

# Bright Horizons at USAA News

## From the Director

### Warm Weather Guidelines:

With the weather becoming warmer, we recommend that you bring your child in light colored hats and lightweight shirts.

Sandals must be closed toed with a heel or ankle strap.

When temperature is 100 to 105 degrees the children will go out no longer than 10-15mins. When temperature is above 105 degrees children will not be permitted outside.

Playground time will be prior to 11:30am or after 3:00 pm to limit exposure during the hottest part of the day.

Sunscreen should be applied before arrival at school and will be reapplied 30 mins prior to going outside in the afternoon.

Water is encouraged throughout the day to keep children well-hydrated.

### Parent Group Meeting:

May 16<sup>th</sup>, 12pm @ USAA by the Jumbotron.

### Muffins with Mom:

May 11<sup>th</sup> at morning drop off we invite you and your child to join us for muffins with Mom to celebrate Mother's Day. We will be providing muffins and juice to for you child and yourself to share.

## Important Dates

5/5 Cinco de Mayo

5/11 Muffins with Mom

5/13 Mother's Day

5/15 Hat Day

5/18 Kindergarten Prep- Graduation

5/21-5/25 Art for your Heart Art Show Week

5/25 Lunch Box Day

5/28 Center Closed – Memorial Day

5/30 Show and Share Day

## Reasons to Celebrate

**Kindergarten Prep Graduation!**

**May 18<sup>th</sup> 6pm @ USAA**

**Please join us to celebrate our Kindergarten Prep classes as they walk towards the future. We are so very excited to host this event and look forward to seeing you there.**

## Bright Horizons at USAA

1 N Norterra Parkway, Phoenix, AZ 85085

623-715-7272 | [usaa.az@brighthorizons.com](mailto:usaa.az@brighthorizons.com)

Monday to Friday 6:30am to 6:30pm



# CLASSROOM HIGHLIGHTS

## Infant

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Here one of our little ones explores Art Smart. She investigates the world of color and mixing by finger painting as well as texture and patterns she creates. By learning these skills she is developing her creativity and learning about the world around her. We encourage our children, even our infants, to explore their world around them in a safe and secure environment.



## Toddler A

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In this picture Toddler A children explore cornstarch and water, also known as Ooblick. The silky Science Rocks creation slips through their fingers and causes an enlightening of the senses. They learn active questioning of who, what, why and how. They also learn to explore materials that are creative and sometimes messy. Teachers facilitate this learning by describing and discussing their observations, through verbalization and appropriate modeling for the children.



## Twos A

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In Twos A one of the children explores Art Smart by using a cotton ball and paint to explore color and texture in an open ended process art creation. When children create in opened art projects they learn to investigate their world through their senses and express their creativity in their own way for as long as they like.



## Preschool C & Kindergarten Prep 2

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In our Preschool C and Kindergarten Prep 2 classroom our children enjoy listening to stories and retelling their stories to each other. In doing this they learn to appreciate and enjoy high-quality children's books, understand the correlation between the printed word and symbols and their meanings. They also learn to identify letters and a few sight words. This helps them strengthen their love of books and realize their potential as future readers.



# READY FOR SCHOOL NEWS

## Family Fitness Fun

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You've heard the statistics: one in five preschoolers is obese and the childhood obesity rate has tripled in the last 30 years. At Bright Horizons®, we're passionate about children's health and we believe this trend can be reversed. In 2011, Bright Horizons joined the Partnership for a Healthier America (PHA). As part of our PHA commitment, we're updating physical education training materials for teachers to ensure that children get the physical activity they need every day. We're also producing a host of resources for families. Building better health is as simple as becoming more physically active, one step at a time. Below are a few ideas for easy family fitness.

### **Start a habit.**

Children aren't particularly interested in why fitness is so important. They are interested, though, in fun family time. Establishing habits of physical activity in childhood paves the way for healthy adulthood. So, try to plan at least one physical activity on the weekend. Go for a walk, play at the park, or head to a pool. Think about building physical activity into your schedule at least three times during the week. This can be as simple as throwing a ball around before dinner or playing a quick game of hide and seek. It doesn't have to be lengthy or complicated, but you do need to be intentional about it. Write it into your schedule so it becomes a habit.

### **Get mobile.**

One of the simplest ways to get more exercise is by ditching the car. Walk, bike, or rollerblade to school, the store, the library – anywhere you can. Some areas are more “walk friendly” than others, of course, but try to walk as often as possible.

### **Work it out.**

Family chores are another way to get moving. Raking leaves, weeding a garden, mopping the floor – all these activities get the body moving. Turn on some music and make chores a fun family time. Try to be consistent, as well. When children know that the family will spend an hour every Saturday working together, for example, they're less likely to balk and more likely to see it as a predictable part of their family culture.



Education & Development

# TEACHER & STAFF APPRECIATION MONTH

## Join us in celebrating our teachers & staff!

The greatest reward a teacher or staff member can receive is knowing that they have made a difference in the lives of children and families. Don't miss the opportunity to celebrate and recognize all of the teachers and staff who make their classrooms a wonderful place for children and families.

Teacher Appreciation Day is May 8<sup>th</sup> but our teachers, support staff, and leadership team work hard all year long to make your child's experience here the very best it can be. Help us celebrate them all month long!

Your thoughts make a difference – and mean a lot to all of us. Take a moment to share any stories, comments, and well wishes for those who touch your family's life each day.

Visit our Teacher & Staff Appreciation Website to leave a special note of appreciation for your child's teacher or exceptional staff member. The website will be open from May 1st through May 31st.

**[appreciation.brighthorizons.com](http://appreciation.brighthorizons.com)**

