



skyline

at Raleigh Corporate Center

Triangle Truck Day

Kindergarten Options

School's OUT

November 2019



BRIGHT HORIZONS AT
Raleigh Corporate Center

From the Director

Well Aware

Did you know that over 150 adults enter the building two times a day? We all carry into the classrooms. The best way to stop the spread of germs is to wash our hands each time we enter the classroom and have our children wash their hands. We also have hand sanitizer dispensers at the front door and near the checkout station for adult use.

Outdoor Learning

Our outdoor learning environments are an important part of our curriculum. It is our goal to be outdoors one hour in the morning and one hour in the afternoon. This gives us ample time to use our gross motor (large muscle) skills. It is a great opportunity for active play as well as time to get fresh air. Please be sure to send your child prepared to play outdoors each day. Rain boots and rain coats are great for days when it sprinkles. A warm coat, mittens, and a hat are good to keep us warm on those cold days.

Important Dates

November 1 School'sOUT (SA)
November 2 Truck Day
 November 7 Read for the Record
November 11 School'sOUT (SA)
 November 22 Soccer Shots Season Ends
November 27 School'sOUT (SA)
 November 28 Fall Break (CLOSED)
November 29 Fall Break (CLOSED)

Reasons to Celebrate

November 1 – Debra 13 Years
November 5 – Erica Birthday
 November 8 – Stella Birthday
November 14 – Shelby Birthday
 November 23 – Mikayla Birthday
November 24 – Darlene 21 Years
 November 26 – Mary Lynn Birthday
November 26 – Shelby 1 Year
 November 27 – Malaika 2 Years



SAVE THE DATE

Triangle Truck Day

Saturday November 2nd, 2019
10:30 am -12:30 pm

800 WESTON PARKWAY CARY, NC

Bright Horizons Triangle Truck Day is coming soon!

Our Truck Day will raise funds for Bright Horizons Foundation for Children.

On **November 2nd** from **10:30am-12:30pm**, we will gather at

Bright Horizons at Harrison Park

to join forces and make a difference in the lives of children in crisis. Triangle Truck Day will host various trucks and modes of transportation for children of all ages to explore.

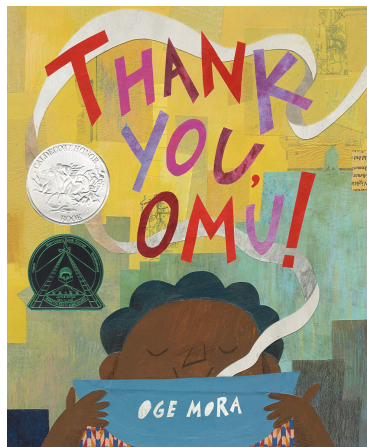
There will also be professional **face painting**, **food trucks**, **kid activities**, **vendors**, **raffles** and **more!** Stop by the front desk for more details.

We hope you'll join us!

READ FOR THE RECORD

November 7, 2019

Each year, Jumpstart selects a campaign book that fosters language and social-emotional development, honors the diversity in our world, has a strong narrative, and appeals to young children. That book is read across the country and around the world by adults and young readers on Read for the Record day.



Thank You, Omu! tells the story of a generous elderly woman who makes a fantastic pot of thick red stew.

Contact the front desk if you would like to participate as a reader.

Kindergarten Options

Join us for a Parent Information Session

Wednesday, November 20, 2019

5:30 - 7:00 pm

with

Director of Public Relations for WCPSS

Tamani Powell

to learn more about

Magnet School Options

Registration Deadlines

Traditional v. Year-Round v. Modified

and much more.

School'sOUT Club

For ages five through 12 1/2 years old

Dates Available for November

November 11, 2019

November 27, 2019

Our *School'sOUT* clubs are designed for kids to

Discover. Immerse. Experience.

any number of activities that engage,
challenge, and inspire.

Whether it's STEM, Sports, Recreational
Games, or Crafts your child can discover
an experience that's just right for them.

HELP SUPPORT EARLY LITERACY AT RCC Be a Mystery Reader

RCC LENDING LIBRARY

Reading with your child may be one of the most meaningful and memorable ways to spend time imagining and learning together at home. **Growing Readers** emphasizes the importance of reading aloud to children and cultivating a love of great books.



No time to visit your local library?
No problem...

Choosing a book from our library helps you:

- Select great books for your child, at each age and stage,
- **Strengthen your child's educational development,**
- Introduce and discuss themes, explore new concepts or guide your child through life's experiences.



Author	Peter Brown		
Title	Mr. Tiger Goes Wild		
Date		Name	
JAN 30	2019	S. Green	



Soccer Shots

Season Ends Friday November 22, 2019



New Season Begins

1/10/20

Register Online at rdu.ssreg.org

Center Highlights



Center Highlights



Center Highlights



Soccer Shots' current season ends Nov. 22nd
To learn more or enroll for Soccer Shots at RCC visit,

SOCCERSHOTS.ORG/RDU



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



Teach. Play. Love.
Parenting Advice for the
Early Years

Subscribe to get new episodes!



Listen as parents and early childhood educators come together to cull the competing advice, separate fact from fiction, and focus on what does – and doesn't – matter during these early years. Be more confident, have less worry...and let Bright Horizons help make parenting the joy it was meant to be.

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.brighthorizons.com/bhpodcastEp7

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

Bright Horizons at Raleigh Corporate Center

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919-852-0509 | rcc@brighthorizons.com
Monday – Friday 7:00 a.m. to 6:00 p.m.

