



COLE HARRINGTON'S PRESCHOOL POST

Issue 67

Fall 2017

Dear Families,

Every year, I like to provide families with some ideas on how to support healthy habits at home for the whole family. We recently sent home a booklet with lots of articles on this topic. Here's some additional ideas that you can use at home to raise healthy kids:

1. Limit screen time to two hours a day. This includes TV, computers, iPad etc.
2. Dinner time should be family time (with at least one parent daily).
3. Encourage physical activity for at least thirty minutes a day.
4. Limit non-milk drinks (except for water) to one a day. Make water available throughout the day.
5. Limit fast food.
6. Be a good role model.
7. Celebrate successes. (Trying broccoli for the first time, or having the whole family walk around the neighborhood after dinner).
8. Find ways to celebrate successes other than food, TV or iPad time.
9. Get children involved in the meal preparations.

By following the above recommendations you set a lifelong pattern of good health for you and your whole family.

Sincerely,
Linda Feller
Program Coordinator

Ideas came from Dr. Patel and from the American Heart Association.

REMINDER

Please dress your child for the weather. We try to go outside twice a day weather permitting.



*Happy Thanksgiving!
To You And Your Family*

SPOTLIGHT ON LORRAINE ANDERSON

Lorraine Anderson grew up in Dorchester, MA with six brothers and sisters. According to Lorraine, she always wanted to teach little children. "I must have been influenced by a number of good teachers along the way," she said. As a teenager, she always managed to find jobs where kids were involved; camp counselor, lifeguard, swimming instructor, baby sitter etc.

In 1985, she graduated from Quincy College with an Associate of Arts degree in Early Childhood. In 2014, Lorraine received her Bachelor of Arts degree from Eastern Nazarene College in Early Childhood Education.

Lorraine came to Cole-Harrington in September of 2001. She brought with her over six years of experience teaching preschoolers. At Cole-Harrington, she spent five years working with toddlers. In 2006, she got her first preschool group. "The most rewarding aspect about Cole-Harrington," she said, "is the parents. They notice the work we do here. It really makes me proud." Lorraine lives with her husband Kevin and has three grown children Kevin, Kyle, and Luke. She also has a daughter-in-law, Becky and a Grand-puppy Rudy.

When Lorraine is not working at Cole-Harrington you will usually find her exploring places such as Ireland, Niagara Falls, Key West, Nova Scotia, the Grand Canyon and Sedona. She loves to travel.

COMMENTS FROM THE CHILDREN ABOUT LORRAINE

Griffin "She works with me and says, 'Griffin, go answer the doorbell!'"

Meryl: "We do art and play Mr. Potato Head."



Jack R.: "She teaches numbers. She asks us if things are opened or closed. We say yes or no."

Thomas: "She plays music with me."

Leela: "She reads books to me."

Casey: "She hugs me."

A hug for you, my friend



STAFF NOTES

- * All Cole-Harrington Staff will be attending CPR training on November 10th.
- * This year Cole-Harrington Preschool Enrichment Center will be going through the National Association for the Education of Young Children (NAEYC) re-accreditation. To be accredited, programs must meet over 900 indicators as proof they are providing quality education and care for young children. On November 10th we will be reviewing the criteria, gathering documentation and preparing for NAEYC's validation visit.
- * Eren Gedy, Assistant Teacher, is working on her Child Development Credential (CDA). She hopes to be ready for the CDA exam in Janu-



UPCOMING EVENTS

October

- 26 Family Pizza Party
31 Halloween School Party

November

- All Month Families are invited to read at Large Group
- 10 Veteran's Day/Staff Training Day
Cole-Harrington Closed
- 15 All Hands Drumming
- 1-15 Canton Food Drive
- 22 Children's Thanksgiving Luncheon
- 23, 24 Thanksgiving Holiday
Cole-Harrington Closed



December

- 4-8 Cookie Making and Decorating
- 14 Last day to donate Gifts for Kids
- 20 Pick-up Gifts for Kids
- 22 Pajama Day and Hot Cocoa
- 25, 26 Christmas Break,
Cole-Harrington Closed
- January
1 New Year's Day,
Cole-Harrington Closed



SNACK AND LUNCH POLICIES



In this newsletter, one of the areas I would like to touch upon is our snack and lunch policies in the Parent Handbook. Many of the practices we have adopted help us keep your child safe during lunch and snack. I will summarize some of them for you here:

- ◆ Children bring their own snacks, lunch and drinks.
- ◆ We request that all food items be stored in one labeled container.
- ◆ Parents who send in food that requires refrigeration use a thermos and or cold packs. It ensures food stays cold until served. Hot foods will stay safe with the use of a thermos as well.
- ◆ Please label your child's lunchbox on the outside.
- ◆ We provide napkins, utensils, and cups.
- ◆ Water is always provided to children at mealtime and throughout the day.
- ◆ Any food brought into the center must meet our allergy free policy.
- ◆ Parents will be notified if their child does not eat their snack or lunch.
- ◆ Leftover food items are returned to the lunchbox so that you can monitor your child's daily food intake.
- ◆ Please be sure to clean your child's lunchbox daily. (Inside and Out)
- ◆ Please do not send the following foods unless they are cut into small pieces. They are choking hazards for children under the age of 4. The list includes; hotdogs, grapes, nuts, popcorn, raw peas, hard pretzels, carrot chunks, fruit roll-ups, and hard candy (soft candy is allowed only during Halloween week in October). Survey the lunch items you send in. Please make sure there are no potential items that could cause choking.

WHY HANDS-ON

I tried to teach my child with books;
He gave me only puzzled looks.
I tried to teach my child with words;
They passed him by often unheard.
Despairingly, I turned aside;
"How shall I teach this child?" I cried.
Into my hand he put the key,
"Come," he said, "Play with me."
-author unknown

COLE-HARRINGTON EXTENSIONS
Activities that Extend Cole-Harrington's
Curriculum and Content in the Home

Science Activities

- Talk with your child about what you're doing and what your child is doing. Make up silly songs about what you see and feel. Tape record your words or write them down.
- Go on a letter scavenger hunt when you're traveling in your car.
- Give your child a pumpkin. Have him look at it, touch it, and lift it. Then together create a list of describing words.
- Play "Alphabet I Spy" when you're out on a walk.
- Write your child's name on a piece of paper. Cut it into four puzzle pieces and invite your preschooler to put their name back together.



Math Activities

- Read numerals on houses in your neighborhood.

