



## BRIGHT HORIZONS AT Clever Kids Learning Center

### From the Director

Thanks to GSA helping us remove some of the older furniture in the center and painting almost the entire building, we are re-decorating! I'm sure you have noticed some of the wall art and furniture pieces within the center. We have a few more old pieces to be removed and a few more new pieces to add over the next months, so we are definitely a work in progress!

My Bright Day, is a tool that Bright Horizons has been using to improve communication between teachers and families for quite some time now. As a team, we have been working diligently (since the acquisition in May of 2017) to get this program up and running. Needless to say, it has been a very long process but we finally have the means to do it.

You will now notice that teachers have iPads in the classrooms. These are strictly for teacher use. The teachers will be snapping photos throughout the day to document learning and uploading them to an application called My Bright Day. You will be able to access the information teachers provide on this application via smartphones, email and on the web in the Bright Horizons Parent Portal. Instructions on how to access My Bright Day will be sent to your email from Bright Horizons November 1<sup>st</sup>.

My Bright Day will replace our traditional paper daily sheet used in the younger classrooms. Parents in all classrooms will be able to view the "What in the World Happened Today" communication which will give an overview of several group activities offered throughout the day.

As we launch this tool we are asking for forgiveness ahead of time because we are in the beginning stages of learning the ins and outs of this application and we will surely make mistakes along the way. We hope that you find it helpful to communicate information about your child as well. An example is that if they will be absent for the day, you can enter that information from your app. Even though we are not able to change the My Bright Day program, we are open to feedback about how it is working for you!

### Dates of Closure for 2019

- Nov. 11 – Veteran's Day
- Nov. 28 & 29 – Thanksgiving
- Dec 24 – Center closes at 2 pm
- Dec. 25 – Federal Observance of Christmas

### Classroom Events

Parent/Teacher conferences will be offered in the Preschool Classrooms continuing into November. Be on the lookout for the sign-up sheet.

- Friday, Nov. 1<sup>st</sup> – Preschool North Parent Party from 3:00 – 4:00
- Friday, Nov. 8<sup>th</sup> – Preschool One Parent Party from 3:00 – 4:00
- Friday, Nov. 15<sup>th</sup> – Infant 1 Parent Party from 3:30 – 4:30





## Toddler 1

October was full of pumpkins! In the beginning of the month, the children explored a pumpkin. Some of the children reached in to take out seeds and some wanted nothing to do with it. The children used their hands to feel the texture and they used their noses to take in the smell. Ms. Ava asked the kids what it smelled like and Laurel said, "It smells like a pumpkin!" The kids also made pumpkin muffins for our parent party which was a huge success! Every parent came to enjoy our delicious muffins, paint pumpkins and talk with each member of our little Toddler 1 community. The children learned about pumpkins by exploring them and engaging in activities using the senses of smell and touch. They learned about the connection between parent and teacher, home and school by participating in the party!

-Ms. Ava and Ms. Nicole



## Preschool East

If you visit us in Preschool East, we might have leaves falling and floating on the wind or starlight and moonbeams. We are exploring the season of Fall.

Bats fly at night when the moon shines its brightest. Our children have learned about bats, owls, and the moon. Brielle's mom, Stacey, helped us make moon sand (kinetic sand). After making moon sand, she shared a book about sea turtles following the moonlight to the ocean. We also had a Pajama Day with our friends. Next month, we will be doing Acts of Kindness. To recognize veterans and be kind to service people, we will make Thank-you cards for Military Veterans. Firefighters, police officers, and first responders are all very important professionals in our community. We will learn about community helpers and how to be kind and helpful just as they are to all of us. You may want to share your time with us during Acts of Kindness month. You can help us make or bake some snacks, read a story, or share your knowledge with us by showing pictures of your travels.

-Ms. Elizabeth and Ms. Carrie



## 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



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### 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](http://www.brighthouse.com/bhpodcastEp7)

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

### Bright Horizons at Clever Kids Learning Center

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Monday – Friday 6:30 a.m. to 5:30 p.m.

