



Kiddie Academy of Greenlawn

Fourth Quarter 2005 Newsletter



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DIRECTORS CORNER

Preventing Holiday Burnout

If you are prone to experiencing holiday burnout, you can formulate an effective holiday stress management strategy, by considering the suggestions below:

Develop realistic expectations about the holidays. It is easy to expect too much of the holidays. When we have expectations which are not met (regardless if they are realistic or not), we may feel disappointed, upset or worse. This contributes to holiday stress. Keep expectations for the holiday season manageable by not trying to make the holidays "perfect". Think about what was stressful last year and how that could be different this year.

Do more of what you enjoy. Which parts of the holiday season do you want in your life? Which parts would you prefer to do without? Figure out what you want and plan for more of that part in your life.

Set boundaries and limits. Be realistic about what you actually have time for. Make a list and prioritize the most important activities. Always think before committing to any responsibility or social event. Learn to say "no" politely but firmly to keep your holiday time manageable.

Develop a holiday budget that is based on what you can afford. Remind yourself that it is possible for your family to have memorable holiday experiences without spending a great deal of money. Be sure to include all holiday spending in your budget, including big family dinners, wrapping paper, decorations, parties, etc. Stick to your budget.

Plan ahead for potential problems. Make a list of the problems that continually happen every year. Then, plan ahead how you are going to handle them. If your brother and brother-in-law have never gotten along and frequently argue at holiday gatherings, plan ahead how you will respond to the situation.

The holidays are a wonderful time of year, but can often be very stressful. Enjoy yourselves, be safe and remember to have fun!



Birthday Babies

Let's all wish our Birthday Babies a very Happy Birthday!



Sea Stars

- 11/03 Joseph B.
- 12/13 Lauren R.
- 12/16 Genevieve S.
- 12/27 Madison M.
- 11/11 Miss Maria
- 11/24 Miss Patty

Sea Horses

- 12/1 Miss Ashley

Clown Fish I

- 11/9 Tyler P.
- 11/13 Jazmynn C.
- 10/13 Miss Cathy

Manatees I

- 11/24 Alex L.
- 11/13 Miss Rebecca

Dolphins I

- 10/19 Luke P.
- 11/02 Terrel C.
- 12/21 Craig G.

Sharks

- 11/13 Alexandra S.
- 11/18 Julianne M.
- 11/22 Gary T.
- 11/26 Grace B.
- 11/27 Kyle S.
- 11/27 Ryan S.
- 12/07 Yasmin K.
- 12/30 Nicholas P.
- 12/25 Miss Noel

Curriculum Corner

In this quarter, our center is focusing on Harvest Time, Family & Feelings, Giving & Sharing and the Spirit of the Season. The children will be learning about how every family is different and the importance of giving and sharing, not only at all times, but especially around the holidays, when many families are in need of assistance.

Our Character Education topics for November and December are "Compassion" and "Generosity". While Character Education is part of the curriculum in all the classrooms, the Sharks will be setting up our Character Ed Space in the Reception area with some of their thoughts as to how we can be compassionate towards each other and how generosity comes in many different forms.

Individual classrooms will be planning special events around the holidays in November and December. Check with your child's teacher for dates and times for your child's class, as you may want to set the day aside to join us here at the center.



Parent/Teacher Conferences

Our Parent/Teacher Conferences are coming up in January. Each parent will have the opportunity to sit down with their child's teacher to review their child's portfolio and the progress that he/she has made in the classroom. Sign up sheets will be available in the Sign In/Out Book towards the end of December.

Parent Referral Bonus

We have changed the terms of our Parent Referral Bonus starting November 1, 2005, to include Part Time Children as well: Previously, the bonus was only for full time referrals and the FREE WEEK was based on your child's tuition rate. Now, 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. If anyone had referred a Part Time student since September 1st, 2005, we will go back and give you the referral bonus for that child. Please stop by to see Karen. Thank you to all who have already referred new clients!

Weather Related Closings

Any weather related closings will be broadcast on WBLI, WBAB and News 12. Additionally, we will also post it on our website. We do not anticipate closing the center unless conditions are severe.



Great American Smokeout

Every year on the third Thursday of November, smokers across the nation participate in the American Cancer Society's Great American Smokeout by smoking less or quitting for the day. The event challenges people to stop using tobacco and raises awareness of the many effective ways to quit for good.

In many communities, local volunteers support quitters, publicize the event, and press for laws that control tobacco use and discourage teenagers from starting.

Research shows that smokers are most successful in kicking the habit when they have some means of support, such as nicotine replacement products, counseling, prescription medicine to lessen cravings, guide books and the encouragement of friends and family members.

Despite that, only about one in seven current smokers reports having tried any of the recommended therapies during their last quit attempt.

Telephone quitlines are a convenient new resource, available for free in many states. Call 1-800-ACS-2345 to find a quitline or other science-based support in your area.

Holiday Closings

Please don't forget that Kiddie Academy of Greenlawn will be closed on Thursday, Thanksgiving Day, Monday, December 26th in observance of Christmas Day and Monday, January 2nd in observance of New Years Day.



Toys for Tots Annual Toy Drive

Kiddie Academy is sponsoring a holiday toy drive for children within our community. If you would like to donate to this worthy cause, we are collecting new, unwrapped toys or books at our center. The toy drive will begin in early December. Toys or books can be dropped in the Toys for Tots box near the reception area.



Special Announcements

Congratulations to:

Miss Alicia, who had a baby boy in August. His name is Savion and he is a new member in our Sea Stars Classroom.

Miss Karen on her wedding in September!

Miss Alissa, who had a baby boy in October. His name is Dominic and he will be joining us in the Sea Stars Classroom shortly.

Miss Patty on her engagement in October!

Parents and staff, we would love to post family news in our newsletter, such as arrivals of new babies, weddings, etc. If you have some news you would like included in our next issue, please give all the particulars to Karen, in writing and we will include it!

Things To Do around the Holidays

Nov 11 - Dec 4, Fri 7-10pm, Sat/Sun 1-4pm
West Island Model Railroad Open House
Long Island's biggest Model Railroad is open to the public in Farmingdale. Big train RR sights and sounds. (516) 293-0994

Nov 13 & Nov 20, 7-9pm: Pet Photos with Santa at Smith Haven Mall (631) 724-8066

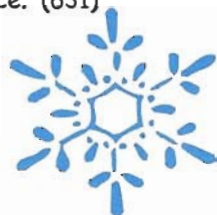
Nov 13 & Nov 14, 7-9pm: Pet Photos with Santa at Walt Whitman Mall (631) 271-1746

Santa welcomes his furry friends at the Smith Haven Mall for an individual photo opportunity. Pet owners can bring their well-behaved, leashed pals for some holiday cheer and barking good fun at the Santa set.

Nov 19 & Nov 26, 3pm

The Nutcracker Act II

Ballet Long Island in Ronkonkoma presents a fun filled journey to the Land of Sweets. See professional dancers in this beautiful performance. (631) 737-1964



TTD, Cont.

Nov 18 - Dec 18, Fri/Sat/Sun 5-9pm
Dec 19-1/1, every night except 12/24 & 12/25
The Bronx Zoo's Holiday Lights

Live demonstrations at Tiger Mountain, The Land of Narnia Butterfly Garden, Ice Carving Demos, Storytelling at the Children's Zoo, Carolers at Dancing Crane Café, along with special weekend themes. Check their website for more information. www.wcs.org, click on Bronx Zoo.

Nov 19 - Jan 2, Sun-Thurs dusk-9:30pm, Sat & Sun dusk-10:30pm, closed 11/22& 11/29

Holiday Light Spectacular at Jones Beach

Over 1 million lights and over 100 displays along the 2 mile drive. This year features an International Peace theme. (516) 221-1000

Nov 25, 7pm

Northport Christmas Tree Lighting in the Village Park, Carolers, Visit from Santa on Fire Truck.

Dec 3 - Dec 30, 11am

Barneby Saves Christmas at Theatre Three in Port Jefferson

Barneby the elf learns the true meaning of the season in Theatre Three's holiday musical. (631) 928-9100

Dec 21, 3pm

Community Chanukah Celebration, Chabad House of Coram
Jugglers, Arts & Crafts, Great Food, Dreidels, Olive Oil Factory

Dec 23, 7pm

Public Menorah Lighting at Holtsville Ecology Site
Chanukah gelt and dreidels for everyone

Local Ice Skating Rinks:

Dix Hills Ice Rink, 575 Vanderbilt Pkwy, Dix Hills, NY 11746
(631) 462-5883

Superior Ice Rink, 270 Indian Head Road, Kings Park, NY 11754
(631) 269-3900

Pick your Own Christmas Tree

Call the individual farms for hours of operation, types of trees, pricing and directions.

Bating Hollow Nurseries, Calverton, (631) 929-6439

Dart's Christmas Tree Farm, Southold, (631) 765-4148

North Fork Preserve Christmas Tree Farm, Aquebogue, (631) 369-9592

Santa's Christmas Tree Farm, Cutchogue, (631) 734-7627

Tilden Lane Farm, Greenlawn, (631) 261-0082

