Congratulate Graduates, Welcome to New families

We would like to congratulate our graduating families this summer. The path you have taken has not been easy. You ability to balance family life and school is a testament to your ability to handle anything that comes your way in the next leg of your journey. We wish you all the best and hope that you will keep in touch with us. Letting us know your progress.

Welcome to our new families! We are pleased that you have chosen our program and are allowing us to be a small part of your adventure in parenthood and higher education. We would like to extend an open door to you should you need any support or assistance along the way.

CCAMPIS Grant funds extends to help student parents at the Children’s Center

Caring and paying while being a student can add another layer to an already stressful situation. The Federal Government in recent years has begun to focus more closely on quality childcare for parents and specifically parents that are students at higher education institutions. Through the Childcare Access Means Parents in Schools (CCAMPIS) grant, in the US Department of Education, this grant seeks to provide assistance for Pell eligible/receiving and military connected student parents, low income graduate and low income international students.

The FSU Childcare and Early Learning Program received the CCAMPIS grant in 2014 for the Infant and Toddler Center. The grant was renewed for the second year in 2015. We are excited to announce that our grantor, through the Childcare Access Means Parents in Schools (CCAMPIS) grant, has approved the use of funds for eligible student parents at the Children’s Center.

CONTINUED ON PAGE 11

Strengthening relationships and care through continuity at Children’s Center

One of the hallmarks of the FSU Childcare & Early Learning Program, is our never-ending desire to provide the highest quality of care and education for your children. As a means to guide and support our pursuit of excellence, the Program designed a dynamic Strategic Plan. Our Strategic Plan establishes goals for us to work towards in order to continuously improve. One of the goals outlined in our Strategic Plan is to improve our continuity of care plan for our children and families. Continuity of care means that children and their primary teacher remain together for more than one year, ideally for the first four years of the child’s life. We know that the most effective conduit for children’s learning is the relationships they form.

CONTINUED ON PAGE 11

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BUILDING A HEALTHY BRAIN, PAGE 11

MENUS ARE ONLINE
http://childcare.fsu.edu/For-Parents

ONLINE COMMENTS/ SUGGESTIONS BOX
https://fsu.qualtrics.com/jfe/form/SV_8A44fzs9taRgnnn
Tuition and Program Fees

<table>
<thead>
<tr>
<th>Program fees</th>
<th>Charged at Enrollment &amp; every September</th>
<th>$20</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Registration Fee</td>
<td></td>
<td>$20</td>
</tr>
<tr>
<td>Late Tuition Fee</td>
<td>Tuition paid after the 10th of the month</td>
<td>$10</td>
</tr>
<tr>
<td>Returned Check Fee/Insufficient Funds</td>
<td>Any portion of first 5 minutes after 5:30 PM</td>
<td>$5.00</td>
</tr>
<tr>
<td>Late Pick-up Fee</td>
<td>Per minute after 5:35 PM</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

Tuition rates will be charged for 12 months instead of 11 months beginning September 1, 2016

Tuition Rates

**Infant and Toddler Center**

<table>
<thead>
<tr>
<th></th>
<th>Effective September 1, 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alumni/Community</td>
<td>$764</td>
</tr>
<tr>
<td>Faculty &amp; Staff</td>
<td>$700</td>
</tr>
<tr>
<td>FSU Student</td>
<td>$626</td>
</tr>
<tr>
<td>Military Connected student family</td>
<td>$564</td>
</tr>
<tr>
<td>Pell recipient/eligible student</td>
<td>$501</td>
</tr>
</tbody>
</table>

**Children’s Center**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Alumni/Community</td>
<td>$811</td>
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<tr>
<td>Faculty &amp; Staff</td>
<td>$602</td>
</tr>
<tr>
<td>FSU Student</td>
<td>$505</td>
</tr>
</tbody>
</table>

**VPK**

No longer offered

The NAEYC for Families website at [http://families.naeyc.org/](http://families.naeyc.org/) offers a wealth of information and resources for parents of young children. *Families Today* features articles from Dr. T. Berry Brazelton and Dr. Joshua Sparrow. Dr. Brazelton, renowned pediatrician and behaviorist and child development expert, and Dr. Sparrow, child psychiatrist, offer parents reassuring information and tips on the developing child.

**CONTACT US!**

Monday-Friday 7:30 AM-5:30PM

Associate Director, Tiffany Karnisky
850-644-5664
tkarnisky@admin.fsu.edu

Program Associate, Brenda Thompkins
Grants Analyst, Bill Stacey
Little Noles editor, TBA
Telephone: 644-7970
157-01 Herlong Drive
Tallahassee, FL 32310-4174

**Infant and Toddler Center**

DCF License #C02LE0260
Monday-Friday 7:30 AM-5:30PM
Center Director, Dana O’Connor
Telephone: 644-0003
330 Pennell Circle #1
Tallahassee, FL 32310

**Children’s Center**

DCF License #C02LE0519
Monday-Friday 7:30AM-5:30PM
Center Director, Beth Roberts
Telephone: 645-9576
169 Herlong Drive
Tallahassee, FL 32310

Withdrawal Notices

A thirty day written notice must be given to avoid incurring tuition fees past the date you plan to have your child participate. The notice must be submitted online or by paper form. Online forms are considered valid and binding once submitted. Paper forms must be signed and time/date stamped by a program staff member to be valid. Other notifications such as verbal communication with a staff member will not be considered valid notices. Once a withdrawal form has been submitted, changes to an earlier date will not be accepted. Failure to give the required 30 day notice will result in monetary charges for a full month’s tuition irrespective of whether the child attends or not.
**WHAT’S NEW?**

- **NEW TUITION RATES ARE EFFECTIVE SEPTEMBER 1, 2016**

- Requesting a semester off-Requests to take a semester off should be submitted in writing prior to taking the semester off.

- **CIES Students**—CIES students may receive student rates for two semesters. Requests for additional semesters are decided on a case by case basis.

- **Special student Rate**—FSU employees enrolled as special students or as a student using the university tuition waiver will receive the Faculty/Staff rate. Parents who are enrolled as special students may request, in writing, to receive the student rate. The program will consider requests on a case by case basis.

- **Grace Period**—Students that have graduated and want their child to remain in the program must request in writing to be eligible for the one semester grace period at the student rate. Community rates will be automatically assessed once the parent is no longer affiliated with the Florida State University.

**REMINDERS**

**Be prepared**
We need a change of clothes for each child. Make sure your child’s extra set of clothes is appropriate for the weather.

**Parent Column**
Contact directors if you wish to submit a column for the Lil Noles Newsletter. Submissions due a month in advance.

**Requests for posting tuition early**
If you have a special circumstance that requires your tuition to be posted prior to the 1st of each month please email your request including when you need the tuition posted and the reason for early posting.

**Tuition Rates.**
Tuition rates are assessed according to parent status. Non-refundable registration fee $10 upon enrollment and each Sept. 1, thereafter. Tuition is calculated on 44 weeks of care divided over 12 months. Tuition is due on the first day of the month; late by the 10th day.

**School Readiness Subsidies.**
Parents will be responsible for paying the full amount of tuition at the stated rate above before the 10th of each month. Any subsidies from the School Readiness Program will be applied as a credit to your account when it is received from the agency. School Readiness Program provides tuition assistance to eligible families who are working and/or attending school for a minimum of 20 hours per week.

**Semester Calendar**
*The program follows the University calendar and is closed when the university is closed.*

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<th>Semester</th>
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<td>8/29-12/16</td>
<td>9/5</td>
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<td>11/23-11/25</td>
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<td>12/17-12/31</td>
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<tr>
<td>Spring 2017</td>
<td>1/9-5/5</td>
<td>1/1-1/8</td>
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<td>Summer 2017</td>
<td>5/15-8/4</td>
<td>5/6-5/14</td>
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<td>5/29</td>
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<td>7/4</td>
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This month is unique as it is the end of one semester and the beginning of a new one. As we end this semester we will be working on our favorite things from our summer themes. The children have finger painted “cotton candy” with shaving cream and glue, they have made construction paper popsicles, finger painted fish, colored mermaids and have had a blast celebrating the end of summer during their last splash days! This summer has flown by so fast and we are sad to see them end. We would like to wish our families that are moving away good luck and send us pictures from time to time! I would like to thank all of our Families for another great semester!!! I would also like to thank my Teachers; you are what make this center a wonderful place and you help the children grow and learn everyday! Thank You.

After our little summer break, we will come back and start the semester off with Welcome Back and Getting To Know You. We will make picture name tags for the back of our chairs and handprints and footprints for the wall. We will pick out our favorite colors to paint with and play the name game to learn all of our new friends names. We will sing some of our favorite songs like the “Shirt Song” and we will read some books like My Many Colored Days, by Dr. Seuss. We look forward to another great semester and welcoming our new friends. We hope everyone has a wonderful break, enjoy!

Make sure your child has an appropriate change of clothes in his/her cubby for the warmer weather. Thank you.
Here are some survival tips to help make dining out with your infant or toddler an enjoyable experience for everyone. The first tip is to "Childproof Your Table." When your child gets to the age where he or she is reaching for objects, be aware of the items on the table that are sharp or can easily spill. To be safe, remove forks, knives creamer and other things that are accidents waiting to happen until you need them. This will keep idle hands from using these items as playthings. Although parents can't be mind readers, many arguments and mishaps are foreseeable and can be avoided.

The second tip is to come prepared. Once you arrive at the restaurant, you will want to keep your child happy at the table for as long as possible. This can be a challenge with children of all ages, be sure to bring small, assorted toys and books that will help pass the time. It is even a good idea to have a "restaurant bag" with special toys that your child only gets to play with out at a restaurant. This will help your child not get bored with the toys and as your child gets older they will begin to look forward to playing with the special toys when they go out to eat. Remember that these toys will undoubtedly end up on the floor, so it is best to pack things that can be easily washed and won't be terribly missed if lost.

The third and final tip is to know your child's schedule. An enjoyable dining experience will very much depend on how cooperative your child is during the outing. In order to ensure that there is more dining than whining, you should always consider your child's disposition first. No matter what your child's temperament, always try to venture out when your child is well rested. Whenever possible, avoid going out just before your baby is due for a nap. An overtired child will have a hard time enjoying the outing no matter what his or her age is.

The month of July was very exciting and full of adventure at the FSU Children’s Center as we traveled around the world and visited places such as, Africa, Australia, Antarctica, and Europe! We also explored our heritage and created art projects from Turkey, Korea, China, and the United States to represent our diversity.

The month of August will be unique as we will be saying goodbye to summer semester and hello to fall semester after a short break. We will explore two themes in August, the Olympic Games and Back to School. During the first week of August we will be reviewing the countries we have visited by connecting them with the Summer Olympic Games. The children will participate in the FSU Children’s Center Olympic Games! They will participate in events such as, an Olympic Ring Toss, Long Jump, Torch Run, Opening and Closing Ceremonies carrying their home countries’ flags. Some of the books we will be reading during this theme are *Way to Go, Alex!* by Robin Pulver, *The First Olympic Games* retold by Jean Richards, *Dukes Olympic feet* by Ellie Crowe and *Koala Lou* by Mem Fox. In the Art Center the children will create torches for our Olympic Torch Run, award medallions, and craft their home countries’ flag. The 5 Olympic rings will provide a fun way to reinforce their color knowledge. During Center Time the children will use the globe to locate the Olympic Games host country as well as the other participating countries. At the end of the week we will say goodbye and shed some tears as many of our children will begin their next learning adventure in Kindergarten. We will miss them and their families greatly.

Congratulations to our graduating parents! Best wishes as you begin the next chapter of your journey. Please come back to visit!

As fall semester begins the week of August 29th, we will welcome the children and introduce them to the Center, new friends, staff, and daily routines. To support and encourage them during this transition we will read books such as *The Kissing Hand* by Audrey Penn, *It’s Your First Day of School, Annie Claire* by Margie Moore, and *All by Myself* by Mercer Maye. In the Art Center the children will craft backpacks, school buses, and much more as they discover the wonders of school. For our new children and families a special *Welcome to the FSU Children’s Center* family. We are excited that you are joining us and we look forward to getting to know you. Enjoy your summer break!
What’s the single most important thing you can do during pregnancy? What does watching TV do to a child’s brain? What’s the best way to handle temper tantrums? Scientists know.

In his New York Times bestseller Brain Rules, Dr. John Medina showed us how our brains really work—and why we ought to redesign our workplaces and schools. Now, in Brain Rules for Baby, he shares what the latest science says about how to raise smart and happy children from zero to 5. This book is destined to revolutionize parenting. Just one of the surprises: The best way to get your children into the college of their choice? Teach them impulse control.

Brain Rules for Baby bridges the gap between what scientists know and what parents practice. Through fascinating and funny stories, Medina, a developmental molecular biologist and dad, unravels how a child’s brain develops—and what you can do to optimize it.

www.amazon.com
Interactions and Nutrition are building blocks of a healthy brain

New App seeks to improve parents’ skills as “Brain Builders”
A recent article by Katharine Stevens, in the US News discusses how important interactions are in forming infants’ brains. Many experts in child development have emphasized that the first five years of a child’s life sets the stage for their future success. More recently studies indicate that this process is starting early that we think.

A survey conducted in June 2016, by the Zero to Three and the Bezos Family Foundation, assessed the differences in between parents knowledge about child development and the reality. The study assessed many child development facts such as “quality of care has a long-term impact on a child's development starting at birth,” “Reading aloud to a child builds future language skills starting at 6 months,” “Talking to a child supports growing language skills starting at birth,” “Children are affected by parents' moods and can sense if they’re angry or sad starting at around 3 months of age.” On average about half of the parents surveyed believed that the ages that children were affected or when an interaction became important were much older that what research is telling us. However, the parents surveyed expressed their love of being a parent and interest in becoming more educated on the subject.

A project funded by Bezos Family Foundation and in partnership with communities, national organizations like Child Care Aware, Nurse Family Partnership and Save the Children, developed a phone app called “Daily Vroom” (http://www.joinvroom.org/) which provides parents with tips to improve their skills in building their interactions and thus their social and brain development. The app offers thousands of “Tip Cards” as well as videos and other digital materials to parents. The goal of Daily Vroom is to empower parents to be their child’s teacher and asset.

Source: http://www.usnews.com/opinion/articles/2016-07-14/babies-brains-are-shaped-by-interaction-at-earlier-age-than-parents-assume

Essential nutrition for a healthy brain

Sugar essential to fuel your child’s brain. The right type, amount and time is important to balance the blood sugar in your child’s body. Too much = hyperactivity and difficulty concentrating. Too little= tiredness, irritability and difficulty concentrating. Feeding your child slow releasing sugars such as oats, whole wheat pasta and vegetables will help balance their blood sugar.

Feeding your child 3 meals and two snacks each day will help balance the see-saw effect of blood sugar. Carbohydrates contain sugars but combining them with a protein slows the absorption of the sugar. Food combos include cereal with seeds, yogurt or milk; toast with eggs, fruit with seeds or yogurt.

A child’s brain also needs fat to develop but choosing the right fats is just as important as choosing the right sugars. Three portions of fish, seeds and nuts a day will ensure that your child is getting a healthy level for their brain development.

Vitamins have been shown to improve IQ. Eating whole foods, fruits and vegetables (5 portions a day) will help to build and rebuild the brain.

Continued from front page
An intentional continuity of care plan helps maintain and deepen these relationships providing the children with the best environment in which to grow and learn.

As a Program we have decided to begin this fall semester making the necessary changes to our continuity of care plan at the Children’s Center. The current Peach Room children and staff will move together to the Green Room at the beginning of fall semester. The current Green Room staff will move to the Peach Room and begin building relationships with our new cohort of children. Next fall (2017) the Peach Room children and staff will move to the Green Room to complete their second year together. We are very excited about the opportunity to build longer and richer relationships with our children and families.

We are also very excited about the opportunity our staff will have to be crossed trained, enabling them to work with all the children in our Program and not just a specific age group. We know implementing change always brings some unforeseen hitches, concerns and questions. We urge you to speak to your child’s Center Director or Tiffany Karnisky regarding your concerns, questions, ideas, etc. We are all on this journey towards higher quality care and education together – children, families, and staff. The future of our Program is bright and exciting. We are so thrilled that each of you are a part of our adventure.

Continued from front page
Center the remainder of 2015-2016 grant year. This means that we are able to assist 18 students with the payment of their childcare tuition for 2015-2016 year in the amount of $45,379.94.

Eligible parents, per the grant and our agreement with the grantor, are:
- Florida State University student parents enrolled as a student from 10/1/15-6/30/16
- Have at least one child enrolled at the Children’s Center as of June 23, 2016
- And who meet one of the following criteria:
  - Eligible to receive or receiving the Federal Pell Grant
  - Military connected student parent
  - Enrolled as a graduate student or first professional course of study
  - Student in the US for a temporary purpose

Our goal is support student families so that they can meet their educational goals. We are continuously looking for ways to improve the services and support we provide to student families including following best practices while caring for their children and looking for new funding opportunities to help them defer their childcare cost. We hope that this news helps relieve a small part of the stress of being a parent and a student.

The above image shows the origin and tracks for August during the hurricane season, however hurricanes can originate in different locations and travel much different paths. http://www.nhc.noaa.gov/climo/
# Be Kind to Humankind

*Be Kind to Humankind* week is a week long celebration (August 25-31) of practicing acts of kindness and compassion towards humans. The event was started in 1988 Lorraine Jara after reading an article in the newspaper about a boating accident. Jara’s purpose for the week is to people all over the world to create a better place through positive attitudes, acts of kindness and comfort and enrichment. For more information on ways to participate, go to [http://blog.bk2hk.org/](http://blog.bk2hk.org/)

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Show them that you care</td>
<td>Drive Courteously</td>
<td>Spread kindness, one heart at a time</td>
<td>Offer a helping hand</td>
<td>Treat others well</td>
<td>Come together</td>
<td>Say something nice</td>
</tr>
<tr>
<td>Sacrifice Our Wants For Others Needs Sunday</td>
<td>Motorist Consideration Monday</td>
<td>Touch-A-Heart Tuesday</td>
<td>Willing-To-Lend-A-Hand Wednesday</td>
<td>Thoughtful Thursday</td>
<td>Forgive Your Foe Friday</td>
<td>Speak Kind Words Saturday</td>
</tr>
<tr>
<td>- Pick up groceries for someone who can’t go to the store themselves</td>
<td>- Be alert to stopping (not trying to pass) a school bus.</td>
<td>- Offer to baby sit for friends/ family one night so they can go out on a “date”.</td>
<td>- Offer to keep an eye on a neighbor’s home while they are away</td>
<td>- Cook your family a favorite meal</td>
<td>- Forgive a family member/friend</td>
<td>- Teach children to speak kindly towards others by example</td>
</tr>
<tr>
<td>- Have a family member over for dinner especially those who don’t get out often</td>
<td>- Don’t drive aggressively by tailgating and bullying people on the road.</td>
<td>- Tell those that you love, “I love you”.</td>
<td>- Ask a neighbor if they’d like you to water their out door flowers and foliage while they are away</td>
<td>- Hold doors for people behind you</td>
<td>- Learn to forgive and don’t hold a grudge.</td>
<td>- Be aware of not only what you say but how you say it.</td>
</tr>
<tr>
<td>- Visit an elderly relative in a nursing home</td>
<td>- Don’t carry over your personal anger into “road rage”.</td>
<td>- Show your care and interest in a person who’s pouring out their guts to you.</td>
<td>- Once in awhile offer to clean a friend/family members home if they cannot do it themselves</td>
<td>- Give up your seat on a bus/train to a person who could use it more</td>
<td>- Be the first to make the move towards reconciliation.</td>
<td>- A kind word is never wasted.</td>
</tr>
<tr>
<td>- Take your elderly family member out on a day trip</td>
<td>- No drinking and driving.</td>
<td>- Be a good listener. Don’t jump to offer advice--just listen.</td>
<td>- Offer to pick up groceries for a home-bound person.</td>
<td>- Allow a person with fewer groceries than yourself to cut in front of you on line</td>
<td>- Put yourself in the offenders shoes.</td>
<td>- Bite your tongue before you allow an unkind comment to flow out</td>
</tr>
<tr>
<td>- Spend the afternoon with your children doing something fun together</td>
<td>- Allow a fellow motorist to come out in front of you in a line of heavy traffic.</td>
<td>- Be a good listener. Don’t jump to offer advice--just listen.</td>
<td>- Volunteer for community projects.</td>
<td>- Please do not forget to say “Please, Thank You, Excuse me”,</td>
<td>- Try to practicing kind forgiving thoughts rather than hateful angry thoughts</td>
<td>- Try not to curse and use foul language</td>
</tr>
<tr>
<td>- Mow a needy neighbor’s lawn</td>
<td>- Always yield to pedestrians.</td>
<td>- Make a pot of homemade chicken soup for someone who is too sick to cook.</td>
<td>- Offer to give somebody a ride to work etc. If they have a car being repaired and haven’t any transportation.</td>
<td>- Cut out savings coupons for all and any baby items as many struggling young parents will appreciate them. Leave them in eyesight on the shelves in the grocery stores diaper section</td>
<td>- Forgiving other’s and/ or yourself is very difficult to do. It can eventually be done. Always remember this as to avoid becoming too discouraged during the forgiveness process</td>
<td>- If you haven’t got anything good to say about someone, don’t say anything at all.</td>
</tr>
<tr>
<td>- Instead of spending your money on something you don’t necessarily need, donate it</td>
<td>- Don’t Speed. Highways are not race-ways!</td>
<td>- Don’t hesitate to offer a compliment.</td>
<td>- Offer to give somebody a ride to work etc. If they have a car being repaired and haven’t any transportation.</td>
<td>- Be aware of not only what you say but how you say it.</td>
<td>- A kind word is never wasted.</td>
<td>- Bite your tongue before you allow an unkind comment to flow out</td>
</tr>
<tr>
<td>-</td>
<td>- Be cautious of emergency vehicles.</td>
<td>- Give a call to an elderly relative to just say “Hi”.</td>
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<td>- Always use child safety seats for any child being driven in your car.</td>
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**Friday, August 5**  
7:00 PM - 10:00 PM  
FINAL Sundown Concert of the Summer at Cascades Park!

In addition to the free concert and the local food and craft vendors, Fun4TallyKids is offering a great Kids' Zone! Located right next to Imagination Fountain, you will find a Bounce House, games, activities, crafts, giveaways, and more!! BJ's Party House will be in full swing with their clowns, face painting, balloon art, trolley, and more!

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**Birdsong Nature Center**  
Saturday, August 13 at 9:30 AM - 11:30 AM  
2106 Meridian Road  
Thomasville, GA 31792

Celebrate summer at Birdsong with your favorite child or children. Leader Sandra Sallee and Executive Director Kathleen Brady will take our group on a scavenger hunt and see what Mother Nature has to offer! We want to give you and your youngsters an opportunity to really practice your nature observation skills – as a team! We will provide bags for collecting your treasures.

Be prepared to walk off the beaten path; closed-toed shoes and long pants are a good idea. We will go collecting and come back to the Barn to sort our loot and show it to our new friends. Bring water, sun protection, and lunch if you want to stay and picnic afterward. Enjoy learning something new and have a special experience with your child in the great outdoors.

RESERVATIONS, PLEASE, so we know how many to prepare for.

$3 Friends, $5 nonmembers, children half-price. Includes a handout and resource list for year-round outdoor activities with children.
http://www.birdsongnaturecenter.org/home.html

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**2nd Saturdays at The Sharing Tree**  
Saturday, August 13  
10:00 am - 2:00 pm  
213 East 3rd Ave, Tallahassee, Florida 32303

$2-$5 donation suggested

Open to all ages: We will have a scrap sampler project set up in the workshop. Stay for 5 minutes or 4 hours...either way, this will be a different project every month featuring awesome creative reuse material. thesharingtreefl.org

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**Challenger Learning Center**  
Third Saturday Kids' Free Day  
Saturday, August 20  
10:30 am - 12:00 pm  
Challenger Learning Center 200 South Duval Street Tallahassee, FL 32301  
Cost: free

Kids Free Day every third Saturday of the month. At 11:00 am, a free movie is offered for children 12 and under, accompanied by an adult. Be sure to visit the website for special activities and themes each month. www.challengertlh.com
### August 2016

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
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<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
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- **January 2016**
- **February 2016**
- **March 2016**
- **April 2016**
- **May 2016**
- **June 2016**
- **July 2016**
- **August 2016**
- **September 2016**
- **October 2016**
- **November 2016**
- **December 2016**