

AGH Center for Children News

www.brighthorizons.com/agh

From the Director

*It takes a big heart
to help shape little minds.*

Each year **Bright Horizons®** dedicates the month of May as a time to celebrate and recognize all of the teachers and staff who make this such a wonderful place for children and families. Here at AGH Center for Children, we would like to show our employees' some "Love," and invite you to help us with this. You can also see *page 4* for more information about our company wide initiative.

Over the next week, we will have sign-up sheets for families to bring in different treats for staff. May 10, we are asking help to provide lunch. May 3, and May 15: a buffet of snacks, May 23: different breakfast foods. Each sign-up sheet will have some suggestions of what we are looking for, as well as space for you to bring something you might think of! In addition, we will have a station set up in the main hallway, where you can leave nice notes for each teacher all month long.

These small gestures will help us show our wonderful staff how much we appreciate the important work they do each day. If you wish to show your support in other ways, or have any additional ideas to show appreciation, please feel free to reach out to Avery or Kristyn! Thank YOU for showing your support!



Important Dates

May 3: If you signed up, share a Snack

May 10: If you signed up, share Lunch

May 11: Muffins with Mom (share a muffin with your little one at drop off!)

May 15: If you signed up, share a Snack

May 21: Librarian Visit

May 23: If you signed up, share Breakfast

May 25: KP Graduation

May 28: CENTER CLOSED

May 29: Parent Partnership Group Meeting

Getting to Know the Bright Horizons Staff

Some families have requested teacher specific information and staff "favorites," so we have made our "Getting to Know the Staff" binder. It is available in the front lobby, and gives hints about their favorite treats, places to shop, and even the hobbies that they enjoy.

Feel free to stop by and browse to find out more about the teachers at AGH Center for children!

AGH Center for Children

621 East North Avenue, Pittsburgh, PA 15212

412-231-0250 | agh@brighthorizons.com

Monday-Friday, 6:00am-6:30pm



CLASSROOM HIGHLIGHTS

Infant

For Week of the Young Child, Infant 2 participated in Artsy Thursday. Infants created art in an **ArtSmart: Visual Art** activity. Infants were able to develop their fine motor skills as they made initial art. Each infant was given a paintbrush but most opted for using their hands. They were able to explore the texture and different colors of the paint. They learn to use their senses to investigate the world around them and use simple tools such as the paintbrush and their hands to develop their small muscle skills. They learn it by exploring materials with varied textures and colors, and painting with large brushes and their fingers. Once the teachers removed the blue tape, they were then able to see the letter of their first name hidden in their art!



Toddler

The children in Toddler One were exploring simple measurement during a **Math Counts** activity. The children were first able to connect Legos at the table using and strengthening their fine motor skills. They then held them up next to different sized flowers on the table. With assistance, they practiced counting, using one to one correspondence skills to see how many Legos tall each flower was. In addition, the children practiced taking turns and sharing, developing their social interactions with friends!



Kindergarten Prep

On *Tasty Tuesday*, a part of NAEYC's Week of the Young Child, Kindergarten Prep children created a delicious and healthy snack- guacamole! Cooking and creating together provides practical experience with many essential skills such as reading, following directions, and measuring. Getting involved in cooking helps children to develop fine motor skills, hand-eye coordination, and early concepts of math and science. The students used their **Math Counts** skills to carefully measure fresh ingredients like avocado, lime juice, and cilantro and combined them using our Molcajete, a type of stone and pestle culinary tool that has been used in Mexico for thousands of years. We have found that when children are involved in the process of creating a dish, they are more likely to try it. After Tasty Tuesday, we have some big guacamole fans in Kindergarten Prep!



READY FOR SCHOOL NEWS

Family Fitness Fun

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 8th 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

