

The Children's Center Connection

August 2022

Preschool Transition and Virtual Preschool Back to School Meetings

The "big move" for the 2nd floor classes is scheduled to begin on August 22nd. The current plan, which is still a work in process, is for the Whales to move to the Penguin room mid-morning on Monday, August 22nd. The Seahorses and the older Starfish will move to the Whale Room during the morning of Wednesday, August 24th. The Seahorse classroom will then welcome children on Thursday, August 25th.

To help families become acquainted with the staff and classroom, we are hosting Back to School meetings on Zoom. Parents are invited to join at noon or 7 PM to learn about our curriculum, standards & guidance philosophy. Information on Teaching Strategies GOLD, specifically how parents can keep connected with the online system will also be discussed. An opportunity for parents to provide input for activities is planned as well. Look for the meeting link in your email on Monday, August 15th.

Back to School Meetings

Penguins-Tuesday, August 16, Noon or 7:00 PM
Whales-Wednesday, August 17th, Noon or 7:00 PM
Seahorse-Thursday, August 18th, Noon or 7:00 PM



Becoming an Anti-bias Program

We are embarking on a new journey. We want our program to reflect, respect and appreciate the diversity in our community and the larger world. It is important work and we know that change will happen over time. We are in it for the long haul.

An anti-bias program puts diversity and equity goals at the center of all aspects of its organization and daily life. It involves much more than adding new materials and activities into the already existing learning environment. Rather, broad systemic changes are necessary. The learning environment and curriculum, as well as program policies, structures, procedures, and processes, all come into play. Change also includes the perspectives and attitudes of the individuals who serve the children and families. In sum, it is 'a process, not an event' (Derman-Sparks, LeeKeenan, Nimmo, 2015).

We formed a DEI committee and the larger staff will discuss the film, "Anti-bias Education in Action: The Early Years" during our retreat in September. Look for a regular column in the monthly newsletter where we will report progress on our work and provide resources and opportunities for families to engage in the process.

Important Dates To Remember

August 5

Pony Rides
South Lawn
4:00-5:30
Family Picnic
Courtyard
4:30-6

September 6

Labor Day
Center Closed

Tuition Reminder

New tuition rates go into effect 9/5/22. Rates will be announced by 8/5/22. Statements with your new rate will be distributed later in the month. The annual \$50 registration fee will also be billed. This fee does not apply to those who paid the \$100 registration fee for the summer. If you pay online, be sure to change your Vanco payment as it does not automatically change.

11 Ways to Help Children Say Goodbye

Julia Luckenbill

Young children need support as they say goodbye to parents and family and start their day at child care. Use these tips to help your child transition into the classroom.

- 1. Ask about how your program makes children feel comfortable as they start.** Many programs have a system in place for sharing about the beginning of school and gathering information from families before the start of the school year. Ask for the name of your child's primary caregiver and how you can share information about your family, routines, caregiving choices and culture.
- 2. Review the daily schedule with your child.** Tell your child what will happen next using their posted daily schedule: Pictures of the day's routine help your child "tell time." If your child's classroom does not have a daily schedule posted, ask if the teacher could share one. You could even offer to make one.
- 3. Help your child get to know the primary caregiver first before you leave:** Taking the time to introduce your child to the new caregiver and join the caregiver and your child in play will pave the way to a strong relationship between them.
- 4. Establish a predictable goodbye routine:** This will let your child know what will happen next, making it easier to cope with the transition. Wave from the window, watch the pet fish, play with a favorite toy, share a hug, read a book, or sing a goodbye song.
- 5. Give your child tools to use when missing family:** A special lovey, a photo of your family, or an item like your watch can help your child cope. If the lovey can't be shared with other children, ask your child's teacher if it can stay in the cubby and come out when your child is sad.
- 6. Share at least a few words of your home language with your child's teacher:** Hearing that "mama or papa will come back" in your child's home language makes a bridge between home and school, and helps your child feel understood. A word list that contains phrases that your family or your child uses for eating, diapering, sleeping and family members can help a great deal.
- 7. Share your child's favorite things to do with the teachers:** When your child is ready to play, the teacher can point out similar things in the classroom.
- 8. Make homemade books:** Books that you make for your child about the daily routine including the transition from home to school can promote coping for children who need to rehearse the day's plan to cope.
- 9. Talk about feelings:** It's ok to cry and miss a parent. It's ok to feel angry at parents for leaving. Don't be offended if your child is upset at you - strong feelings are normal. Don't shame your child for feeling sad and scared; no one feels that way on purpose.
- 10. Create a reunion ritual, checking in with your child's teacher about the day:** Find out what went well and stress those successes to your child. "I heard that you loved playing with the balls!" Talk with your child about the day as you leave.
- 11. Be timely:** Returning at the same time each day prevents your child from worrying if you have forgotten him or her when you are late. This makes drop off the next day easier; your child trusts you will not leave him or her at school forever.

FBCCC Tentative Calendar 2022-2023

Holiday/Center Closing Dates 2022-2023

September 5, 2022	Monday	Labor Day
November 24, 2022	Thursday	Thanksgiving Day
November 25, 2022	Friday	Thanksgiving Break
December 23, 2022	Friday	Christmas Holiday
December 26, 2022	Monday	Christmas Holiday
December 30, 2022	Friday	New Year's Holiday
January 2, 2023	Monday	New Year's Holiday
January 16, 2023	Monday	Martin Luther King, Jr. Day
February 20, 2023	Monday	President's Day
April 7, 2023	Friday	Good Friday
April 21, 2023	Friday	Staff Professional Development Day
May 29, 2023	Monday	Memorial Day
June 2, 2023	Friday	*4:00 PM Closing (Graduation & Picnic)*
June 19, 2023	Monday	Juneteenth
July 4, 2023	Tuesday	Independence Day

Center Events 2022-2023

September 2022	Tuesday	Expressive Arts Enrichments Begin
October 1, 2022	Saturday	Making Strides (Walking with Faith)
October 6, 2022	Friday	Harvest Fest Party 4:00-6:00 PM (weather permitting)
October 21, 2021	Tuesday	Costume Parade 4:00 PM (Spaghetti Dinners)
October 28, 2022	Friday	Fall Pictures
November 2022	Mon-Friday	Parent Teacher Conferences (Dates vary by classroom.)
December 2022		Holiday Cookie Dough Fundraiser
December 14, 2022	Wednesday	Holly Jolly Sing-A-Long
April 2023	TBA	Opening Day Cookout
April 3-6, 2023	Mon-Thu	Week of the Young Child
April 2023	Wed-Fri	Spring Pictures
May 1-5, 2023	Mon-Fri	Staff Appreciation Week
May 26, 2023	Friday	Family Day
June 2, 2023	Friday	Penguin Graduation 4:00 PM
June 3, 2023	Saturday	Walk for Hunger

Dates and events are subject to change. Additional events will be announced in the newsletter.

August Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken and ropin' rodeo pasta, green beans and oranges	2 BBQ beef on bun, carrots and pineapples	3 Veggie nuggets, mashed potatoes, corn and grapes	4 Chuckwagon wheel pasta, beef, corn and cantaloupe	5 Root-in-toot-in ham sandwich, cucumbers and bananas
8 Beef stroganoff, noodles, spinach and oranges	9 Orange chicken, rice, mixed veggies and watermelon	10 Potato pierogies, sausage, corn and apple sauce	11 English muffin pizza, salad and melons	12 Turkey spinach wrap w/ lettuce and tomato, cucumbers and bananas
15 Porcupine sliders on a bun , salad and oranges	16 Turkey and noodle, w/ green beans and honeydew	17 Sloppy joe on a wheat bun, carrots and apples	18 Chicken parmesan, pasta, red sauce, peas and melons	19 Salami, cheese, crackers, carrots and bananas
22 Parker house bun meatball subs, cucumbers and peaches	23 Chicken patty on a wheat roll and cucumbers and apples	24 Chicken alfredo, w/ pasta, green beans and oranges	25 Fish and bun, peas and grapes	26 Ham and cheese on wheat, cucumbers and bananas
29 Clean rice, peas and oranges	30 Build your own salad w/ chicken, cheese, crackers and peaches	31 Turkey tetrazzini, mushrooms, green beans and melon		

Organic skim milk is served with lunch for children 2 years and older.
 Organic whole milk is served to children under 24 months of age.
 Menu is subject to change.

