



# Rutgers-Livingston Day Care Center

June 2014

## NJ's First Nationally Accredited Early Childhood Program

### Staff News

Congratulations are in order for Sunbeam Teacher Leanne, on her marriage to Joseph Weinzierl on June 7! The new Mrs. Weinzierl also graduated from Rutgers in May with a Master of Education degree in Learning, Cognition and Development (with a 4.0 GPA!) Congratulations Leanne!!



If you were here last summer, you might remember Genevieve Lengyen and Brianna Jack, who were re-hired this month as Assistant Teacher/Floaterers to help cover for the teachers' summer vacations. Gen is a recent RU graduate, and Brianna expects to complete her studies in 2015. Both want to be teachers "when they grow up!"

Maria Fernandez and Michael Chen, Honeybee Assistant Teachers, Leanne Weinzierl, Sunbeam Teacher, Sue Lincoln, Assistant Director, and Cheryl Devine, Director, were recognized for their service at Kenyon AEYC's annual dinner on May 12.

Cheryl attended two educational leadership seminars; one on *Teaching Math Skills* and the other on *Celebrating Diversity in Early Childhood*.

### Assistance Appreciated!

- ◎ Bring your used ink cartridges to Sue's office and put them in the recycling box. We earn credit for school supplies at Office Depot.
- ◎ Use [www.GoodSearch.com](http://www.GoodSearch.com) for your internet searches and put Rutgers Livingston Day Care Center, Piscataway (Charity ID 866645) as your "designated cause." We earn a penny each time you search!
- ◎ Likewise, use [www.GoodShop.com](http://www.GoodShop.com) for your internet purchases! Designate R-LDCC to receive a donation every time you shop on line!
- ◎ "Like" us on Facebook so you don't miss breaking news!
- ◎ Remember to save Boxtops for Education for us! Put them in the collection box on top of the mailboxes.
- ◎ Please call us at 732-445-4747 if your child is having a "home day" or will be absent for any reason.

### Welcome, Friends!

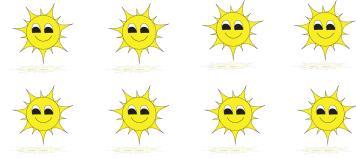
During the summer months, there are more "comings and goings" than during the school year, September through May. This month, we welcome:

Lincoln to the Honeybee room. Lincoln's big sister, Jordan, is a graduate of R-LDCC. 

 Daniel to the Duckling room. His big sister, Emily, is also a Duckling! 

Dylan and Connor to the Sunbeam room from the Duckling room. 

 Yicheng, who is new to R-LDCC, to the Sunbeam room.

And a few "old friends" who went to other schools for Kindergarten, and are returning to the Sunbeams for the summer: Benjamin, Rebecca, Taya, Noah, Julia, Mason, Lucy and Daniel. 



## Thanks a Lot!

Thank you to all the Sunbeam families who attended our Graduation Celebration!

Thanks, also to Daria's family, for the ongoing donations of paper and other office supplies!

The Honeybees would like to thank Viraaj from the Duckling class for donating outgrown clothes to our room.

The Ducklings send a big thank you to:

- ☺ Tara and her family, for the art supplies given in honor of her 4th birthday;
- ☺ Brian and his family, for the stampers and stickers given in honor of his 4th birthday!
- ☺ Jason and his family, for the big box of paints given in honor of his 4th birthday!

We are such "lucky ducks" to have such generous families!

*Our most sincere thanks to everyone who helped make Teacher Appreciation Week so special for us! We all enjoyed the week of daily delights, and a wonderful time was had by all seeing West Side Story at the State Theatre!*

*—Grateful R-LDCC Staff*

## Curriculum Focus: Outdoor Play

Playing outside is the favorite activity of most of our children. They love the freedom of running, jumping and shouting without restraint. Outdoors they are in charge of creating their own activities and Sunbeams & Ducklings often choose playmates from the other classroom.

Time spent on the playground affords children the opportunity to discover what their bodies can do and to develop gross motor skills as they climb, balance, dig, pedal, swing, etc. Language skills and imagination are fired up when children play in the houses, set up ice cream stands or plan journeys on their spaceship or train, also known as the climber! On the playground, children solve problems; they plan and try out ideas. They practice social skills, too, as they assign and accept roles, negotiate and take turns. Besides being a natural setting to observe the changes of the seasons, plants and animals, activities children typically enjoy inside—like art, music and books—gain a whole new perspective when experienced outside! At R-LDCC, we see our playgrounds as extensions of our classrooms! Our schedules have changed to allow time for outdoor play early in the day, when the UV and heat index are lowest. Please remember to apply sunscreen at home before bringing your child to school, every day, even if it is cloudy.

Beginning Tuesday, June 24, and continuing on Tuesday and Thursday mornings throughout the summer, the children will have water play in the morning. On those rare occasions when the weather is uncooperative, each room will enjoy water play indoors. Please bring your child to the Center on Tuesdays and Thursdays dressed in his/her swimsuit, wearing sunscreen and water shoes, with a complete change of clothing in a tote bag. The teachers will help the children change clothes when they come inside—having everything in the tote bag cuts down on confusion for adults and children. Remember to label everything your child wears or brings to the Center with his/her name.



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If you and your child decide to play a little longer (after 5:30) on our playground:

—the Butterfly Garden is **CLOSED**.

—parents are expected to supervise their children.

—sand and sand toys stay in the sand area.

—children may not ever climb on the fence or open the front gate.



Thank you, as always, for your cooperation.

# 10 tips

Nutrition  
Education Series

# be a healthy role model for children

## 10 tips for setting good examples



ChooseMyPlate.gov

**You are the most important influence on your child.** You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

### 1 show by example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

### 2 go food shopping together



Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

### 3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

### 4 offer the same foods for everyone

Stop being a "short-order cook" by making different dishes to please children. It's easier to plan family meals when everyone eats the same foods.



### 5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need "extras"—such as candy or cookies—as replacement foods.

### 6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



### 7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"

### 8 limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

### 9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



### 10 be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.