



KID'S TRIBUNE

July 2013

Bright Beginnings Child Development Center

Notable Dates:

July 4
Independence Day
School Closed

FROM THE DIRECTOR'S DESK

Dear Parents,

Wow! Summer is officially here, and it looks like we'll have more heat and humidity than we can bear for the next few weeks. Thankfully, since our air conditioning units are well maintained and our roof is leak-free, your children will be able to attend school in comfort! Hurrah!!

On a personal note, we realize that a number of you will take vacations during July and we just wanted to wish you a safe and enjoyable break. All of us, including children, need time off from the daily routine, and we hope all of you will have the opportunity to relax during the summer.

Assessment Complete

On June 17th, we were visited by three assessors from the N.C. Division of Child Development. The assessors thoroughly examined all aspects of the school including, child/staff ratios, discipline practices, condition of equipment and materials, supervision of children, sanitation practices, and staff education and training.

While we knew a visit from the N.C. Division of Child

Development was imminent, the actual date of the review was unannounced. Needless to say, we were a little apprehensive about assessment, but we were confident that all would go well.

Fortunately, the evaluation is now complete and we have received the outstanding news that we retained our 5 stars!!! Please join us in congratulating our teachers and staff for yet another excellent job! The stars only validate what we've known all along . . . our teachers are some of the best around and our school continues to be one of the best in Cary!

New Technology

Some of you may have noticed that we recently added a new computer to our KinderPrep 1 classroom. The computer is designed with preschoolers in mind. The computer console and chair are the correct size, and the software is age-appropriate (no unsupervised access to the internet is allowed). Child development guidelines limit the amount of "screen time" a child can have to 20 minutes a day, so no child will be al-

lowed to stay at the computer station for prolonged amounts of time. However, the teachers make sure the time spent on the computer is valuable and productive.

Fruits & Veggies!

Bright Beginnings is participating in a **Farm to Child Care** pilot July 1-August 30, along with 8 other child care centers in Wake County. We are working with a local farmer to bring in fresh, healthy, locally grown fruits and vegetables to the center.

This means your child will enjoy a variety of fresh, N.C. grown fruits and vegetables for meals and snacks and we will be talking about these foods and where they come from with your child. Watermelons do not come from the store! They start as a seed planted in the ground by a hard-working farmer, then nourished by sun and water, growing to a big yummy melon in the field.

(See "Feature Article" on p. 3 for more information about our Farm to Child Care program).

Classroom/Themes: Infant / “Red, White & Blue”				
Key Activities	Objectives	Area	Birthdays	New Students
Finger Play	Demonstrate fine motor strength and coordination	Physical	None	Zion
Names, Names	Demonstrate positive approach to learning	Cognitive		
Classroom/Theme: Toddler / “Sand & Water”, “Earth & Sky”, “4th of July”				
Key Activities	Objectives	Area	Birthdays	New Students
Practice sharing and caring	Establishes and sustains positive relationships	Social-Emotional	Riley	None
Identifying Red, White & Blue	Uses classification skills	Cognitive		
Discuss the Earth below the Sky above	Uses language to express thoughts and needs	Language Development		
Classroom/Themes: Preschool 1 / “Shapes-Summer”, “Fish-Bubbles-The Sun”				
Key Activities	Objectives	Area	Birthdays	New Students
Creating shapes/collages	Explores and describes spacial relationships	Mathematics	Silas	Shyaa
Sorting paper fish by colors	Uses classification skills	Cognitive		
Learn to make circles by drawing bubbles	Demonstrates fine motor skills	Physical		
Classroom/Themes: Preschool 2 / “Stars & Stripes”, “Splish/Splash”, “Sea Animals”, “Dinos!”				
Key Activities	Objectives	Area	Birthdays	New Students
Practice simple patterns with stars	Demonstrates knowledge of patterns	Mathematics	None	Serena Sean
Splish/Splash letter find	Demonstrates knowledge of the alphabet	Literacy		
Compare the height of different dinosaurs	Compares & measures	Mathematics		
Classroom/Themes: KinderPrep 1/ “Clowning Around”, “Camping”, “Creepy crawlers”				
Key Activities	Objectives	Area	Birthdays	New Students
Friendship Trail Mix	Compares and measures	Mathematics	Donte	None
If I were a clown	Demonstrates fine motor strength and coordination	Physical		
Reach the Grouchy Lady	Comprehends and responds to books and other texts	Language		

Classrooms (cont'd)

Feature Article

The following article is a continuation from the “Fresh Fruits & Veggies” information on page 1.

We invite you to talk with your child about the fresh fruits and veggies she or he is enjoying at the center.

- You may want to visit a local farmers’ market together and let your child pick out some fruits and veggies for your family to have at home. We will be sending a beautiful color bookmark home with your child that lists all of the farmers’ markets in Wake County. Some of them accept EBT cards for food assistance benefits recipients –this is noted on the bookmark.
- Make a snack or meal together at home with the foods you buy from the farmers’ market. Involving your children in preparing the food will go a long way towards their enjoyment of the fruits and veggies.
- Consider planting a small garden with your child. You do not need a lot of space—you can even grow a tomato plant in a container. Seeds are very inexpensive, and children love to grow foods.

The pilot is a project of [Advocates for Health in Action](#), [Wake County SmartStart](#) and [Wake County Cooperative Extension](#). We are eager to help these organizations explore the best ways for centers and farmers to work together.

Most of all, we are looking forward to a delicious and healthy summer exploring locally grown North Carolina fruits and veggies with your child!

The following article entitled, “What are the benefits of fruits and vegetables for kids?” by Ryan Devon, was excerpted from [Livestrong.com](#).

Parents often have to beg, plead and even bribe their children to eat their fruits and vegetables. Health-conscious parents recognize the important benefits fruits and vegetables provide to their children. From reducing obesity risk to boosting vitamin and mineral intake, fruits and vegetables are a must on any kid's dinner plate.

Obesity

More than 15 percent of children are overweight or obese. Obese children are significantly more likely to suffer from heart disease and diabetes later in life. Sedentary lifestyle, poor eating habits and genetics are contributors to childhood obesity. Providing your children with fresh fruits and vegetables can reduce their risk of obesity. Children who eat fresh fruit are less likely to become obese, according to the Winter 2002 "Food Review." Fruit and vegetables have fewer calories than commonly consumed foods like soda, chips or candy.

Vitamins and Minerals

Children's growing bodies require significant amounts of vitamins and minerals. Fruits like oranges and apples are rich in immunity-boosting vitamin C. Green vegetables like green beans and broccoli are high in magnesium, which the body needs for muscle function and bone growth. Green leafy vegetables like spinach are rich in iron, required for healthy blood cells to form. Opt for colorful vegetables like eggplant and oranges, which tend to be more nutrient-rich than pale produce like iceberg lettuce.

Intestinal Health

The dietary fiber in fruits and veggies promotes the health of children's intestines. Regular consumption of produce reduces the incidence of irritable bowel syndrome flare-ups, constipation and diarrhea. Eating insoluble fiber-rich produce like carrots and blueberries can reduce risk for diverticulosis, a painful intestinal disease common in children.

School Performance

Children who regularly consume fruits and vegetables do better in school than children with poor dietary habits, according to a report in the April 2008 "Journal of School Health." This research study linked the diets of more than 5,000 5th-graders to performance on a standardized test. Children with the highest fruit and vegetable consumption performed best on the test.



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