

Bright Horizons at Adams Street News

From the Director

Adams Street Families,

Thank you all for your participation in this year's Parent Partnership Survey. Congratulations to the Ossinger/Moss, Mendelson and Zummo families who won a gift bag filled with great Bright Horizon's goodies from our Survey Raffle. We look forward to everyone's feedback on how we can better meet the needs of our students and families.

It has been an absolute pleasure seeing Ms. Winnie, the newest addition to our Adams Street Center explore and discover music with the students. With her ukulele in hand, she has introduced new songs and played old favorites to begin to get to know each classroom of students. We look forward to all of the amazing music and experiences she will introduce to the children throughout the year.

Please note that I will be out of the center from February 19th through March 2nd away on vacation. If you need anything, please feel free to reach out to the rest of our amazing admin team. I will be back in the office March 5th and will be happy to follow up with each of you.

Have a wonderful week.

Best,

Amanda DeBonis

Important Dates

Thursday February 8th, 2018: KinderPrep Information Session 5pm-6pm

Tuesday February 13th, 2018: Parent Partnership Call 12pm

Monday February 19th, 2018: Adams Street will be closed for President's Day.

Happy Birthday

Ms. Diane 2/4
Evanor V. 2/10
Dylan C. 2/15
Ike R. 2/16
Cruz H. 2/18
Christian W. 2/18
Everett B. 2/25
Ms. Kim 2/25

Bright Horizons at Adams Street

345 Adams Street, Brooklyn, NY, 11201

(718) 488-7770 | adamsstreet@brighthorizons.com

Monday-Friday & 7:00-6:30



CLASSROOM HIGHLIGHTS

Science Rocks

Science rocks curriculum helps infants begin the process of discovery. Teachers provide a sensory rich environment with a range of objects to manipulate that promotes a spirit of inquiry and curiosity. Today our friends engaged in some active exploration. We learned to use our senses to explore properties of various heart ♥ ◻ shaped felt inside ziplock bags of water. Our friends will be learning about cause and effect as they move the hearts around as they use there touch senses.



Math Counts

Toddler 2 repeated our gross motor activity from yesterday. Our friends strengthen their large muscles by walking to the color hula hoops. To add interest we added color spots to the fun. The children learned to work together by following one step directions when teachers asked “Can you walk and place a red color spot to the red hula hoop?”.



Language Works

What is Love? Our friends will be encouraged to expand on their vocabulary by discussing and talking about LOVE? They will learn to express this word by asking and answering questions posed by Ms. Sadé?



STEM

Force and motion-Prediction experiments using ramps. For our S.T.E.A.M component the students engaged in simple experiments testing the force and motion of toy cars on various ramps. Before beginning the activity we discussed and made predictions on which car/ball will move the fastest or slowest down the ramp. After the discussion the students were placed in groups where on student was the observer and the others the testers.



READY FOR SCHOOL NEWS

Weathering Winter Weather

Inclement weather is an opportune time to embark on new adventures with your young scientists, builders, and artisans. Keep boredom at bay by planning some cold-weather activities.

Ideas for Outdoors:

- **Play in puddles.** Jumping in puddles and splattering muddy water is science in action. Bring a container to collect mucky liquid to study at home. Add a magnifying glass or microscope, measuring spoons, an eye dropper, funnels and different size cups, to create a science laboratory. Help older children document their explorations through photography and journal entries.
- **Build dams.** With a few rocks and recycled materials, young scientists can create dams, lakes, and rivers. Children might use recycled items such as cork, buttons, and wood to construct boats that they can sail in puddles.

Indoor Fun:

- **Plan a pajama party.** Get cozy and hibernate. Have your child choose favorite books and then draw pictures about the stories; family members might act out the storyline.
- **Jump for jollies.** Jumping on a bed can be dangerous but on housebound days, try putting the mattress on the ground to turn it into a trampoline. Another option is to jump in pillowcases. Children might count, practice phone numbers, or sing rhymes while they exercise their bodies.
- **Go camping.** Turn a table into a tent by putting a blanket over it. Encourage your children to collect what they need (flashlights, blankets, toys, and snacks) and set up camp. Tents are cozy places to read books.
- **Create photo albums and scrapbooks.** Housebound days are wonderful opportunities to reminisce and catch up on enjoyable chores, such as creating photo albums and scrap books. Children can create their own albums using extra photos. Encourage children to tell you what's happening in the photo, and if possible, write what they say.

In every part of the country, there are some days when families will be housebound. By relaxing, enjoying the time together and planning ahead, you can create memorable experiences. For more suggestions, refer to the Bright Horizons resource, [Learning at Home Activities](#).

(www.brighthorizons.com/family-resources/kids-activities)

BRIGHT HORIZONS NEWS

Managing Work/Life Balance

As a parent, managing stress and making time for yourself can be tough. We love our kids and want them to feel happy, nurtured, and supported, yet we tend to neglect our own feelings of happiness. We often feel guilty about taking time for ourselves, or find the idea unrealistic.

It's absolutely essential to your well-being to have some time for yourself. Give yourself permission to go for a daily walk, head to the gym, read a book, or spend time with friends to help find balance and reduce stress. Think it can't be done? Below are a few tips for creating a healthy work/life balance.

Work/Life Balance Tips

Get clear on your priorities.

As you plan your calendar, ask yourself if your daily activities reflect your values. Sure, carpooling, picking up the dry cleaning, and making dinner have to be done whether they reflect your values or not, but being clear on your priorities helps you maximize the free time you do have.

Minimize time wasters.

Limit the time you spend engaged in activities that have little value to you. These are different for each person, but might include surfing the Internet, watching television, or checking messages.

Simplify and streamline daily tasks.

Build simple strategies for keeping everyday tasks as simple as possible. Do a "10-minute tidy" before dinner or bedtime instead of a deep clean. Try to plan meals in advance and buy pre-cut and pre-washed options when possible.

Establish a consistent bedtime.

Establish a consistent schedule so homework, teeth brushing, and bedtime stories are completed within a reasonable timeframe, allowing you time to unwind in the evening.