The newsletter of the Florida State University’s Childcare & Early Learning Programs

January 2017

Surviving Post-Holidays Back-to-Child Care

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The Benefits of Eating Together

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A healthy kick start to the New Year
The NAEYC for Families website at 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.
Hours of Operation
Monday-Friday
7:30 AM-5:30 PM

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Embed: http://childcare.fsu.edu/For-Parents
Embed: https://fsu.qualtrics.com/jfe/form/SV_8A44fs9taRgnnn

The Little Noles is a monthly publication of The FSU Child Development Programs, 157-01 Herlong Drive, University Housing, Florida State University, Tallahassee, FL 32310-4174, (850) 644-7970.

The information contained herein is considered adequate notification of activities, tuition notification and policies and procedures. The Little Noles is also available in alternative formats upon request. Material submitted for publication must be typewritten and submitted by the 15th of each month. The Little Noles is distributed to the parents of The FSU Child Development Programs, selected university administrators, staff, and support personnel.
Welcome back!

It is always exciting to see new and familiar faces at the start of a semester. Some of our families have transitioned from the Infant and Toddler Center to the Children’s Center or to a new classroom and are making new friends.

We would like to send a special welcome out to our new families. We are so glad to have you as a part of our program and look forward to helping you as you move through your university experience. If you have any concerns or questions, please let us know as we are here to help you and your child have the best experience possible while at FSU.

End of Year Tax Letters for Childcare Tuition

Our financial department is preparing your End of Year Tax Letters for childcare tuition that you have paid during the 2016 year. Letters will be sent to the email address you have on file and will be addressed to the parent whose account is being charged for tuition. If you require a second letter, please let us know in writing so that we can send a duplicate.

Life Cubby

As a reminder, our program has launched a powerful, new digital documentation system called LifeCubby! This system allows us to go paperless with daily reports, portfolios (including photos and videos), communications and assessments. We will move away from the paper daily sheets that you are used to getting in your child’s cubby.

There is a FREE family app in both Google Play and iTunes. LifeCubby features include: Review Daily Sheets, Observations, etc, Check-in from your own device, Post own photos/video, Cubby Pals! You should have received an email with a link and instructions to create your account. If not, please let your center director know and we will resend it to you.

New Building

We are very excited to announce that the University has begun moving forward on the design of Phase 1 of the new childcare program building. Phase 1 will focus on the Infant and Toddlers. The building design is complete and we are preparing for construction. The new building will feature an infant suite and allow us to care for more infants and toddlers in the program. There will also be a lactation suite for nursing mothers. The classrooms will be a bit larger and are design with the highest quality for education.

Phase 2, which is in the planning phase now, will focus on our older children. We are very excited and appreciative of the University and University Housing to be able to expand out program in order to serve more families at FSU.

Tuition, Scholarships & Awards

Tuition is generally posted mid-month before it is due on the first of the upcoming month. If you have scholarships or awards that will be disbursed, AND you do not want childcare tuition to be paid from these sources, you will need to pay your childcare fees before your scholarship or award is disbursed.

Wishing you all a happy and successful 2017!

Sincerely,
Tiffany Karnisky
Associate Director
**REMINDERS**

Parent Column  
Contact directors if you wish to submit a column for the newsletter. Submissions due a month in advance on the 15th.

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 $20 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 for the upcoming month 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.

***Make sure your child has an appropriate change of clothes in his/her cubby for the cooler weather. Thank you.***

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**Child Safety Seat Inspection/Installation**

The Tallahassee Police Department's Traffic Unit has certified officers and civilians within the Department as Child Safety Seat Technicians. Each Wednesday at 10am, the Traffic Unit offers courtesy child safety seat checks by appointment. The Traffic Unit also conducts large-scale child safety seat checkpoints at different locations in the city several times throughout the year.

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**ENGINEERING DAY**  
*(Technical Career Fair)*

January 24, 2017 | 9 a.m. - 3 p.m.

**SEMINOLE FUTURES**  
*(All Majors Career Fair)*

January 26, 2017 | 9 a.m. - 12 p.m. & 1 - 4 p.m.
**book review**

**Chelsea's Chinese New Year**

Chelsea's family is celebrating Chinese New Year! Chelsea gets to stay up late. She watches fireworks and a parade with a dragon! She and her family have a big feast. Find out the different ways people celebrate this special day!

www.amazon.com

**Martin's Big Words: The Life of Dr. Martin Luther King, Jr.**

From Booklist

*Starred Review* Ages 4-9.

"Remember if I am stopped, this movement will not be stopped, because God is with this movement." Weaving in Dr. King's own "big words," this inspiring picture-book biography celebrates the great leader as preacher and politician. Rapaport's spare narrative captures the essentials of the man, the movement he led, and his policy of nonviolence. Only in the case of Rosa Parks is the glimpse too simplistic, presenting her as an individual who refused to give up her seat on the bus, rather than as the political activist she was. Collier's collage art is glorious. Combining cut-paper, photographs, and watercolor he expresses his own Christian faith and King's power "to make many different things one." Stained glass windows are the dominant images, not only in the many church scenes, but also in the play of shape, light, and color in the realistic views of the city. With powerful art and pulsing words ("He walked with them and talked with them and sang with them and prayed with them"), this is a fine book to share and read aloud many times. Hazel Rochman

www.amazon.com

**How to Raise a Healthy, Happy Eater**

Pediatrician Nimali Fernando and feeding therapist Melanie Potock (aka Dr. Yum and Coach Mel) know the importance of giving your child the right start on his or her food journey—for good health, motor skills, and even cognitive and emotional development. In Raising a Healthy, Happy Eater they explain how to expand your family’s food horizons, avoid the picky eater trap, identify special feeding needs, and put joy back into mealtimes, with:

- Advice tailored to every stage from newborn through school-age
- Real-life stories of parents and kids they have helped
- Wisdom from cultures across the globe on how to feed kids
- Helpful insights on the sensory system, difficult mealtime behaviors, and everything from baby-led weaning to sippy cups
- And seven “passport stamps” for good parenting: joyful, compassionate, brave, patient, consistent, proactive, and mindful.

Raising a Healthy, Happy Eater shows the way to lead your baby, toddler, or young child on the path to adventurous eating. Grab your passport and go! A National Parenting Product Award (NAPPA) Winner

“Pediatrician Nimali Fernando and feeding therapist Melanie Potock take compassion and camaraderie to arm parents with knowledge and techniques” — *Journal of Nutrition Education and Behavior*  www.amazon.com
Ms. Emily’s Classroom

Happy New Year!!

I hope you and your family enjoyed the winter break and are looking forward to starting another great semester!

The infant classroom was busy during the month of December learning about the Winter Holidays. We enjoyed reading books about Kwanzaa, Chanukah, and Christmas. We made a snowman out of their footprint, a Christmas tree out of their handprint, and a Reindeer. The children also enjoyed the activities of singing holiday songs, dancing to music, playing with jumbo beach balls, and coming to school in their pajamas! Some of the books we read were Snappy Little Christmas by Dugald Steer, How Do Dinosaurs Say Happy Chanukah by Jane Yolen, Llama Llama Jingle Bells by Anna Dewdney, and My First Kwanzaa by Karen Katz.

In the month of January, our themes will be winter weather, winter animals, and winter activities. Some of our art projects will include snowmen, penguins, and snowflakes. We will also focus on the color white this month during our playtime and art time. If it snowed in Tallahassee during the winter we could incorporate learning our color this month into the weather outside, but sadly it does not. Some of the books we will read this month are The Itsy Bitsy Snowman by Jeffrey Burton, Ten on the Sled by Kim Nor-

Ms. Taylor’s Classroom

Welcome back! We hope everyone enjoyed their winter break!

During the month of December, our themes were the winter holidays of Christmas, Kwanzaa, and Chanukah. Our favorite art projects included handprint menorahs, holiday trees, kinaras, and holiday wreathes. As a special gift to our parents our class made personalized reindeer with a picture of each child and a red shiny nose. The children also enjoyed the activities of singing holiday songs, dancing to music, playing with jumbo beach balls, and coming to school in their pajamas! Some of the books we read were Snappy Little Christmas by Dugald Steer, How Do Dinosaurs Say Happy Chanukah by Jane Yolen, Llama Llama Jingle Bells by Anna Dewdney, and My First Kwanzaa by Karen Katz.

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their cubby and appropriate outerwear to wear while on the playground.

Ms. Sue’s Classroom

Happy New Years and welcome back!!

I hope everyone had a great holiday and a wonderful break. In the month of December, we made handprint reindeer, Christmas trees and gingerbread houses. We had so much fun on our last day of the semester, we all wore our pajamas and had a holiday party.

January, brings new friends and faces. We will start off the new semester meeting new kids and getting adjusted to being back in the school routine. Some of the things we will learn about in January will be winter animals, winter weather and the color white. We will make mittens, snowflakes, snowmen and bears. In our sensory table we will play with ice, cotton balls and white shaving cream.

Some of the books we will be reading are Bear Snores On By Karma Wilson and Jane Chapman and One Winter’s Day By M.Christina Butler and Tina Macnaughton. We will sing The Snow is falling down and Frosty the Snowman.

Please don’t forget to check your child’s cubbie to make sure they have appropriate weather clothes and a jacket. We go outside twice a day so please make sure to send a jacket in with your child.

Ms. Jennifer’s Classroom

Happy New Year!!

Hope that everyone enjoyed their break from school and are ready to skate right into a new year. We are going to be doing a lot of fun art projects this January starting with an ice skating project that combines painting and lacing skills for our friends. We will also be making lots and lots of different snowmen projects (my favorite), reading The Itsy Bitsy Snowmen by Jeffery Burton and talking about the many different animals that live in the artic weather. We will read Polar Bear Polar Bear by Eric Carle and Looking for a Moose. We are going to have a fantastic time making a Snow Window Indoor Winter Sensory Play with cotton balls, q-tips, construction paper, and glitter. All the things you will need to make a snowy snowman. I hope it will stay cold for all of our wonderful activities so we can really enjoy the “Winter” theme.

Ms. Stephanie’s Classroom

Happy New Year! I hope everyone had a restful and enjoyable break.

Before we left, the Peach Room was very busy learning about family traditions and holidays around the world. We really enjoyed learning about holidays that our friends celebrate including Epiphany, Christmas, and Chinese New Year! We decorated our classroom with a worldwide art display that included watercolor fans and lanterns from China, crowns from Spain, and we even created a spark... Continued on next page
ly Christmas tree and menorahs. Everything looks so festive! In Science, we watched our beanstalks that we planted in November grow as well as made cookies with peppermint scented Play Doh. We matched shapes on Christmas trees and wreaths in Math and played the dreidel game. Sensory was very exciting because we played with both red and gold confetti and snow! Some of our favorite books that we read this month were Dr. Seuss’ How the Grinch Stole Christmas, Tomie dePaola’s Strega Nona’s Gift, and Daddy Christmas Hannukah Mama by Selina Alko.

January will bring our weather study and Chinese New Year! We will be learning all about different phases of weather, the four seasons, and how weather affects animals (hibernation). We will also be celebrating Chinese New Year at the end of the month! In Art we will be making our own windows to represent the four seasons. We will also make kites and bear paws. We will be weighing different hibernating animals in Math and investigating our four seasons sensory bottles. In Science we will conduct an experiment with food coloring, water, and shaving cream to make rain. We will also make rain bags and use color viewers to view rainbows throughout the classroom. In Dramatic Play we will go camping and build caves to hibernate in. We will focus on letters T, I, and F in Writing. We will also add to our numbers and begin counting to 30.

Please help your child find letter appropriate items when he or she brings home the Letter Bucket. Also, work together with name recognition and spelling. Keep an eye out in the classroom for a conference sign-up sheet. Conferences will begin towards the end of January and will cover your child’s progress thus far! I am very excited to see what the new year brings!

Ms. Deby’s Classroom

We hope everyone had a great holiday and is now ready for a brand new year!

We hope everyone had a great holiday and is now ready for a brand new year! We are all very excited about all the activities planned for this month and the coming months. In the month of December, we had a lot of fun learning about our family traditions, and sharing about what we want for Christmas. We had enjoy singing Christmas song and making beautiful arts and crafts.

This month we are going to be learning about weather, including the different types of weather, safety about weather, what to wear, and things we can do in different types of weather. We will sing Rain, Rain Go Away and play memory games with weather pictures. We will read: What makes it rain? by Keith Brandt. In art we will make a storm painting, paint blow wind, rind drops.

We also are learning about the season and the things that happen with each season. How the leaves of trees change colors, what clothes to wear, what activities we can do in each season. In art we are making seasonal trees.

We will learn about animals that hibernated, migrate, and adapt and how they survive winter. We are going to read: We’re going on a bear hunt and Bear feels scared. We will review numbers and colors by counting bears and sorting by colors. In art we are going to paint a bear (animal that hibernated) a sea turtle (animal that migrate) and a fox (animal that adapt).

We will learn about transportation, we are going to explain the different types and show the different ways people moved from one place to another long time ago. We will read: This is the way we go to school. We will sing: The wheels on the bus go around and around. In art we will make an air hot balloon and so much more.
Incorporating music in everyday activities can provide more structure in our children’s lives. Common everyday activities where music can be incorporated are brushing teeth and washing hands. Humming a nursery rhyme, such as the ABC’s, while brushing your teeth can make it fun and provide structure. The familiar melody will provide structure in time by allowing the child anticipate how much longer teeth brushing will take. Similar principles can be incorporated into hand washing.

Because of the structural nature of music, music is often used in childcare settings and in school because children respond well to musical stimuli. A familiar song creates a clear anticipation of when something begins and ends. Two main elements of music contribute to the anticipations of beginning and end. The fall, rise, and resolution of melody and harmony indicates when music will come to a close. To complement the melody, rhythm supports the anticipation of a beginning and end. Slowing down of the melody can indicate the end of a song.

Music is an effective tool to learn. You and your child can write a “washing hands” song. Music will be used as a ‘carrier of information’ in washing hands. You and your child can write a song to sing when washing your hands. The lyrics can include washing in between all of your fingers, washing the top of your hands, scrubbing thoroughly, etc. The song will provide instructions and also act as a timer in washing hands.

When asked why she chose this field, Sue states, “I have always loved children, even as a child I always wanted to help with my smaller cousins and I wanted to babysit at a young age. While I attended Leon High School, I enrolled in the DCT program. The program allowed students to work part time and go to school part time. I started working at a preschool and fell in love with the children and staff.”

Her goals in working with children are to “are to make them feel safe, comfortable and loved while they are away from their families. I know it must be hard on parents to trust other people with their child, so for me it is my job to basically take on the parent’s roles while they are away. So for me, loving the child and making them feel safe while in my care is my main goal.”

Sue says that she inspires children to learn through play. “Whether we are making animals out of playdough or playing house in the kitchen center I am always hands on with them. Children learn through our interactions with them and their environment. Do-
Winter break may represent the first official “school vacation” of your toddler or preschooler’s young life. Long gone are those first few weeks when you had to peel your nervous child off your leg as you left them at school. They have adjusted! You have adjusted! Life is good.

After three months of daily school routine, it might feel great to have a week or two to be slightly off schedule, maybe cuddle a bit in the mornings, or spend a day or two in pajamas without the morning rush to get to school.

Alas, all good things come to an end, and many parents of first-time preschoolers are surprised when the restart of school in January resembles those first weeks in September. Once again, children get clingy, and may even be more upset than in the beginning of their school year. You may encounter resistance in your morning routine, shoes may get thrown, tempers may flare, and refusal to get dressed or to eat may slow you down.

Why, after doing so well for so long, does this happen? And what can you do to prepare your child so the transition back to school is a happy one?

First, try to take this as a sign of a great vacation and not of some underlying issue at school. Children like being at home and they enjoy the slower pace of vacation, so returning to school can seem like a shock. They also really like spending time at home with you (and their own toys) and are often not ready to give that up so quickly. If they were happy before the break, their upset is not likely to be a school issue, just a transition issue.

Second, while a week or two does not seem like a long time to us, it can be an eternity to a young child. Their familiar classroom, teachers and classmates seem strange again – so once again, they cling to you in order to feel comfortable.

Helping them re-familiarize themselves with their school can be comforting. Consider showing them pictures of their teachers, friends, and school a day or so before returning. Packing their bags and lunch box in the same way you did each day before break also helps. Talking about who will be at school, what their daily routine will look like, and who will pick them up at the end of the day can be useful. For the first week, make sure to give yourself and your child extra time in the morning. That might mean getting yourself up and ready a half hour earlier for a few days so you can stay calm and in charge if your child resists getting ready. It also will give you a few minutes of the special time you both enjoyed while on vacation. Time to eat together, or a few minutes of focused play or a story and a cuddle, can help your child feel connected to you as you begin to separate again. If you are rushed, your child will sense your stress and theirs will be amplified.

On arrival to school, a quick kiss and a happy, reassuring smile before departing is all that is necessary. Trust that your teachers can handle the big emotions if they arise. Normally, the restart blues last only a few days. So hang in there and this too shall pass!

Article written by Sara Connolly, MD, FAAP, is a Board Certified Pediatrician who practices in Palm Beach County, Florida. At Mommybites.com

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**Florida Caverns State Park**

This is one of the few state parks with dry (air-filled) caves and is the only state park in Florida to offer cave tours to the public. The cave has dazzling formations of limestone stalactites, stalagmites, soda straws, flowstones and draperies. The Chipola River and a freshwater spring provide areas for fishing, canoeing and boating. Florida Caverns State Park is popular for camping, picnicking and horseback riding. The park does not rent horses, however stables are available for equestrian campers. [www.floridastateparks.org](http://www.floridastateparks.org)

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**Rogue One**

*A Star Wars Story* 3D

Running Time: 133 minutes

Rated: PG-13


Submitted by Beth Roberts
A healthy kick start to the New Year
Submitted by Bill Stacey

With the New Year just beginning, why not try and get moving a little more and eating a little healthier. Help yourself and teach your children that exercising and eating healthy can be fun. Below are some ideas to help kick start your new year of exercise and better health.

Little kids need to spend a lot of time (hours every day!) on activities that target gross motor skills. For preschoolers, this kind of active play is important for good health and for physical development. Learning to use the large muscles in their legs, arms, and trunk to run, jump, throw, catch, and kick is key to the healthy growth of their bodies and brains. But it’s also fun!

Gross Motor Skills for Preschoolers
- Dancing, either freestyle or through songs with movements, such as "I'm a Little Teapot," "The Wheels on the Bus," or "Popcorn": I'm a piece of popcorn, put me in a pan/Shake me, shake me, as fast as you can (child shimmies, shakes, and jumps)/And I ... will ... (child crouches down low) ... POP!" (child jumps as high as he can). Dance and movement classes, like pre-ballet or tumbling, can be fun but aren't necessary for motor-skills development. It's more important that kids simply have time and opportunity to move their bodies.
- Walking around the house, neighborhood, or park. For variety, add in marching, jogging, skipping, hopping, or even musical instruments to form a parade. As you walk, tell stories, look for colors, count, or play games.
- Swimming and other water play.
- Balancing: Have your child walk on a piece of string or tape, a low beam or plank at the playground, or a homemade balance beam.
- Playing pretend: Kids boost gross motor skills when they use their bodies to become waddling ducks, stiff-legged robots, galloping horses, soaring planes—whatever their imagination comes up with!
- Riding tricycles, scooters, and other ride-on toys.
- Pulling or pushing wagons, large trucks, doll strollers, or shopping carts.
- Building and navigating obstacle courses—in indoors with furniture, pillows, boxes, blankets; outdoors with rocks, logs, or playground equipment.
- Throwing, catching, kicking, and rolling large, lightweight, soft balls.
- Playing tag or other classic backyard games, such as Follow the Leader, Red Light/Green Light, Tails, or Simon Says (avoid or modify games that force kids to sit still or to be eliminated from play, such as Duck Duck Goose or musical chairs).
- Swinging, sliding, and climbing at a playground or indoor play space.
- Large-scale arts and crafts activities.

Fine Motor Skills for Preschoolers
Kids this age are also working on fine motor skills. Although those develop a bit later, they are crucial for important tasks like holding a pencil, cutting with scissors, using silverware to eat, and so on. The following activities, and others like them, help your children strengthen and learn to use the small muscles in their fingers and hands.
- Sand play: Pouring, scooping, sifting, building
- Puppet shows
- Sidewalk chalk or any art project, like finger painting or playing with clay
- Finger plays (songs such as "The Itsy Bitsy Spider" that

Continued on page 17
“Come and get it!” It may be dinnertime, but when was the last time your family sat down and enjoyed a meal together? With music lessons, ball practice, play rehearsal, and work schedules, it can be tough. Rounding up the troops for an evening meal can be almost impossible! However, research is beginning to show that eating as a family has great benefits for your children and teenagers. Here are 8 more reasons why you should try to sit down together 5-6 times a week, whether for breakfast, lunch, or dinner.

Communication and Well-Being
Conversations during the meal provide opportunities for the family to bond, plan, connect, and learn from one another. It’s a chance to share information and news of the day, as well as give extra attention to your children and teens. Family meals foster warmth, security, and love, as well as feelings of belonging. It can be a unifying experience for all.

Model Manners (and more)
Family mealtime is the perfect opportunity to display appropriate table manners, meal etiquette, and social skills. Keep the mood light, relaxed, and loving. Try not to instruct or criticize—lead by example.

Expand Their World…One Food at a Time
Encourage your children to try new foods, without forcing, coercing, or bribing. Introduce a new food along with some of the stand-by favorites. Remember that it can take 8-10 exposures to a new food before it is accepted, so be patient. Trying a new food is like starting a new hobby. It expands your child’s knowledge, experience, and skill.

- Include foods from other cultures and countries.
- Select a new vegetable from a local farmer’s market. Have your child select a new recipe from a cookbook, web site, newspaper, magazine or check out the recipes on Spark People.

Nourish
Meals prepared and eaten at home are usually more nutritious and healthy. They contain more fruits, vegetables, and dairy products along with additional nutrients such as fiber, calcium, vitamins A and C, and folate. Home cooked meals are usually not fried or highly salted, plus soda and sweetened beverage consumption is usually lower at the dinner table.

Become Self-Sufficient
Children today are missing out on the importance of knowing how to plan and prepare meals. Basic cooking, baking, and food preparation are necessities for being self-sufficient. Involve your family in menu planning, grocery shopping, and food preparation. Preschoolers can tear lettuce, cut bananas, and set the table. Older children can pour milk, peel vegetables, and mix batter. Teenagers can dice, chop, bake, and grill. Working as a team puts the meal on the table faster, as well as makes everyone more responsible and accepting of the outcome. Improved eating habits come with “ownership” of a meal.

Prevent Destructive Behaviors
Research shows that frequent family dinners (five or more a week), are associated with lower rates of smoking, drinking, and illegal drug use in pre-teens and teenagers when compared to families that eat together two or fewer times per week. Even as older children’s schedules get more complicated, it is important to make an effort to eat meals together. Scheduling is a must.

Improve Grades
Children do better in school when they eat more meals with their parents and family. Teenagers who eat dinner four or more times per week with their families have higher academic performance compared with teenagers who eat with their families two or fewer times per week.

Continued on page 17
holiday history

New Year’s Day, Jan. 1

The celebration of the new year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago. In the years around 2000 BC, the Babylonian New Year began with the first New Moon (actually the first visible crescent) after the Vernal Equinox (first day of spring).

The beginning of spring is a logical time to start a new year. Jan. 1, on the other hand, is purely arbitrary. The Babylonian new year celebration lasted for eleven days. The Romans continued to observe the New Year in late March, but their calendar was continually tampered with by various emperors so that the calendar soon became out of synchronization with the sun. In order to set the calendar right, the Roman senate, in 153 BC, declared Jan. 1 to be the beginning of the new year. To many Americans, the ball dropping at Times Square in New York City signals the start of the new year in this country. The ball was first dropped in 1908.


Hatian Independence Day

Independence Day, in Haiti, is celebrated on January 1st, the day when Haiti gained independence from France in 1804, following a 13 year insurrection. This revolt, led by self-liberated slaves and mulattoes, was greatest slave uprising in 1,900 years prior and affected the institution of slavery in the Americas. This revolution challenged widespread beliefs of black inferiority and the capacity of slaves to achieve and maintain freedom.

Today the event is celebrated with parades, visits to the National Palace on the Champs de Mars, fireworks, dancing in the streets and the singing of the national anthem.

Source: https://en.wikipedia.org/wiki/Haitian_Revolution
Image: https://www.maplewoodlibrary.org/hilton-celebrate-haitian-independence-day/

Martin Luther King, Jr. Day

Dr. Martin Luther King, Jr. Day is an official holiday celebrated in America on the third Monday of January. Martin Luther King, Jr. (January 15, 1929–April 4, 1968), was one of the main leaders of the American civil rights movement. A Baptist minister by training, King became a civil rights activist early in his career, leading the Montgomery Bus Boycott and helping to found the Southern Christian Leadership Conference. His efforts led to the 1963 March on Washington, where King delivered his “I Have a Dream” speech, raising public consciousness of the civil rights movement and establishing King as one of the greatest orators in American history. He was assassinated on April 4, 1968 while making a speech from the balcony of his hotel room in Memphis, Tennessee. His birthday became a National Holiday by an act of Congress in 1983. Many consider it a day to serve your community.

Source: http://www.holidayinsights.com/other/mlk.htm

Chinese New Year/Spring Festival

Year of the Rooster

The Chinese New Year or the Spring Festival is the longest and most important holiday in China. The origins of the Chinese New Year celebrations were born out of fear and myth. Legend spoke of the wild beast Nien (which also is the word for "year") who appeared at the end of each year, attacking and killing villagers. To scare the beast away, loud noises and bright lights were used and thus the Chinese

Continued on next page
ing daily task such as cleaning up a spill, pushing in a chair or using a spoon while eating is how children develop the appropriate skills they will need as an adult. Being hands on and teaching basic life skills is how I inspire children to learn.”

Just for fun, Sue’s “favorites” are…

- Movie – Crazy Stupid Love
- Children’s Book – Anna Dewdney’s Llama Llama Goes to School
- Animal – Elephant
- Color – Blue
- Food – Bacon
- Thing to do – Sleep

**Gross Motor, continued from page 14**

have accompanying hand movements)

- Cooking: includes pouring, shaking, sprinkling, kneading, tearing, cutting with butter knife
- Lacing cards or stringing beads
- Coloring and tracing with crayons, pencils, or markers
- Cutting with safety scissors
- Manipulative toys such as blocks, puzzles, or dolls with clothes to take on and off

Provide your preschooler with plenty of time to work all her muscles, big and small. They all have to work together to help her succeed!

By Catherine Holecko - Reviewed by a board-certified physician. Updated May 24, 2016

Source: https://www.verywell.com/gross-motor-skills-for-preschoolers-1257160


**Family Meals, continued from page 15**

**Save Money**

Meals purchased away from home cost two to four times more than meals prepared at home. At present time the restaurant industry’s share of the total food dollar is more than 46%. Due to scheduling, commitments, and activities, families eat out several times each week.

It is time to bring the "family" back to the dinner table. Sharing dinner together gives everyone a sense of identity. It can help ease day-to-day conflicts, as well as establish traditions and memories that can last a lifetime.

By Becky Hand, Licensed & Registered Dietician

http://www.sparkpeople.com

**Holiday History, continued from previous page**

New Year celebrations were born. Today, the 15-day New Year festivities are celebrated with a week of vacation in metropolitan areas of China. Much like the Western New Year (January 1st), the biggest celebration is on the eve of the holiday. At the turn of the new year, fireworks cover the city.

Aside from New Year’s Eve, there are other important days of the 15-day New Year Festival, including the Welcoming the Gods of Wealth and Prosperity (JIE CAI CENG) and Festival of Lanterns (YUAN XIAO JIE).

Source: http://www.history.com/minisites/chinesenewyear/
<table>
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<th>Wed</th>
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</tbody>
</table>
| **Tuition Due**
New Years Day
Haitian Independence Day | | | | | | |
| 8   | 9   | 10  | 11  | 12  | 13  | 14  |
|     | **Centers Reopen**
**Late fee for unpaid tuition**
Blair
Gavin | | | | | | |
| 15  | 16  | 17  | 18  | 19  | 20  | 21  |
| **Centers Closed**
Martin Luther King, Jr Day
Bryce | **Ms. Lauren** | | | | **Halit** | |
| 22  | 23  | 24  | 25  | 26  | 27  | 28  |
|     |     |     |     | **Chinese New Year/Spring Festival begins** |     |     |
| 29  | 30  | 31  |     |     |     |     |