



We value your feedback!

Each year, we ask families to give us important feedback and opinions about our center. This information helps us assess our strengths and identify areas for improvement. We are truly committed to providing the highest quality education for your child and we believe that every opinion counts.

Please take a few moments to complete our survey by January 31st.

brighthorizons.com/family-survey

Important Dates

1/1/2020 – Daybridge Closed for New Year's Day

1/13/2020 – PSU Resumes classes

1/15/2020 – Wear Your Favorite Hat Day

1/23/2020 – PTO Meeting @ 5:15 pm

Reasons to Celebrate

Hannah Stone 1/08 Happy Birthday!

Annmarie Smith 1/15 Happy Birthday!

Kylie Cappella 1/8 2 yr. anniversary!

Tania Germino 1/27 10 yr. anniversary!!!

Hannah Stone 1/27 16 yr. anniversary!!!!



Infant

In December, our friends in the infant room learned about sharing, gentle touches, and being kind. The teachers modeled being kind throughout the day and engaged the infants while playing and exploring in small groups. We also modeled how to share toys with friends, showing how to give a friend a toy.



Toddler

The children in room 2 enjoyed painting mittens with watercolors. While it's something they can do more independently, they are still working on their fine motor skills. They also like the fact that they have their own compact of paint that they can open and close whenever they want to, while working on self-help skills.



Preschool

Last month in room 7, we discussed holidays around the world. We worked on our fine motor skills as well as making new shapes from existing ones when we used loose parts to fill in a tree outline.

Learning in the Outdoors and Nature



“Outdoor learning is every bit as important as traditional classroom elements like center time or group time. There’s always something changing in nature – trees, the leaves, mud, sand, an acorn falling -- if we just observe, ask questions, and grab hold of it.”

- Peggy Gerety, group VP, center operations at Bright Horizons

At Bright Horizons, we know how important outside time and nature learning are for young children. Ample time outdoors has been shown to boost both physical and emotional well-being and is even connected to positive school performance. Childhood experiences with nature build deep emotional and sensory connections that carry into adulthood—forging exactly the types of memories and feelings children need if they are to become conservation-minded adults. While there are times when the weather keeps us indoors, we try to make outdoor time a priority. We deeply appreciate your help in sending warm, durable clothing so children can play outside every day.

The three components of outdoor learning include **outdoor classrooms, nature exploration, and outdoor play**. Through outdoor classrooms, learning is extended to the world. Many of the activities and projects your child enjoys indoors, such as science, art, music, and building, can be done outside.

Through nature exploration, children develop deep connections with animals, plants, and the earth. In your child’s classroom, you might see natural materials, such as leaves, pods, seeds, sticks, stones, shells, or feathers, used indoors and out for a variety of purposes. You might notice books and images featuring the natural world or projects devoted to the study of nature. Children learn about plants, composting, and conservation through gardening projects and our Garden Works curriculum element. They begin to understand the scientific method as they observe and question topics like weather, properties of matter, and basic physics principles.

And through outdoor play, children take risks, test their strength, and build healthy minds and bodies. We know that children need time outdoors every day for active play. This might be playing a game of tag or jumping from rocks and stumps. It might be movement or mindfulness activities from our *Well Aware* curriculum element or a walk through the neighborhood.

Find the Latest Growing Readers Online



The Growing Readers program at Bright Horizon is a resource designed to help parents find great literature, share the joy of reading, cultivate an appreciation for books, and foster early literacy skills with your child. In case you missed it, the quarterly Growing Readers Review is now online!

This issue's featured Bright Horizons Book of Excellence Award winner is *Game Changers: The Story of Venus and Serena Williams*, which showcases two influential women athletes. For more about this book and the rest of this issue's book selections, visit brighthorizons.com/growingreaders.

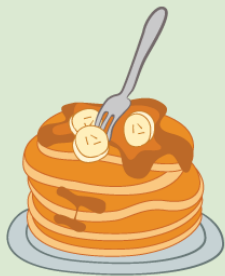
Teach. Play. Love. Featured Podcast Episode Build Healthy Habits Early

Healthy eating is an important part of your child's development. Nutrition impacts energy and brain function, so building healthy habits early on is key. But high cost and low availability of some foods, busy schedules, and picky eaters can throw a wrench in your healthy plans. Hear from Rachel Robertson, education and development vice president, and Ruth Fidino, senior education advisor, as they discuss how to make healthy eating fun, easy, and accessible.

Episode 13: Build Healthy Habits Early - brighthorizons.com/bhpodcastEp13

You can listen to this episode on [Spotify](#), [Apple](#), [Google](#), and [Stitcher](#).

Cooking with School-Age Children



This is the age when children often really enjoy helping parents cook, planning menus and helping in the kitchen. Try activities such as:

- ▶ Pancakes or waffles (from either a mix or from scratch)
- ▶ Tuna or pasta salad
- ▶ Macaroni and cheese
- ▶ Cookies: allow your child to roll out the dough, use cookie cutters, make free-form shapes, and decorate before or after baking
- ▶ Sandwiches with lettuce, tomato, or another vegetable



Bright Horizons at PSU Daybridge

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814.863.6913 | daybridge@brighthorizons.com
Monday – Friday 07:00 a.m. to 06:00 p.m.

