



# KID'S TRIBUNE

May 2014

**Bright Beginnings  
Child Development  
Center**

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## **Notable Dates:**

**May 9**  
**Mother's Day Tea &  
Fashion Show**  
3pm

**May 15**  
**KinderDance Recital**

**May 23**  
**Trike-A-Thon**

**May 26**  
**Memorial Day  
School Closed**

**May 27-May 30**  
**Parent-Teacher  
Conferences**

**June 5**  
**Graduation**

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## **FROM THE DIRECTOR'S DESK**

Dear Parents,

The calendar has reached the 5<sup>th</sup> month of the year, which means many things. First, the weather is getting warmer. Second, the year is going by way too fast. Third, we will be extremely busy throughout the month. And, fourth, graduation for our rising Kindergarteners, believe it or not, is just a few weeks away! So, hold on tight all month long . . . it's going to be a bumpy, and exhilarating, ride!

### SEED Parent Seminar

For those parents and teachers who were able to attend the SEED seminar on April 29<sup>th</sup>, thank you! SEED instructor, Ms. Jennifer, did a wonderful job of educating us about methods we all can use to help our children overcome behavioral issues. We hope you also found the seminar helpful. SEED will offer another parent seminar at a yet to be determined future date.

### Classroom Changes

By now, most of you are aware of the recent classroom changes for our three year olds and two of our KinderPrep classrooms. The changes were made to accommodate the growth in our KinderPrep enrollment. Thank you all for being so patient with us as we made the changes.

### Trike-A-Thon for Books!

Our 3<sup>rd</sup> Annual Trike-A-Thon will take place on Friday, May 23<sup>rd</sup>. This year we are conducting the Trike-A-Thon to raise funds for new books! As you can imagine, preschoolers go through books at an alarming rate. Torn pages and broken book spines are commonplace around here. Your help in replacing books and adding new books to our classrooms is crucial.

For those who have never experienced a Trike-A-Thon, the Bright Beginnings Trike-A-Thon is the one time of the year when students have the opportunity to show off their trikes, bikes or similar vehicle to their classmates! Once the event starts, students will have the opportunity to race their vehicles around our "race track" as many times as they can during a 2 minute time period. All parents will receive additional information about how they can participate in the Trike-A-Thon very soon. Stay Tuned!

### Amazing Athletes

Bright Beginnings is now offering Amazing Athletes, an educational sports program for children ages 2.5 to 6 years old, to its students. Amazing Athletes teaches children the fundamentals and

mechanics of nine different sports, while helping them master seven key areas of motor development. They will work with each child at their own progression level to ensure they are able to meet, master and exceed their development milestones and reach their highest potential. Classes will be taught here at Bright Beginnings on Fridays at 10am. See the front office to register.

### School-Age Summer Camp

If you have school-age children who need something to do during the summer, look no further than Bright Beginnings! Our Discover Arts Academy is offering a fun new Summer Camp beginning on June 16<sup>th</sup> and running through August 22<sup>nd</sup>. The camp will feature unique themes such as Robotics, Magician School and Fear Factor each week with field trips, guest speakers, and visits to the movies, library and swimming pool! The weekly tuition is \$160. To register, go to [www.discoverartsacademy.wix.com/summercamp](http://www.discoverartsacademy.wix.com/summercamp).

<b>Classroom/Themes: Infant / “Mothers and Flowers”</b>				
<b>Key Activities</b>	<b>Objectives</b>	<b>Area</b>	<b>Birthdays</b>	<b>New Students</b>
Talk about our mothers	Relationships with our mothers	Social	None	None
Different kinds of flowers and colors	Show pictures of flowers and colors	Social		
<b>Classroom/Theme: Toddler / “Mother’s Day”, “Farm Animal Babies”, “My Family”, “Rainbows”</b>				
<b>Key Activities</b>	<b>Objectives</b>	<b>Area</b>	<b>Birthdays</b>	<b>New Students</b>
Handwriting	Regulates own emotions and behaviors	Social/Emotional	Ayden	None
Make Mother’s Day gift	Demonstrates fine motor strength and coordination	Physical		
Please and Thank you	Uses appropriate conversational and other communication skills	Language		
<b>Classroom/Themes: Preschool 1 / “Weather”, “Colors”</b>				
<b>Key Activities</b>	<b>Objectives</b>	<b>Area</b>	<b>Birthdays</b>	<b>New Students</b>
Matching weather cards	Uses classification skills	Cognitive	None	None
Learn letters in or names	Demonstrates knowledge of the alphabet	Literacy		
Counting colors in the rainbow	Uses number concepts and operation counts	Mathematics		
<b>Classroom/Themes: Preschool 2 / “Reptiles”</b>				
<b>Key Activities</b>	<b>Objectives</b>	<b>Area</b>	<b>Birthdays</b>	<b>New Students</b>
Snapping Turtles	Demonstrates knowledge of the characteristics of living things	Science	None	Brett
This Old Earth	Demonstrates phonological awareness	Literacy/Language		
Count ‘N Sort	Uses number concepts and operations	Mathematics		
<b>Classroom/Themes: KinderPrep 1/ “Reduce, Reuse, Recycle”</b>				
<b>Key Activities</b>	<b>Objectives</b>	<b>Area</b>	<b>Birthdays</b>	<b>New Students</b>
Mother’s Day craft project	Exploring visual arts materials	Art	None	Macy Carly Aubriyanna Kaeden Kaleel Nicholas
Recycling Relay Race	Demonstrates gross motor manipulative skills	Physical		
Discuss how we reuse/recycle materials	Demonstrates positive approach to learning	Cognitive		

## Classrooms (cont'd)

<b>Classroom/Themes: KinderPrep 2 / "Recycle, Reuse, Reduce", "Mother's Day"</b>				
<b>Key Activities</b>	<b>Objectives</b>	<b>Area</b>	<b>Birthdays</b>	<b>New Students</b>
Writing Mother's Day cards	Demonstrates fine motor manipulation skills	Physical	Amanda Alberto	None
Sorting recycle and non-recycle trash	Uses classification skills	Cognitive		
Recall a favorite recipe to make a cookbook	Remembers and connects experiences	Cognitive		
<b>Classroom/Themes: KinderPrep 3 / "Mother's Day", "Reduce, Reuse, Recycle"</b>				
<b>Key Activities</b>	<b>Objectives</b>	<b>Area</b>	<b>Birthdays</b>	<b>New Students</b>
Create cookbook for Mother's Day	Use language to express thoughts and needs	Language	Carolina Salma	None
Feed the Bin	Remembers and connects experiences	Cognitive		
Observe and document seeds planted	Demonstrates knowledge of the characteristics of living things	Science		
<b>Classroom/Themes: KinderPrep 4 / "Mother's Day", "Reduce, Reuse, Recycle"</b>				
<b>Key Activities</b>	<b>Objectives</b>	<b>Area</b>	<b>Birthdays</b>	<b>New Students</b>
Mother's Day Gifts	Demonstrates fine motor strength and coordination	Physical	Addison	None
Straw shapes	Explores and describes spacial relationships and shapes	Mathematics		
I went shopping	Demonstrates knowledge of print and its uses	Literacy		

**Feature Article**

May is National Physical Fitness and Sports Month. In recognition of this national observance, we have included the following article.

With the hectic schedules of today's families, it seems as though there is rarely extra time for physical activity. However, David Marshall, M.D., Medical Director of the Sports Medicine Program at Children's Healthcare of Atlanta recommends that families should map out and plan time for activities to ensure they are added to the daily routine. In honor of National Physical Fitness Month, here are some family-friendly outdoor activities recommended for summertime:

- Family walks – lasting 20-30 minutes will provide the daily recommended 20-30 minutes of moderate physical aerobic activity.
- Biking – has similar benefits to walking.
- Hiking – has similar benefits to walking and biking.

- Soccer – provides aerobic activity and gives personal satisfaction of acquiring and improving on new skills (i.e. running, jumping, kicking, throwing, etc.). This will also begin to teach the young athlete teamwork and sportsmanship.
- Gardening – is a fun way to teach the importance of daily care/maintenance and learn about healthy eating. In addition, the family can get satisfaction in eating the “harvest.”
- Golf (if kids are old enough) – provides aerobic exercise and introduces children to a life-long activity.
- Orienteering – is a fun, different activity that introduces kids to maps, compass, directions, distance, etc.

Benefits of Physical Activity:

- Physical benefits include a decrease in the risk of obesity, heart disease, diabetes and high blood pressure for all age groups.
- Mental benefits include appreciation of outdoor fun, nature, scenery, sunlight and fresh air. Hopefully, kids and families will begin to look forward to outdoor activities rather than a new video or computer game.

Health and Safety Considerations for Outdoor Activities:

- Apply sunscreen liberally with SPF 30 or higher. Try to avoid direct sunlight during peak hours (10 a.m. to 2 p.m.) Wear a brimmed hat.
- Apply insect repellent if in or near wooded areas. Check for ticks at night if in wooded areas.
- Use appropriate safety equipment such as bike helmets, padding, shin guards and life vests (if around water.)
- Wear bright, reflective clothing for nighttime activities.
- Carry a basic first aid kit with a flashlight.
- For overnight activities or trips, tell a neighbor where you are going, the location of the trails and when you expect to return.
- Always carry a cell phone with a charged battery.
- Walkie-talkies are handy for hiking and orienteering.
- Stay hydrated. Water is best if the activity will last an hour or less. For activities lasting over an hour, try to drink a beverage with sugar or carbohydrates such as a sports drink. Before the activity, drink until no longer thirsty plus another 8-12 ounces. During the activity, drink 6 to 8 ounces every 20 minutes, even if you are not thirsty during scheduled breaks. Once you feel thirsty, you are already mildly dehydrated.



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