

# CPS & ECC GAZETTE

*March 2019*

## **The Director's Corner**

Dear CPS Families,

It won't be long before we see the tiny buds on the trees, the curly bumps of colorful crocuses peeking through the ground, and the sound of birds chirping as signs of spring surround us!

The first promising sign of Spring is Summer Registration which is just beginning! Fall registration will begin after Summer schedules and registration are complete. If you have any questions, please stop by the office.

Remember to **SPRING FORWARD ONE HOUR** the weekend of March 9th for Daylight Savings Time! And if I'm not mistaken, St. Patrick's Day is a sure sign of **SPRING** with all that **GREEN!**

Smile...Spring officially starts March 20th but hopefully we see signs before that!

All the best,  
Tonya Rivera

*Executive Director*

### ***Attention Campus Pre-School Families!***

Campus Pre-School & ECC, Inc. is seeking applicants for the Board of Directors. Each board member serves a **three year term** and is expected to participate on two board subcommittees. The full Board meets on the second Wednesday of every other month at 5:00 pm at the preschool and subcommittees meet as necessary throughout the year.

## SPARROWS

Wow! What an up and down winter-cold, warm, snow, rain and a little sunshine. We have not made it outside as much as we would like, but we have been able to take a couple of walks.

On March 13th, we will be walking to the East Gym to participate (or observe) children's yoga and visit the Health Fair.

On March 15th, we are watching some Irish dancers in our gym.

We will be learning about the color green, shamrocks, and rainbows. We will have a unit on farm animals-we love animals.

If the weather finally cooperates we will be going outside.

Think Spring!

*Ms. Kelly, Ms. Louise & Ms. Rebecca*

## CHICKADEES

Yeah! March means Spring is coming. The Chickadees are ready for Spring to be here. We will be working on the color green, looking for signs of Spring and of course dealing with a lot of mud! Please remember to keep snow suits and boots available because we are sure it will be very muddy outdoors for a while.

A lot of families have been asking about potty training. When you feel your child is showing an interest in using the potty, let us know. We always encourage them to try. Because they like to be independent at this age, please dress them in clothes that they can easily pull up/down by themselves. It will make the process less stressful for them.

The Chickadees will also be attending the Health Fair again this year in the East Gym. The children have also enjoyed participating in the yoga for kids and watching the BU students perform in other activities.

Think Spring and warm weather!

*Ms. Chris, Ms. Teá & Ms. Emily*

## SWANS

Here we are entering the month of March already! We really enjoyed all of our visitors in February— Ms. Chrissi, Valley Dental, and Esme's grandma and aunt!

This coming month we start off with Dr. Seuss and then on to St. Patrick's Day. We are looking forward to seeing the dancers from the Carle Irish School of Dance. We will be talking all about Spring during the third week and finishing with a transportation unit. We are looking forward to experiencing more Spring weather!

By the end of March all the Swan children will be 3! Lots of growth and changes have been occurring as we see each day pass. They are getting to be such big kids!

Happy Spring!

*Ms. Sarah, Ms. Michelle & Ms. Keeshia*

## DOVES

Hello Dove families!

Welcome March! We had a very good February. We had fun sharing Valentines, playing with retro toys, and learning about fairy tales.

This month we will be jumping right in with Dr. Seuss week. We will be decorating the room in who-style with the children's art. Next we will be getting into the spirit of St. Patrick's Day. There will be loads of green and some fun leprechaun projects.

After this we will be bouncing into Spring. There will be all sorts of Springtime colors and projects.

For the last week in March we will be working with poetry. There are so many lovely poems to share and the kids will be creating some of their very own.

Have a great month!

*Ms. Sara, Ms. Christina & Ms. Tammy*

## HUMMINGBIRDS

We are finishing up our dental health unit and will be celebrating Dr. Seuss's birthday. We will be reading stories and doing Seuss related activities. If your child has a favorite Dr. Seuss story, please feel free to have them bring it in. We will be discussing weather changes this month as well.

March is dinosaur month! Towards the middle of the month we will be starting our Dinosaur Unit.

Happy Birthday to Taylor!!! She will be turning 4 in March.

Please make sure your child has extra clothes (pants, socks, underwear and shirts) in their bin. Sometimes we get wet when we go outside.

Thank you to everyone who donated cereal boxes for our Valentine boxes!  
*Ms. Gabe, Ms. Michele & Ms. Jamie*

## PUFFINS

Spring is on it's way, we hope! The Puffins are looking forward to warmer weather and being outside on the playground more.

Our Dental Health unit has been full of surprises for the Puffins. Our egg experiment captivated them. The changes in the white eggs put to soak in milk, Pepsi and vinegar shocked them. They all agreed, it's best to brush your teeth!

We would like to thank Alex, Brielle and Henry moms for coming in to help us celebrate Chinese New Year, the festival of lanterns. The children had so much fun making lanterns, listening and playing traditional music and dressing up in traditional Chinese clothes.

In March we will be talking about how March comes in like a lion and out like a lamb. We will graph the weather daily, will it hold true? We will be discussing weather changes too. Dr. Seuss's Birthday is the 2nd. We will celebrate by reading Seuss books and doing related activities. The Puffins will be going to the Health Fair Wednesday, March 13th at the East Gym. We will put out more information as the date approaches.

Happy 4th Birthday to Pepe on March 3rd.  
Happy Spring!

*Ms. Claire, Ms. Toni & Ms. Vicky*

## FLAMINGOS

Wow, February was a busy month with many special days. The special themes we learned about were Chinese New Year, Groundhog Day, Valentine's Day, George Washington, Abraham Lincoln, and farm life.

March is going to be another month filled with activities, crafts and lots of fun. We are starting the month off with Dr. Seuss. During the Dr. Seuss theme we will be incorporating math and language arts. These will include measurements, capacity, weight, rhyming, word families, sorting and graphing. Then we will have a fun week of St. Patrick's Day crafts and activities. The children are excited to see if we can catch the Leprechaun with our Leprechaun trap. We will end the month with a weather unit which will carry us into April.

Thank you,  
*Ms. Miranda & Ms. Phyllis*

## PEACOCKS

Hello March! Spring is upon us! February was a busy month, filled with fun experiences. Thank you to all of our wonderful families who visited our classroom. The children enjoyed learning about hibernation and building a bear den in the snow with Paula (Ana's mom). We also had a visit from Nurse Caroline (Beatrix's mom). She explained what a NICU nurse does to help babies and even brought in medical supplies for the class to see. The students also enjoyed a special story read by Ms. Tonya (Isabella's mom). We appreciate and welcome all of our families so much!

In March, we will complete our theme on Community Helpers and then we'll go back to The Land Before Time: learning about dinosaurs. Rawrrr!

If anyone would like to come in and share with our class, please speak with the teachers. The students are also looking forward to the Irish Dancers and our St. Patrick's Day celebration. Hopefully, we'll trap a Leprechaun this year!

This class has come a long way since September. We continue to work on self help skills and building independence in the classroom. We appreciate your support at home and couldn't do it without you!

Happy Birthday to Dora, who turns 5 on the 20th!  
Happy St. Patrick's Day!

*Ms. Julie, Ms. Carolyn & Ms. Mego*

## **REMINDER**

*Pick up times for:*

**Half Day Care: 12:50 pm**

**Full Day Care: 5:20 pm**

*Late fees are assessed  
after 1:00 pm & 5:30 pm*

**\$5.00 within 5 minutes**

**\$1.00/minute thereafter**

## ***Binghamton University's Annual Health Fair***

When: March 13, 2019

10:30 am-1:30 pm

Where: East Gym @ BU

## **Irish Dancers**

We welcome the Carle School of Irish Dance, who will be performing for us again on March 15th in celebration of St. Patrick's Day!

## **Shamrock Shake Recipe**

### **Ingredients:**

2 cups vanilla ice cream

(or non-Dairy alt.)

1 1/4 cups 2% milk (Or non-dairy alt.)

1/4 teaspoon mint extract

8 drops green food coloring

### **Directions:**

1. Combine all ingredients in a blender and blend on high speed until smooth.

2. Stop blender to stir with a spoon if necessary to help blend ice cream.

3. Pour into 12-ounce cups and serve each with a straw.

Happy St Patrick's Day!

## **10 Tips for being a healthy role model!**

1. Show by example- let your child see that you munch on raw veggies.
2. Go food shopping together- teach your child about food and nutrition, discuss where foods come from and make healthy choices.
3. Get creative in the kitchen- cut food into shapes, name the food made.
4. Offer the same foods to everyone- stop being a "short order cook!"
5. Reward with attention, not food- show love with hugs and kisses.
6. Focus on each other at the table- turn off the gadgets, talk about fun and happy things at mealtime- a stress-free time.
7. Listen to your child- if they are hungry and its not scheduled mealtime, offer small healthy choices that you determine.
8. Limit screen time- Allow no more than 2 hours of any screen time per day, TV and or computer. Move during commercials.
9. Encourage physical activity- Fun for the whole family, involve children in the planning. Set an example by being physically active and using safety gear.
10. Be a good role model- Try new foods, describe how it tastes and smells. Avoid lecturing and or forcing your child to eat.

### **REMINDER:**

**CPS will be CLOSED from 1:00-5:30pm on Friday, March 29th, for staff training and development. Please make plans for alternate care for that afternoon.**

### **Staff Birthdays**

Toni (11)

Emily (12)

Patty (17)

Austin (31)

Happy Birthday

**Dr. Seuss!**

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