



Skylar

at Raleigh Corporate Center

Truck Day

Health & Safety Training

Family Door Codes

November 2018



RALEIGH CORPORATE CENTER

NEWS

NOTES FROM THE DIRECTOR

Happy November. Fall is my favorite season and I love the cooler weather and the beautiful trees. I am so very thankful for all of the wonderful families here at Raleigh Corporate Center. You are an amazing bunch of thoughtful and caring people. I love to see the way you support the teachers and our team here. I see so many joyful moments and exchanges with teachers each day. It is heartwarming to see how much you care for those who help care for your children.

Our center adopted a family for the holidays and the family was humbled by your generosity. We recently learned that this mother lost her job and we are working with her to get her some resources. Ms. Mary Lynn (P-3) is organizing a drive to help her while she is looking for employment. We will be collecting items to take to her on November 16th.

Here are the needs...

Shelf stable food
Toiletries
Grocery gift cards

Gently used clothing of the following sizes...

Girl's clothes size 12-18 months

Girl's coat size 12-18 months

Girl's shirts size 4T, size 6, and size 10/12

Girl's pants size 5T, size 6, and size 10 slim

Girl's shoes size 3, size 3 and size 12

Teen age boy- men's pants size 32 and medium shirts

Brandi

IMPORTANT DATES

Truck Day - **Nov 3**

School's Out - **Nov 12**

Early Release (SA) **Nov 20**

School's Out - **Nov. 21**

Center Closed - **Nov. 21**

Center Closed- **Nov. 21**

Health & Safety Class - **11/29**

CELEBRATIONS

Debra 12 years **Nov 1**

Erica BDay **Nov 5**

Kiera Bday **Nov 9**

Darlene 20 years **Nov 20**

Mary Lynn BDay **Nov 26**

Malaika 1 year **Nov 27**



Darlene Hamid

What brought you to Bright Horizons?

I was a substitute before Bright Horizons had a sub pool. I worked for Child Care Resources and Referral and subbed at different centers. I eventually subbed at (the now closed) Preston Corners in Cary. I was there for a woman who took personal leave from her position, and she never came back. I was under contract with the center for a year. By September of the year I was hired on full-time without having to be interviewed. It wasn't until at least five years later that I was interviewed because of paperwork requirements. My first real interview was with Brandi at here at RCC.

You have been with the company for 20 years! What has made you stay with the company so long?

In the beginning there was a real sense of family. Everyone got along and did things together. Everyone had each other's backs. My daughter was at Preston. When it closed no one else was offering a job except RCC. I wanted my son to have the same experience before going to kindergarten. That was the main reason I chose to transfer to this center. I believe in the company and what it stands for. My kids had wonderful experiences here, and the price was affordable.

What are your favorite things to do with the children in your care?

I like to take the kids on walks, reading, helping them to learn to use sign language, helping them to use vocabulary in a variety of ways, art, and sensory experiences. Toddlers are my favorite age group!

Has being a mother made you a better teacher, or has being a teacher made you a better mother?

I was a teacher before I was a mom. Teaching has helped me realize that each child learns differently, and having two children taught me how to accept those differences. This acceptance has helped me in my communication with the parents of the children I care for. Being a mom has taught me the love and nurturing that teachers do not necessarily have. The roles complement each other. I'm not saying that teachers who are not moms do not have that loving and nurturing sides, but being both mom and teacher makes you discover different sides of yourself.

What is the best thing that families have ever done for you?

The families have done so much! I like little notes. There are families who wrote letters of recommendation for me to come to RCC. Families have followed me over the years. I think seven families came with me from Preston. It was such huge compliment for them to transfer to my new center. They were all in my class! The families probably would have transferred somewhere anyway, but I like to think that they did it for me.

What is the best advice you can give to someone going into the field of Early Childhood Education?

You need to have lots of patience. There are times that children, especially toddlers, cry and you just don't know the reason why. Every child adjusts differently, and you can never be sure how long adjustments will take. If you do not have patience, this job is not for you. You find it when you need it. Do not go into this field for the money. It is truly a labor of love!

What's next on the HORIZON for you?

The only other thing I would be interested in doing is opening my own in-home child care center, but I'm not sure. I'm looking forward to retirement!

I AM DARLENE HAMID AND I AM BRIGHT HORIZONS!

Coming in early November

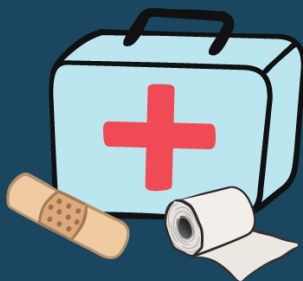


Family Door Codes

[Each family will be assigned a unique door code]

**Nov
29**

6:15 - 8:15 pm



Health & Safety Training

[Tracey, our Education Coordinator and in-house American Red Cross training instructor, will guide parents in learning the basics of CPR, First Aid, using an AED, Bloodborne Pathogens and more.]

Stop by front desk to RSVP

Snack Suggestions

Candy Corn Parfait

Ingredients

1/2 cup pineapple chunks
1/2 cup orange slices, cut
into chunks
1/4 cup unsweetened yogurt
1 Tbsp raw honey
1/2 tsp vanilla extract



Instructions

In a clear glass tumbler, layer the pineapple chunks and then the orange chunks.

Mix the yogurt, vanilla extract and honey thoroughly together.

Spoon the yogurt mixture on top of the fruit.

Baked Apple Chips

Ingredients

Apples
cinnamon powder
dehydrator or oven
parchment paper or silpat liner



Instructions

Core and slice the apples. Lightly sprinkle with cinnamon powder. Arrange slices on your dehydrator tray and dry at 115 until the apples are completely dry, but not hard and brittle. 115 degrees will make this a “raw” food recipe.

If using the oven, set to the lowest temperature and arrange apple slices on baking sheets lined with parchment paper or a silpat liner. You can leave the oven door slightly cracked open to reduce the oven temp while baking. Bake until the apples are dry, but not hard.

1 M o m e n t

Truth or Myth

You can't plant plants in the winter.

It's a myth: There are several flowers and vegetables that grow well in cooler weather. Start simple and have success with plants like:

Flowers - Pansy, Candytuft, Viola, Winter Jasmine

Vegetables - Leaf Lettuce, Kale, Carrots, Cabbage



Tips:

- Using plants already hearty will make boxes/gardens look nice right away,
- Make sure to add some planting soil mix to your soil
- Watch for wilting, so you can water as need,
- Plant in sunny areas.
- Enjoy color all year long!



Center Highlights



October brought us so many shared experiences for children and families, as well as teachers. The changing season has brought opportunities for observation, exploration and discussions of all kinds.



Center Highlights



We have hosted several family events over the month, from the completion of our 2018 *Curriculum Night* series - to a *Kindergarten Prep* family luncheon - to our *Read for the Record* and *Fall Art Festival* events.



Center Highlights



October is also the month of our *Fall Spirit Weeks*. We have flashed back to the past, #Twinned with our favorite friends, sported our silliest hair and clothes, and represented our favorite sports teams.



EDUCATION NEWS

Learning a New Language: A Family Activity that Lasts a Lifetime

Our country is a beautiful melting pot of people from all over the world. As we know, there are many different languages spoken on earth. Being able to talk to each other is an essential path to build bridges. Also, having the ability to communicate with people who speak a different language encourages cross-cultural understandings, which opens the door to new friendships. Think about how welcome someone feels when your family smiles and says hello in their native language. Have you ever considered learning a foreign language along with your child?

Research shows that exposing young children to different languages taps into their innate ability to distinguish sounds, which enhances their growing cognitive skills. Because young children generally learn a new language more quickly than adults, your child might take the lead. There are many language learning opportunities online, from interactive exercises that teach language to watching YouTube videos. Some are even free, while others require purchasing a program. Two recommended websites:

Duolingo

www.duolingo.com offers interactive lessons in Spanish, French, Italian, German and Portuguese.

Mamma Lisa's World of Children and International Culture

www.mamalisa.com offers poems, songs, rhymes and traditions from around the world, in over 57 languages.

As you begin learning a language together, you might delve into the culture of the countries where the language is spoken, pick up children's books in that language or prepare a traditional recipe from that country.

Everything we do as a family builds a stronger, more caring, cohesive unit. Practicing a new language broadens our view of the world. It's fun and can be done anywhere: while taking walks, commuting, playing a game, listening to music, dancing, dining, reading bilingual books, and watching a movie.



BRIGHT HORIZONS NEWS

Thanksgiving Prep - Tips for Involving Kids



- 1) Make the cranberry sauce with the kids the weekend before Thanksgiving. It will keep and it allows you to include the children in the cooking process.
- 2) Have the kids make place cards together. Give them index cards, markers, crayons and stickers. Older children can write the names, inventive spelling and all, while younger children can decorate with stickers.
- 3) Try to find the easiest Thanksgiving worthy appetizers you can that the children can help prep by counting crackers, opening jars, and arranging plates.
- 4) Ask them to be taste testers and enjoy your Thanksgiving meal!

Podcasts for Parents on the Go

Did you know that Bright Horizons has a podcast? Navigate your parenting journey with our podcast series created with working parents in mind.

Tune into our podcast, The Work-Life Equation, to hear about parenting, caregiving, and balancing work with everyday life. Whether you're a working or stay-at-home parent, you're likely always on-the-go. But throughout the daily hustle and bustle, you have questions, concerns, and simply need support.

Our parenting and education experts are here to help you navigate the parenting journey with an "on-the-go" podcast you can listen to when convenient for you.

Browse our episode selection at brighthouse.com/family-resources/podcasts



Early Education & Preschool

