



New Assistant Director

We are excited to welcome Ms. Noelle Sauline to Little Hands as the Assistant Director.



Ms. Noelle works from 7:30 am to 4:00 pm each day. Please stop in the front office to meet Ms. Noelle! 😊

Fall Festival Week

We would like to thank all of the families for participating in the Fall Festival Week activities. A special thank you to the families who brought in decorated pumpkins.



Congratulations to the winners of the pumpkin decorating contest... Logan and Lena Kulasic!

Penny Wars

Thank you for all of the contributions to the Penny Wars contest. All of the money raised is being donated towards our Better Together Holiday Party!



The winning jug is... Preschool 2!

BRIGHT HORIZONS AT ALLSTATE LITTLE HANDS CDC

Important Dates

November 3- Daylight Savings Time Ends

November 5- First Birthday Meeting at 11:00

November 7- Read for the Record

November 11- Veteran's Day

November 11- School Age Day

November 14- Family Partnerships Group Mtg?

November – School Age Day

November 28 and 29- Center Closed

November 27- School Age Day

November 28 and 29- CENTER CLOSED

Reasons to Celebrate

*November is cook appreciation month.

Each classroom will be creating something for Mr. Nicolas. We appreciate all that he does!*

November 12- Jessica Z's Birthday
(Support Teacher)

November 24- Debby's 16 Year Anniversary
(Twos Teacher)

November 28- Yasmeen's Birthday
(Infant Teacher)

FAMILY CARNIVAL

We hosted our Annual Family Carnival filled with fun, food and games!



The Kindergarten Prep and Kindergarten children took a walk over to Allstate and played some games. The games were set up in stations and the children went around to each station and played the games. The children took turns, followed the games rules, and had a great time!

Thank you to the Family Partnerships Group for helping us with this successful event!



Mindfulness in the Bright Horizons Classroom

We tend to think of stress as something unique to adults, but no matter the age, life on this planet includes challenge. Young babies are figuring out their bodies and learning to communicate their needs. Toddlers are mastering language development, while preschoolers are navigating social interactions. Whether young or old, there is always something more to learn and overcome.

The practice of mindfulness then is something that benefits children as much, or perhaps more, than adults. Mindfulness involves learning to be present in each moment and viewing our experiences with acceptance, gratitude, and nonjudgment. It can decrease stress, build empathy, and even support the development of executive function skills like self-regulation.

At Bright Horizons[®], we promise to:

- ▶ Nurture and care for the whole child
- ▶ Build an inclusive and respectful community
- ▶ Create joyful places for childhood

Mindfulness practices are just one way we keep these promises. In a Bright Horizons classroom, you might see children participating in simple yoga or mindfulness activities as part of our Well-Aware and Movement Matters curricula. Teachers offer both planned and unplanned “mindfulness breaks,” and can model the technique themselves.

Other aspects of our program complement our approach to mindfulness. For example, we place great value on environments that are peaceful, organized, and engaging. Our Caring Matters curriculum helps teachers support children’s social-emotional well-being and build nurturing relationships. And our focus on nature, outdoor classrooms, and natural materials also offers a respite for children, families, and staff, encouraging them to slow down, relax, and enjoy the present.

Cooking with Children – Three-Year-Olds



Three-year-olds are learning to use their hands. Try activities such as:

- ▶ Pouring liquids into batter (which you measure first)
- ▶ Mixing batter or other dry and wet ingredients together
- ▶ Shaking liquid in a closed container
- ▶ Spreading butters or toppings
- ▶ Kneading dough
- ▶ Washing vegetables and fruit
- ▶ Serving foods
- ▶ Putting things in the trash after cooking or after a meal
- ▶ Breaking eggs



Teach. Play. Love.
Parenting Advice for the
Early Years

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Listen as parents and early childhood educators come together to cull the competing advice, separate fact from fiction, and focus on what does – and doesn't – matter during these early years. Be more confident, have less worry...and let Bright Horizons help make parenting the joy it was meant to be.

Featured Podcast Episode Mindful Kids, Calmer Days

Full schedules and little downtime can cause stress for everyone — including children — but practicing mindfulness can help. How? Find out from Rachel Robertson, education and development vice president, and Ruth Fidino, learning and development director. They'll cover the many benefits of being mindful, how to pay attention on purpose, and how to use activities, such as Shake the Sillies Out and Mind Bubbles, to help children manage emotions.

Episode 7: Mindful Kids, Calmer Days

www.brighthouse.com/bhpodcastEp7

You can listen to this episode on the [Bright Horizons website](#), [Spotify](#), [Apple Podcasts](#), [SoundCloud](#), [Google](#), [Libsyn](#), and [Stitcher](#).

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