



December 6, 2013

Rutgers-Livingston Day Care Center

New Jersey's First Nationally Accredited Early Childhood Program

Staff News

• **Leanne, Kathy, Shanna, Andrea, Michael, Laurie, Maria, Maggie, Patrick, Sue** and **Cheryl** traveled to Washington, DC, to attend the National Association for the Education of Young Children's annual conference, November 20-23! The days were filled with workshops, networking and browsing the exhibit hall for the latest in the early childhood field. Having dinner together was great fun and a good opportunity to share a bit of the day's learning. To follow up, a professional development report, describing how what was learned at the conference will be incorporated into our work at the Center, will be completed. **Marie** completed an at-home course on *Problem Solving with Preschoolers* which included activities to use with the children. There will be another chance to share what was learned and how it was put to use at our next professional development day in February!

• **Maria, Kathy** and **Leanne** volunteered one evening after work to provide childcare at a local transitional housing program. The teachers read to and played with the children while their mothers attended a meeting. **Maria** helps coordinate the volunteers through Kenyon AEYC, our local affiliate.

• **Shanna** celebrated thirteen years at R-LDCC in November!

• Did you know that **Sue** started at R-LDCC as our cook, in December 1984?

Looking Ahead

R-LDCC will be closed to children and families for:

- Winter break, beginning 12/24/13 through and including Wednesday, 01/01/14
- Martin Luther King, Jr. Day, 01/20/2014
- Presidents' Day /Professional Development, 2/17/2013

Thank You

Thank you to all the families who participated in our November food drive!

Thank you to Caia, Okech's mom, for the Dunkin Donuts gift card for "treats" for the teachers on our Washington, DC trip!!

End-of-Year Giving

At this time of year, some family members are thinking about charitable contributions. Why not consider us? R-LDCC is an exempt organization, eligible to receive tax-deductible contributions; our federal ID number is 23-7416784. Rest assured, any money received will be put to good use to continue to provide a high-quality early education experience for your child, as well as all the other children!

Reminder:

Documentation of each child's annual "flu shot" is required by the NJ Department of Health for enrollment in January 2014 and beyond!

Got Milk? Got Water?

The best drinks for children are milk and water. Milk provides bone-building calcium, vitamin D and other important nutrients growing bodies need. Flavored milks, which often contain considerably more sugar and fat than the recommended skim or 1%, should be limited. Health and nutrition professionals recommend that young children consume 2 to 2½ cups of low-fat or nonfat milk (or equivalent dairy products) every day.

When your child is thirsty, encourage her to drink water. Try to avoid juice drinks and also limit 100% juice—which has a significant amount of sugar—to no more than one serving, about 4-6 ounces a day. Too much juice can contribute to excess weight gain, diarrhea, and tooth decay.

R-LDCC serves 1% milk to all children over 2 years old and whole milk to our younger friends. Juice and sugary drinks are not served at the Center, and there is water available when they are thirsty between meals.



www.rldcc.org





Winter Weather



How can it possibly be December already? This month signals the onset of winter and a season of unpredictable weather. Some weather sources are predicting snow for this weekend, and it never hurts to plan ahead! Remember, the children (AND the teachers!!) go outside every day. When the temperature outdoors is frosty, your child needs a warm coat, a hat or hood and mittens. When there is snow on the ground, s/he also needs snowpants and boots. Help your child feel comfortable by providing the necessary items every day. While we have extras on hand for occasional forgetfulness, it's stressful for both teachers and children to be scrounging around for outerwear that *fits* every time we go outside. If your family is unable to provide winter outerwear, please speak to Cheryl to arrange for assistance. Consider donating your child's outgrown winter wear (boots, snowpants, mittens) to the Center.

Hats/Socks/Mittens

R-LDCC is organizing a collection of mittens, socks and winter hats to support local community efforts to help those who are less fortunate than ourselves. Many people donate their used clothing, but rarely are socks, hats or mittens included. They're usually kept until they're worn out or lost. You may want to include a purchase of one or more of these items to contribute to our collection. Parents have shared that this collection, like the food drive we had in November, is an ideal method of introducing their children to the concept of caring for others. If you choose to participate, hang your donations on the clothesline just outside Sue's office door.

Food Drive Report

Our annual food collection was extremely successful and we thank you for your generosity.

The Sunbeams sorted, counted and graphed the items. Did you know that, together with our families, R-LDCC collected 5 bottles, 9 bags, 37 boxes and 100 cans of food?



All of the Center's health and safety policies are based on currently recognized best practices as detailed in Caring for Our Children, 3rd Edition. It is in the children's best interests to play outdoors every day, even in the winter. Children properly dressed enjoy these opportunities for physical activity and to explore the winter wonders of nature.

If the weather is severe and the Center can't open or has to have a delayed opening, we will post an alert on our website, www.rldcc.org and on our Facebook page and have it announced on radio station WCTC, 1450 AM, and posted on NJ 101.5 FM and News 12 NJ, after 6:30 in the morning, as well. If none of these options work for you, calling the Center at 732-445-4747 (after 7:00 AM) will let you know if Cheryl or Sue is there!

GoodSearch and GoodShop

What if R-LDCC earned a penny every time you searched the Internet? Or how about if a percentage of every purchase you made online went to support the Center? Well, it can!

GoodSearch.com is a Yahoo-powered search engine that donates half of its advertising revenue, about a penny per search, to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and watch the donations add up!

GoodShop.com is an online shopping mall which donates a percentage of each purchase to your favorite cause! Hundreds of great stores including Amazon, Target, ToysRUs and iTunes have teamed up with GoodShop and every time you place an order, you'll be supporting R-LDCC!

Just go to www.goodsearch.com and www.goodshop.com and be sure to enter Rutgers-Livingston Day Care Center (Piscataway, NJ) as the charity you want to support. And, be sure to spread the word!

Friend Wanted!

The Ducklings are looking for a new friend; an age-eligible child would have been born between October 2009 and September 2010. Please help us by letting friends, neighbors or co-workers with three- or young four-year-olds know we have an opening!

Sunbeam News



November flew by in the Sunbeam Room! The Sunbeams were busy learning about autumn and the changes the season brings. The children were especially interested in the colorful leaves and we set up lots of activities for them to explore them. We raked leaves, jumped in them, examined them through magnifying glasses, drew them and more!

We have now moved into a study topic on community building. The Sunbeams will learn about friendship, helping others, expressing feelings and empathy towards others. Our center-wide November food drive was a great project to kick-off this topic.

As the December holiday season begins, please let us know if you have time to come in and share family traditions with the Sunbeams, read a book or do an activity with us! We would love to have our families come in during this month. Please contact Leanne to set up a date!

Cold Weather Reminders!

*As the temperature begins to cool off, please remember to provide your child with extra clothing that is weather-appropriate in his/her cubby (i.e. long-sleeved shirts and pants).

*Please make sure your child has a coat, labeled with his/her name, every day (even if it's warm in the morning or early afternoon, it often cools off quickly later in the afternoon).



* Please also provide your child with mittens (they are easier than gloves for children to put on independently), a hat, and a scarf, all labeled with his/her name.



*We go outside every day, even when there is snow on the ground. If you see snow or if there is snow in the forecast, please additionally provide your child with snow pants and snow boots, labeled with his/her name, so your child can enjoy playing in the snow.



Hello and Good-Bye!

This month we said good-bye to our friend Matvey and his family. We enjoyed having him in our classroom!

Hello to our friend from the Ducklings, Morgan. We welcome him and his family to the Sunbeam Room!



Thank You Very Much...

To all the Sunbeam families who participated in Family/Teacher Conferences! They were very successful and Leanne loved meeting with and building a relationship with each of you.

To all of the families who participated in our Thanksgiving food drive!

Our classroom artists are especially appreciative of:

- ♦ Diana and her family for their donation of watercolor paints in honor of her 4th birthday!
- ♦ Jiwoo and her family for their donation of colored tape in honor of her 4th birthday!
- ♦ Zack and his family for their donation of watercolor paints in honor of his 5th birthday!



Honeybee News



For many families, the commercialization of the "December holidays," with its pressures to buy, decorate and entertain, adds tremendous complication to already overloaded and busy lives. Families with toddlers are often asked by well-meaning relatives and friends for gift suggestions.

There are some great toys out there that promote open-ended, imaginative play and allow the child to choose how to play. Blocks are an excellent example. Children can build up or out with them, make them into cars or turn them into caves, all while developing problem-solving skills. Nesting toys, puzzles and shape sorters are wonderful toys, too. Children can practice those fine motor skills needed to hold a fork, write with a pencil, and zip their jackets! Art materials are a great go-to present, including wash-

able markers, crayons, chalk or construction paper. Creative play is so important and major marketing ploys make it difficult to find toys that stand the test of time.

Try not to fall for toys that are labeled "high tech" or make lots of sounds and light up. According to the American Association of Pediatrics, "Be skeptical of educational or developmental claims made by advertisers, especially product claims of intellectual enhancement." (www.pediatrics.aappublications.org) Stay with simple toys that promote discovery and play! You may avoid the classic truth that many children prefer playing with the box in which the gift came to playing with the gift itself!



Many thanks to:

-Warren, for the Block Play People, in honor of his 3rd birthday! We will add them to our collection of block accessories.

-Aditya's daddy, Vinod, for coming in and teaching us about a holiday their family celebrates called Diwali.

-All the parents who were able to make it to Family Conferences! If you feel you need to speak with Laurie for longer than a chat at the end of the day, please contact her via email at laurie@rldcc.org or call the Center to arrange a mutually convenient time.

-Meredith's daddy, Mike, for coming in and making *Latkes* for Hanukkah for us.

Reminders

Please label ALL of your child's clothing! Often Honeybees don't recognize their own hats and mittens, not to mention their own socks!

When there is snow, please send your child to the Center with:

- a snowsuit OR snowpants and coat
- snow boots
- mittens

You may store them on your child's coat hook in his tote bag. Plastic bags are not allowed at R-LDCC.

Duckling News



The Ducklings had lots of fun this past month working on our most recent study topic, friendship. We have discussed how to be a good friend, how to help others, and what it means to be generous. The teachers are proud to say that the Ducklings are working hard on becoming great sharers! We have been focusing on using our words to get what we want, and if we can't have what we want, we have been trying to use phrases such as, "May I have that when you're done?" to address any problems that may arise. We have also been playing team building games and doing a lot of partner projects to give us practice in working and playing with all of our friends in the class. The last week of November was spent learning about Thanksgiving and doing all kinds of cooking and crafts.

Our next study topic will be fairy tales. We will get to read and learn about a few of the classic fairy tales, as well as come up with our very own. The children and teachers will decorate the climber outside on the playground to look like our own version of a castle, while we pretend to be characters from the stories we read, with crowns, masks and other props that the children make. Our imaginations will get a workout in the upcoming weeks!! We will also devote a few days this month to celebrating Hanukkah, Christmas, and the New Year. We are going to be very busy little Ducklings!



Thanks!

We celebrated a few special birthdays in November. Thank you to Ethan's family for the colored paper, playdough and stickers. Thank you to Leo's family for the bouncy ball.

We want to thank Caia, Okech's mom, for coming in and teaching us a little bit about Hanukkah!

See You!

Our friend, Morgan, is joining the Sunbeam room this month. We're happy that we'll still be able to see him on the playground!

Winter is Almost Here!

The Ducklings play outside every single day (unless it is pouring rain), and the teachers include some planned physical activity in our daily routine, which is typically done outdoors. Please be sure that you are sending your Duckling to school in weather-appropriate clothes that are easy to both put on and take off. Velcro or slip-on shoes are much easier to put on than shoes with laces, and mittens are much easier to put on than gloves. We want to ensure that everyone is nice and warm while outside, and most of the Ducklings enjoy getting themselves ready to do so. Proper clothing choice makes both of those things possible, so please help your Duckling by providing it. The teachers are always here to help; we do have borrow gloves and sweaters in case you forget, but children are more comfortable wearing their own things. Thank you so much for your cooperation!

