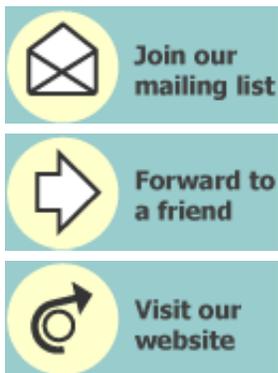




S.E.E.K.
Early Learning Center

ELC Parent Newsletter
January 2015



S.E.E.K. Early Learning Center

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Earn FREE Day Care!

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Here's a fun New Years song to sing with you kiddos!
(Tune: Head, Shoulders, Knees and Toes)

There's a new year on the way, On the way!

There's a new year on the way, On the way!

Let's celebrate the year and give a cheer!

(Say, "Hooray!")

There's a new year on the way, On the way!

Annual Paperwork Update!

Each spring, S.E.E.K. Early Learning Center completes an audit of enrollment records. Some forms must be updated every year, including the Emergency, Information and Immunization Record Card, Allergy Action Plan and Allergy Acknowledgement. These forms will be sent home with your child the week of

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!

January 5th and are due January 23rd. Thank you for taking the time to update these forms.

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!

This Month's Themes

[100th Day](#) 1/2/15

[Polar Animals](#) 1/5-1/16

[Healthy Habits](#) 1/19-1/30

Important Dates

Jan 1st SCHOOL CLOSED- New Year's Day

Jan 19th SCHOOL CLOSED- Teacher In-Service

Feb 13th Valentine's Day Party

Feb 16th-20th Parent Teacher

Items Needed Daily

As a reminder there are several items that we ask that you send to school with your son or daughter each day. It is important for these items to be labeled with your child's first name prior to dropping them off each morning.

Infant Program

- Diapers
- Wipes
- Diaper cream
- Bottles
- Formula, breast milk, snacks, etc.
- Blanket
- Pacifier
- Change of clothes (for the season)

Toddler Program

- Diapers
- Wipes
- Diaper cream
- Drink cup (re-fillable)
- Meals and snacks
- Lunch box with an ice pack
- Blanket
- Change of clothes (for the season)
- Sunscreen

Preschool Program

- Drink cup (re-fillable)
- Meals and snacks
- Lunch box with an ice pack
- Towel
- Change of clothes (for the season)
- Sunscreen

We appreciate your assistance with this!

#GoGreenThursday

The ELC teachers have been challenged to plan green! Each Thursday our teaching team will plan the whole day's lesson to not include any paper. Support #GoGreenThursday and wear green on

Scholastic Books



Read Every Day. Lead a Better Life.

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

Teachable Moments: How to Help Your Child Avoid Meltdowns

Does this sound familiar? Your children are playing in the living room while you clean up the kitchen. You answer the phone, and a few minutes later, one child is angry and screaming because someone took her toy and the other is in tears because her sister hit her. It is in escalated moments like this that parents often find themselves trying to teach rules or give long explanations. Unfortunately, in moments such as this,



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.

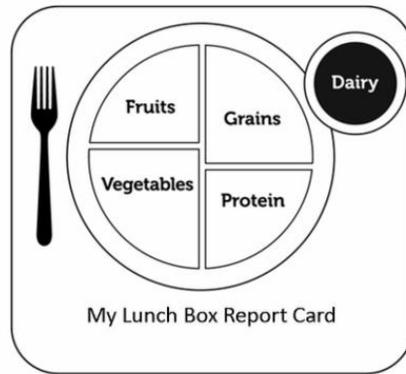
Young kids can, of course, be picky eaters. And they often assert their independence through eating, or not eating, what they're offered.

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!

your child usually is not even hearing your words let alone learning the rule. This is not a teachable moment. There are countless teachable moments daily when skills can be taught and emotions discussed, such as during play time, in the car, at bath time or while reading together. As a parent, you can reduce challenging behaviors such as hitting, biting, pushing and whining when you

- 1) concentrate on calming your child during a challenging behavior incident and
- 2) wait until an appropriate teachable moment to actually teach your child.



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

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
- 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.

Teachable Moments

- Play time: responding to common challenging behavior
- Bath time: teaching rules
- Meal time: teaching expectations
- Car time: teaching friendship skills
- Story time: teaching emotions

Young children are learning in every moment. They are actively discovering the world around them. You are always teaching your child. Strolling in the park, reading books and giving her a kiss before bed all teach her about her world. You can use the many calm and happy moments in your day to intentionally teach expectations, rules and skills that will help your child be successful and reduce challenging

behavior.

Try This At Home!



Find an empty jar and throughout the year ahead add notes of happy times and great fun things that happen. Write down your little memory triggers of happiness on small pieces of paper and leave them stored away. At the end of the year, empty the jar and read and reflect on the good times 2015 brought your way.

- 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!

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