



## This month's message...

Greetings Harbor Families,

Happy 2020! I hope that you enjoyed your holiday, had some quality family time, are well-rested and ready for the New Year.

I wanted to reiterate how much I appreciated all the love that you have shared with the team and I during the holidays season. The lunches and breakfast, homemade cheesecake cups, cookies, chocolates, gift cards, monetary funds, beautiful family cards, and the kind messages in the cards were all so touching and sweet. Everything you did, both big and small, was so generous and very thoughtful. Thank you from the bottom of my heart!

Parent conferences will begin this month! This is a good time for you to connect with your child's teachers to discuss how he or she is doing and set goals for the next several months. This is also an opportunity to really partner with your child's teacher on what you need from them as well.

Speaking of setting goals... typically, the first newsletter of the year I would discuss the goals for the up-and-coming year. I usually base those goals off of the division, my region, the company's goals, and of course the parent opinion surveys. I have decided that this year I really want to create our center goals as a team. At our January staff meeting I plan to connect with the entire team to collaborate and come up goals that we all create together. The team and I will base our goals under the Bright Horizons four P's: **People, Program, Performance, and Partnerships**. I will reconnect with you in the February newsletter on our goals for the remainder of the school year.

Continue to enjoy the month of January and I look forward to partnering with you during the New Year!

Best Wishes,

*Jacqueline*

## Important Dates



**January 1<sup>st</sup>: Center Closed in observance of New Year's Day**

**January 2<sup>nd</sup>: Family Satisfaction Surveys are out!**

**January 15<sup>th</sup>: National Hat Day!**

**January 17<sup>th</sup>: DC Librarian visits.**

**January 20<sup>th</sup>: Center Closed**

**January 21<sup>st</sup>: National Hug Day!**

**January 25<sup>th</sup>: Chinese New Year!**

**January 25<sup>th</sup>: February Tuition is due!**

**January 31<sup>st</sup>: Last Day to take the Family Satisfaction Survey!**

## Reasons to Celebrate



Raymond

Liam

Maya

Oliver

Rexinder

## Learning in the Outdoors and Nature



*“Outdoor learning is every bit as important as traditional classroom elements like center time or group time. There’s always something changing in nature – trees, the leaves, mud, sand, an acorn falling -- if we just observe, ask questions, and grab hold of it.”*

- Peggy Gerety, group VP, center operations at Bright Horizons

At Bright Horizons, we know how important outside time and nature learning are for young children. Ample time outdoors has been shown to boost both physical and emotional well-being and is even connected to positive school performance. Childhood experiences with nature build deep emotional and sensory connections that carry into adulthood—forging exactly the types of memories and feelings children need if they are to become conservation-minded adults. While there are times when the weather keeps us indoors, we try to make outdoor time a priority. We deeply appreciate your help in sending warm, durable clothing so children can play outside every day.

The three components of outdoor learning include **outdoor classrooms, nature exploration, and outdoor play**. Through outdoor classrooms, learning is extended to the world. Many of the activities and projects your child enjoys indoors, such as science, art, music, and building, can be done outside.

Through nature exploration, children develop deep connections with animals, plants, and the earth. In your child’s classroom, you might see natural materials, such as leaves, pods, seeds, sticks, stones, shells, or feathers, used indoors and out for a variety of purposes. You might notice books and images featuring the natural world or projects devoted to the study of nature. Children learn about plants, composting, and conservation through gardening projects and our Garden Works curriculum element. They begin to understand the scientific method as they observe and question topics like weather, properties of matter, and basic physics principles.

And through outdoor play, children take risks, test their strength, and build healthy minds and bodies. We know that children need time outdoors every day for active play. This might be playing a game of tag or jumping from rocks and stumps. It might be movement or mindfulness activities from our *Well Aware* curriculum element or a walk through the neighborhood.

*This content was brought to you by the Education and Development team, a group of passionate, experienced educators committed to providing high-quality, research-informed materials for teachers and children at Bright Horizons.*

## Find the Latest Growing Readers Online



The Growing Readers program at Bright Horizon is a resource designed to help parents find great literature, share the joy of reading, cultivate an appreciation for books, and foster early literacy skills with your child. In case you missed it, the quarterly Growing Readers Review is now online!

This issue's featured Bright Horizons Book of Excellence Award winner is *Game Changers: The Story of Venus and Serena Williams*, which showcases two influential women athletes. For more about this book and the rest of this issue's book selections, visit [brighthorizons.com/growingreaders](http://brighthorizons.com/growingreaders).

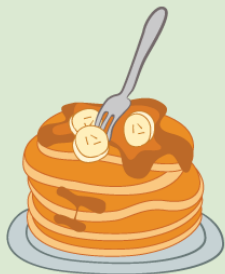
## Teach. Play. Love. Featured Podcast Episode Build Healthy Habits Early

Healthy eating is an important part of your child's development. Nutrition impacts energy and brain function, so building healthy habits early on is key. But high cost and low availability of some foods, busy schedules, and picky eaters can throw a wrench in your healthy plans. Hear from Rachel Robertson, education and development vice president, and Ruth Fidino, senior education advisor, as they discuss how to make healthy eating fun, easy, and accessible.

**Episode 13: Build Healthy Habits Early** - [brighthorizons.com/bhpodcastEp13](http://brighthorizons.com/bhpodcastEp13)

You can listen to this episode on [Spotify](#), [Apple](#), [Google](#), and [Stitcher](#).

### Cooking with School-Age Children



This is the age when children often really enjoy helping parents cook, planning menus and helping in the kitchen. Try activities such as:

- ▶ Pancakes or waffles (from either a mix or from scratch)
- ▶ Tuna or pasta salad
- ▶ Macaroni and cheese
- ▶ Cookies: allow your child to roll out the dough, use cookie cutters, make free-form shapes, and decorate before or after baking
- ▶ Sandwiches with lettuce, tomato, or another vegetable



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