

Kiddie Academy of Greenlawn

2007 3rd Quarter Newsletter



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DIRECTOR'S CORNER

Sugar Shock!!!!!!

In the July 2007 issue of Parents Magazine an article titled, "Sugar Shock" caught my attention. I do believe that sugar can have an effect on a child's behavior, because we see it all the time! We try to limit the amount of goodies that are served in school because we notice an immediate change in some children after a party or celebration with sweets! All it takes is one friend to get a little silly, and before you know it, the entire class is joining in the silliness.

Now, I don't know about your family, but the minute my children get their hands on some sugar, we see an immediate reaction and the listening ears...well, they stop listening! Their physical reaction to sugar leads to lots of jumping and dancing around and sometimes, they have difficulty just sitting still!

I noticed this back in the beginning of the school year, when my oldest daughter, Madison was having difficulty settling down each evening, whether it was to read, to do homework or to sit and watch television. On one particular evening, we made homemade apple pie and when the pie cooled a bit we dumped a scoop of vanilla ice cream on top...and a dollop of homemade whipped cream for good measure. We certainly did enjoy that pie, after all the peeling and cutting of the apples, it certainly was a sweet reward for all of our hard work!

As I was cleaning the kitchen, the kids were running through the house being silly and were crawling on the kitchen floor under my feet. I was wiping the spilt sugar off the counter and it dawned on me...the sugar! Yes! It must be the sugar that's making them crazy! I took a look at the bag of sugar and found that a serving size of 1 teaspoon had 4 grams of sugar.

I naturally started to wonder about the amount of sugar in a slice of our pie, which consisted of store bought pie crust, the ice cream and my homemade whipped cream (I added some vanilla, and a few teaspoons of sugar to the whipping cream, which has 1 gram of sugar in a tablespoon, all by itself!). Then I started to read labels and search on the internet and was horrified to learn that the ice cream had 16 grams of sugar in a $\frac{1}{2}$ cup serving. And then I checked the milk container, because we each had a glass of milk with our pie. One cup of 1% Low fat milk has 12 grams of sugar. Did you know that a medium sized apple has approximately 16 grams of sugar? That's 4 teaspoons! No wonder my kids were bouncing off the walls!

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Quarter 3 Babies

Let's all wish our July, August & September Babies a very Happy Birthday!

Sea Stars

7/7 Nicholas S.
7/28 Shannon G.
8/16 McClaine M.
8/17 Joseph D.
9/11 Gregory K.

Crown Fish II

7/7 Marissa S.
7/15 Julianne P.
8/6 Drea Y.
8/13 Savion A.
9/5 Lindsay P.
9/14 Ciara G.

Harp Seals I

9/8 Jack F.
9/23 Alexander R.

Harp Seals II

7/24 Jason R.
7/24 Mikah S.
8/1 Thomas M.
8/8 Nigella T.
9/10 Sloan A.

Manatess II

8/21 Brennan F.

Dolphins I

7/3 Ewan M.
8/13 Steven K.
8/14 Sabrina L.
9/24 Connor T.

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Director's Corner cont.

Ever since, I've been checking labels and purchasing "No Sugar Added" items from the grocery store. I try to stay away from sugar substitutes, make educated choices and limit the amount of sugar my children can find in our pantry. We stopped buying juice boxes, which on average have 23 grams of sugar...that's almost 6 teaspoons of sugar in one juice box! And they NEVER drink just one! We've been drinking a lot of water and my husband, who drank 3-4 sodas a day has not had one since he checked the label and learned that one 12 ounce can of Coke Classic has 39 grams of sugar—that's almost 10 teaspoons of sugar in one can of soda! In soda alone, he was consuming 30-40 teaspoons of sugar—each day! It's recommended that an adult on a 2,000 calorie diet should not eat more than 40 grams of added sugar. Oops!

Since my husband and I have been label conscious, Madison and Cami have an awareness of how to eat a little bit healthier. Madison began packing her own snacks for school, making choices based on which item contained the least amount of sugar and refrained from certain items during the day, because she knew she wanted to have a sugary snack in the evening, because she didn't want to have difficulty in school. She even convinced my mother to make peanut butter cookies with an artificial sweetener. She ate them, because my mother went through the trouble, but she told her to make the regular kind next time and she wouldn't eat as many!

Madison herself realized the change in her behavior after consuming sugar and knew that smart choices would allow her to settle down and stay on task at school, especially after snack. And, Madison's teacher reported a difference in her behavior at our November conference and was surprised to learn that less sugar in Madison's diet made the difference. Madison will be going into fourth grade this September, so she's having fun practicing her multiplication facts as she calculates the amount of sugar an item has.

Stop and Shop's website, www.peapod.com is great because they list their items with pictures for easy identification. If you click on their description, most items are listed with their nutrition labels so you can compare items and brands.

Madison read the article "Sugar Shock" from Parents Magazine and felt proud that we were making smart choices about our diet. You can find a copy of "Sugar Shock" upfront by the computer. If you have a school aged child at home, have them read the article and see what they think! It just may inspire them to make healthy choices too! Cami likes to check labels with me on the website, because she recognizes the pictures and likes to choose what to buy.

Madison read the article "Sugar Shock" from Parents Magazine and felt proud that we were making smart choices about our diet. You

Birthday Babies cont.

Dolphins II

7/22 Kristen L.

9/1 Julia P.

Beluga Whales

7/25 Thalia H.

7/29 Alyina A.

9/10 Addie B.

9/26 Sarah T.



Sharks

9/8 Jonathan B.

9/19 Joseph G.

9/28 Madison R.

Staff

7/19 Miss Karen

7/24 Miss Carolyn

7/24 Miss Rita

8/11 Mr. Joe

8/19 Miss Michelle H.

8/20 Miss Jenn

Birthday Snacks

If you would like to bring in a snack for your child's birthday, it must be purchased from a store. Unfortunately, due to Health Code Restrictions, we cannot allow home baked items. Please check with your child's teachers for any diet restrictions within their room. Under no circumstances should any items containing nuts be brought into the center, we are a "Nut Free" school. Please be aware of products that are manufactured on machines which also manufacture nut products. A nice and very easy alternative is Ice Cream or Italian Ice cups and the children love them!

www.kiddieacademyofgreenlawn.com



Please visit our Parent Resource Center page on our website for any forms that you may need to update now and then, such as Infant Toddler Reports, Emergency Information Forms, Physical Forms, Written Medication Consent Forms, etc. We also have copies of our archived newsletters in pdf format for your review. There are some helpful articles for newly enrolled parents.

can find a copy of "Sugar Shock" upfront by the computer. If you have a school aged child at home, have them read the article and see what they think! It just may inspire them to make healthy choices too!

Yours in Fun & Learning,



Literacy and Children

This is Part 2 of a 2 Part Series -

Part 1 of this series discussed the importance of introducing your child to language and literacy. Finding opportunities for language and literacy may be easier than you think! Here are a few tips...

- Be a reader and a writer yourself and model the importance of literacy!
- Write a card or letter to a friend that lives out of state or a relative that you haven't seen in a while.
- Send your child a letter through the mail.
- Have your child make "invitations" to send out to your guests at your next informal gathering.
- Read to your child frequently.
- Ask your child to tell you about their drawings, and write their words, if they want you too!
- Answer your child's questions about reading and writing.
- Help your child build a personal collection of books.
- Make your own books! Scrap book or simply write your child's words in captions under photographs of your day at the beach, compile and bind with ribbon! Bring them into school for your child to share with their friends!
- Surprise your child's class and make a book for them to keep or donate your child's favorite story!
- Keep a running record of the books you have read together, with your child's comments.
- Ask your child questions about the storyline/characters.
- Have your child picture read the story to you, just by reporting what they see in the pictures.
- Visit your local public library and have your preschooler register for their own library card!
- Make a Library Tote Bag out of a plain canvas bag, decorate it with fabric paint and be sure your child paints on their name.
- Take advantage of all the services the Children's Department offers at your library.
- Talk with your child at the dinner table, or during bath time.
- Take your child to an informational book to find answers; the telephone book to obtain phone numbers, etc.
- Immerse your child in stories, poetry, and print of all kinds.
- Write and tell stories with your child.
- Recite songs, rhymes and finger plays.
- Create and sing silly songs together.
- Act out stories.
- Write notes and love letters to your child.
- Use written clues to send your child on a treasure hunt leading to a small prize.



Curriculum Corner

Over the summer the curriculum takes a more relaxed approach to learning. Although the academics are still there, the themes are more summer related. For example, some classes will be working with bugs, some on the Wild West, some on Agriculture, etc., and all will be doing outdoor water fun and picnics. In September, we will be talking about "Magnificent Me". September is the beginning of a brand new school year. There is no better time to focus on a new environment than now. The children will embark on a journey into respect for their classroom, friends and themselves. They will do fun activities in small groups to foster cooperation and begin to gain self-esteem through independent activities that promote their sense of self.

Our Center Value for July is "Pride." Children should be encouraged daily to be proud of their accomplishments. Each day as children complete projects, help their friends, or complete daily tasks we need to reinforce their accomplishments with praise. The children will gain an understanding of self-worth and the genuine pleasure of self-satisfaction when accomplishing a task or goal. Our August Center Value "Loyalty and Commitment." Loyalty is often thought of as the "forgotten value." Loyalty is love of family, respect for the land, equality and integrity. We must show children through daily activity the importance of completing tasks, committing to projects and helping our friends. Children gain the understanding that making a promise means we make a commitment and must follow through on that promise. "Cooperation" is our Center Value for September. Combining our energies to work with others towards a common goal. With cooperation we can accomplish tasks more quickly than by ourselves. Also, enjoy each other's company in the world around us. Cooperation doesn't just happen. It takes willingness on all sides. As children discover ways to cooperate with one another, they will find that working toward a solution can be as exciting and challenging as finding a good solution in which everybody is a winner. Through cooperation all children become winners as they work together to achieve a common goal. Please make sure to take a look at our Center Value presentations, headed up by the Sharks classroom!

We raised \$1,688 at our MDA Hop-A-Thon!

Our Annual St. Jude's Trike-A-Thon will be Friday, July 13th!

- Make a written plan of your dinner menu for the week, going by written recipes, write grocery lists and read food labels together.
- Read the Sunday comics together.
- Read restaurant menus and order together.
- Read the TV Guide as a family.
- Play a board game together or make your own games, like letter Bingo!
- Read and order from catalogues or the internet.
- Have a message board at home to display special information.
- Have your child search for their size on the tag/tickets the next time you go out to purchase an article of clothing.

Looking for more ideas? Ask Alissa for a copy of "Letterpalozza" by Lynne Bertrand from the February/March 2007 issue of Wondertime Magazine. Lynne Bertrand writes, "We've got 26 unexpected ways to explore the wild world of letters".

Announcements

Kiddie Academy of Greenlawn welcomes the following new students who started with us in Q2:

Sea Stars

Ethan O.
James M.
Nicholas S.
Joseph D.

Sea Horses

Jared K
Giovanni F.
Dylan K.

Clown Fish I

Lauren S.

Harp Seals I

Tori B.

Harp Seals II

Melanie V.
Henry H.

Manatees II

Luke Z.

Dolphins I

Robert J.
Gianna S.

Dolphins II

Daniel M.

Beluga Whales

Aliyah B.

Sharks

Jonathan B.
Sara M.
Amanda T.



New Staff Members who started with us in Q1.

Welcome Aboard!:

Miss Nicole
Miss Rebecca
Miss Toneisha
Miss Banassa
Miss Susan
Miss Lauren
Miss Renair
Miss Shavone

Staff Service Anniversaries that occurred in Q2:

1 Year

Miss JoAnn
Miss Heather
Miss Jessica
Miss Alicia Owens

2 Years

Miss Angela
Miss Noel

3 Years

Miss Alissa



Congratulations to Us!



We have been awarded 3 Best Practice Awards for 2006 in the following categories!

- Newsletter
- Parent Communication
- Display of Children's Original Artwork

Parent Referral Bonus

Don't forget about our Parent Referral Bonus! If you refer a child to our center, you will receive a FREE WEEK

after 90 days of their enrollment, full or part time, equivalent to that child's tuition rate.

Thank you to all who have already referred new clients!



Spotlight on Staff



Michelle Hamilton

Asst. Teacher Harp Seals II (2 Year Olds)

How long have you been working here?

It will be 3 years in November

Why did you choose early childhood education as your career?

I chose to work with children because I love children. They make me happy!

How many years have you been working in this career?

10 years

What is your favorite activity to do with the children?

Waterplay

What is your symbol and why did you choose it?

Red, white and blue Ice Pop, because I like to make and eat ice-pops with the children and I'm also patriotic.

What is your favorite children's book?

"The Very Hungry Caterpillar"

What is your favorite children's song?

"Boogie Wonderland" from the "Happy Feet" soundtrack.

Why did you choose to work with this age group?

I think they are the most fun.

What are the most challenging things for you during the day?

Diapering and Toilet Training.

What accomplishments are you most proud of in your classroom?

My biggest accomplishment that I am most proud of is Potty Training, because it begins to show me that the children are growing up.

What are some of the funny things that the children in your class have done/said?

When all the children in the classroom were singing to the R&B Naptime CD.

What do you like to do on your free time?

Go Fishing and eat with my family and friends.

Anything else interesting you would like to add?

I love my Kiddie Academy Families!

A reminder to all that we are closed on Monday, September 3rd in observance of Memorial Day



Parents! Please remember, we cannot administer any medication to your child, whether it be prescription or over the counter, unless it is accompanied by a Written Medication Consent Form. If you are going to your child's pediatrician, bring a blank copy of the form with you just in case you need it. The form is available at the front desk or on the Parent Resource Page of our website, www.kiddieacademyofgreenlawn.com. We absolutely want to give your child any medication they need, but we are bound by the state regs. Please ensure you do your part!