't wait for the kids to learn all about sea creatures, fish, dolphins, whales, and even the occasional mermaid.

We'd love to interact with every family on Facebook. We'll be sharing activity ideas, articles, and more.



Happy January Everyone!

Sara Van Winkle

us know after you've shared your experience on our [Yelp](#) page and we will credit you with ONE FREE DAY of childcare (Limit one per child, please).

## Friendly Reminders

- Please label all items (water cups, lunch boxes, jackets, gloves, hats, etc.)
- We are a nut free and scent free facility. Also, please be mindful that we have children enrolled in the center with other food allergies. Label your child's food containers and keep food in the lunch box not in the child's cubby.
- Dress for the appropriate weather and season.
- The ELC is open 7 AM-7 PM. Teachers are not permitted to accept students outside of these hours.
- Please send a refillable water bottle with your child daily. Label your child's bottle and take home daily to be washed.
- Toddlers and preschoolers rest between 12pm-2pm. Please bring a blanket from home for your child. This allows the child a piece of comfort from home. Take the blanket home on Friday to be washed.
- Please send a change of clothes appropriate to the season labeled with your child's name.
- Please do not open the ELC's front door for anyone you are unfamiliar with during drop-off and pick-up.

Early Learning Center Director



## Now is the Time to Give, and Receive

Did you know that when you donate to the Foundation for Exceptional Kids, your donation can lower your tax bill? As a qualified charitable organization, the donation allows individuals to lower their Arizona tax bill by \$400, and married couples to lower their owed Arizona taxes by up to \$800. Arizona has just announced an extension for tax credits, allowing you to give up until April 15, 2017 for the 2016 year. This means you can determine how much you owe, and give to the Foundation instead of giving to the state! You can [donate online here](#). Be sure to select the AZ tax credit contribution in the dropdown.

Read all about the 2017 Arizona Charitable Tax Credit [here](#).

## Classroom Peek-Ins



### Infants

This month we learned about winter animals. We painted penguins with scarves. The babies also made winter trees. For next months under the sea theme, we will be reading "What Do You See Under The Sea?", a bilingual book.

## Important Dates at the ELC

January 2 School Closed

January 16 Teacher In-Service  
School Closed



### Toys From Home

Please do not bring toys from home. We understand that a child may have an emotional attachment to a personal belonging from home and accept that this item may be instrumental to the child's feeling of emotional wellbeing and sense of belonging while in care in our center.

However, toys have a tendency to get broken, cause conflict with the other children, or be misplaced. Soft toys can be an exception for rest time if needed.

Toys related to the monthly theme will be allowed in the preschool classroom on Wednesdays only for "Show and Share." Show and Share encourages children to talk at large group time about their special toy or personal belonging. This practice will encourage a child's social development, enable a child to vocalize thoughts, fears and feelings, broaden the cultural and social backgrounds of all



### Toddler - Age 1

The Toddler 1 class explored oversized tubes and sensory mats. This activity encouraged creative, imaginative play. For example, some children stacked the mats, jumped on the mats, crawled through the tubes, or rolled the tubes.



### Toddler - Age 2

We have slowly been revamping circle time this month. We start the time off by greeting each other with letter recognition of everyone's first name. We then move to talking about days of the week, what the weather is outside, color of the day, numbers, and letters. We finish our group time off by doing jumping jacks, push ups, hopping, and bear crawling. Not only do the kids get their exercise but, they cannot stop laughing.

This month we also learned about the water cycle. We talked about how the sun pulls up little tiny drops of water and gives them to the clouds. The clouds become so full and heavy they let go of that water and it rain and happens all over again. To make it a little more fun we blew paint through straws and used our hands to paint the colors of the sky onto paper. We then added clouds, rain drops,

children involved in group time activities, assist in the development of language skills, and provide an opportunity for development of special interests for the group.

### **Taking a Vacation?**

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 give a two weeks notice by submitting a Vacation Request form to the Director.

Please contact [Sara Van Winkle](#) with questions.

### **Need Drop-In Care?**

We need to be notified at least 24 hours in advance of any "drop-in" as our enrollment is now at capacity. If needed, please complete the drop-in form and leave it at Kelsie's desk. You can also email it to Sara Van Winkle . We will then determine if we have the staff and/or space for an additional student to attend.

Drop-in/unscheduled services are available on a first come, first served basis. Payment will be deducted from the credit card on file. Thank you in advance for adhering to this policy.

### **Things to Do in January**

Glendale Glitters

and a sun onto each one to create our own water cycle chart.



### **Preschool**

This month we focused on building structures in block and construction. We also learned about making homes to keep us warm. This helped with our large motor skills and hand eye coordination. We started to collect donated vegetables for Rusty, our Guinea Pig. Families, if you have any leftover veggies that you would like to donate, please drop them off in the Preschool classroom.

We are also always in need of donated items, such as stickers, balls, books, notepads, bubbles, play dough, coloring books, etc. for our treasure chest. We are using our treasure chest with our token system. Within an educational setting, a token system is a method for providing positive reinforcement to a child or children by giving tokens for completing tasks or behaving in desired ways. The target behaviors could be anything, for example, completing academic tasks or it could be saying hello to their teacher in the morning, or playing nicely with their peers. Similar token systems are used around the world, some are featured in Education World and listed as a resource on the National Education Association's website. After a child receives six tokens, they are encouraged to choose a treasure from the treasure box.

If you would like to donate items to the class treasure box or vegetables for Rusty, it would be greatly appreciated. Thank you!

Featuring 1.5 million LED lights, this holiday display is a family-friendly event that features entertainment, food, handcrafted gifts, a winter wonderland area for kids and special visits from St. Nicholas. Holiday-themed events are scheduled in downtown Glendale.

Details: Free. The lights will be on display 5-11 p.m. each night through Saturday, Jan. 7, 2017.

### Connect2STEM

The University of Arizona presents Connect2STEM 2017 - a free event that is focused on inspiring kids about science, technology, engineering, math - and medicine with over 100+ hands-on STEM activities where guests can touch synthetic cadavers, explore real space equipment, and meet STEM professionals.

Details: Free. January 28, 2017 from 10:00 AM to 3:00 PM The University of Arizona College of Medicine - Phoenix 550 E Van Buren St Phoenix, AZ

### Pueblo Grande Museum Drop-In Discovery Saturdays

Join Ron Carlos, Maricopa Potter and Jacob Butler, Onk Akimel O'Odham Artist, on the back patio for a drop-in informational program and demonstration about the process of making pottery. Discover the many steps involved from clay sourcing, processing raw clay, forming, painting, and finally the firing process. Guest will also enjoy a demonstration of the paddle and anvil technique, which is a style of pottery making indicative of many of



## Instilling a Love of Reading at Home

Literacy doesn't start only when your child starts school. From birth, babies and children are gathering skills they'll use in reading. The years between ages 3 and 5 are critical to reading growth, and some 5-year-olds are already in kindergarten.

The best way to instill a love for and interest in reading is to simply read to your child. And yet, many parents don't. Reading gives you the opportunity for close bonding with your child, and it also provides a window into a world of literacy that your child is about to enter.

As your child goes from saying her first sentences to speaking in paragraphs, you will start to see exciting milestones develop with reading. Your child will begin to recognize print on the street, stop signs, familiar store signs, and the address posted on your home.

A text-rich environment for preschoolers lays the groundwork for reading success. It's not just about having books in the home, although that's a great start. You can also start talking about letters, numbers, and words on packages and signs.

Help your child see how text is already a part of his daily life. Point out the name of his favorite cereal. Show him the labels on clothing. Show him the different parts of a birthday card or invitation.

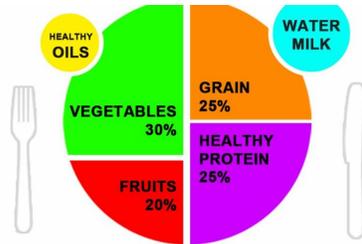
When you are out and about, play games involving letter and number recognition. Can your child tell you any of the letters in the supermarket sign? Can she read the serving amount on a packaged snack? She will be delighted to understand more about her world - but don't push her delight. Developing text awareness should never be a chore.

View the full article from Scholastic.com

[READ MORE](#)

the southern Arizona tribe

Details: \$10 admission for adults pre-paid and free for children 6 and under. January 21, 2017. 4619 E Washington Street Phoenix, Arizona



### Five Nut Free Lunch Ideas:

1. Meat and cheese roll-ups with apple slices and pretzels.
2. Deli ham + grilled corn guacamole + American cheese, rolled up in a tortilla and sliced into pinwheels, strawberries, carrots
3. Shredded cheese + rotisserie chicken microwaved into a tortilla quesadilla, salsa + tortilla chips
4. Deconstructed chicken pot pie": Rotisserie chicken + peas + carrots + butter crackers served as nibble platter, applesauce
5. English muffin + marinara sauce + shredded mozzarella for homemade pizza bites, grapes



### Healthy Eating Habits to Start and Avoid

Is your child struggling to try to new foods? These strategies can help your child make healthier eating choices.

#### Habits to Start

- Offer three to four healthy choices at mealtimes. Make sure that at least one of the choices is something the child likes to eat.
- Providing two to three health snacks per day. If children don't eat a lot at a meal, they will have a healthy option for a snack.
- Let children take a "dip." Children like to play with their food. Healthy dips, such as low-fat salad dressing, ketchup, salsa, yogurt, or hummus, make eating fun. Children can dip vegetables, fruits, and even meat!
- Be silly. Make a face out of vegetable slices (cucumber slices for eyes, shredded carrots for hair, a cherry tomato nose, a red pepper slice for a smile).
- Give it a licking. If children don't want to put a new food in their mouth, ask them if they can lick it. As silly as it sounds, even licking a new food is a way to introduce the taste.

#### Habits to Avoid

- Forcing children to eat. The truth is that forcing children to eat usually leads to the child eating less. Forcing also teaches children to rely on others to tell them how much to eat and what they are feeling. This does not lead to healthy eating habits.
- Nagging or making deals with children. "Just two more bites, just two more bites!" "If you eat your vegetables, you will get dessert." Strategies like these don't work in the long run.

- Eating with the television on. It is true that children will often eat more when they are placed in front of a television for mealtime. However, this is because they are paying so much attention to what is on television, they are not paying attention to whether they are hungry or full.

Read all of the tips from [ZeroThree.com](http://ZeroThree.com) here:

[READ MORE](#)

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