

Bright Generations Downtown

Week of December 5, 2022

From the Director

Holiday Attendance-

As we are approaching the winter holidays, we are asking for your child's attendance for the week of December 19th (the center is closed Friday, December 23rd) and the week of December 26th (the center is closed Monday, December 26th and Monday, January 2, 2023).

Please email Cedria your child's schedule at cedria.miley@brighthorizons.com no later than Monday, December 12th. This will help with teachers' schedules as well as food preparation for the short week.

Parent Teacher Conferences-

If for any reason you missed your opportunity to have your parent teacher conference, please reach out to Mrs. Cedria to schedule it, cedria.miley@brighthorizons.com. Conference availability is now through December.

FPG Meeting-

We moved the meeting up to the second Wednesday of the month. Our next meeting is scheduled for 12/14 at 12:30. We hope to see you there!

Family Resources-

Important Conversations About Social Justice for Kids

Children are hard-wired to want to help others. Collectively, we're raising the next generation of leaders — and we can empower them to make a difference. On this episode, we're exploring social justice. Our child development experts share strategies to help you teach your child about diversity, equity, and inclusion, and encourage them to be curious, share feelings, and take action.

<https://www.brighthorizons.com/family-resources/important-conversations-about-social-justice-for-kids>

Becoming a Resilient Parent

Upcoming Webinar

We don't have to tell you that the work-family balancing act is a challenge — you're living it.

In this webinar, we'll give you some stress-relief strategies to help build your resilience.

**Tuesday, December 13
at 3:00 p.m. ET**



New Version of My Bright Day® App Now Available!

We've been working behind the scenes to enhance the functionality and usability of this important tool. [Check out this video](#) for a peek at what's new. If you have auto-update enabled, the app will update automatically. If you do not have auto-update enabled, you will need to go to the App Store or Google Play to manually update it. Please contact our helpdesk at 855-239-3850 if you run into any issues.



December 2022

Bright Generations Downtown

404-506-1808 | georgiapower.downtown@brighthorizons.com | [Bright Generations Downtown](#)



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|--------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------|----------------------------------------|--------------------------------------------------------------|---------------------------------------|
| | | | | 1 | 2 Payroll Deduction | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 December Webinar: Becoming a Resilient Parent @3pm | 14 FPG Meeting- 12:30-1:30 | 15 Happy Birthday Michele Jones! | 16 Payroll Deduction | 17 |
| 18 | 19 Happy Anniversary Liam Mitchell! | 20 | 21 | 22 | 23 Center closed in observance of Christmas Holiday | 24 Happy Birthday William Zhao! |
| 25 Monthly Tuition Due | 26 Center closed in observance of Christmas Holiday | 27 | 28 | 29 | 30 **No Payroll Deduction Taken** | 31 |

Join Us for a **Live Webinar**



Becoming a Resilient Parent

Tuesday, December 13, 2022 at 3:00 p.m. ET

We don't have to tell you that the work-family balancing act is a challenge — you're living it. In this webinar, we'll give you some stress-relief strategies to help build your resilience.



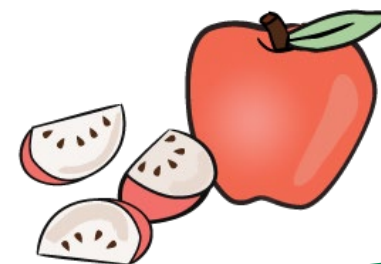
Register Today
bit.ly/a-resilient-parent

What's on the Menu?

| | MONDAY 12/5 | TUESDAY 12/6 | WEDNESDAY 12/7 | THURSDAY 12/8 | FRIDAY 12/9 |
|----------------------------|-----------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| BREAKFAST | Bagels W/ Cream Cheese Oranges Milk/Water | Biscuit Turkey Sausage V-Veggie Sausage Grapefruit Milk/Water | English Muffin w/Apple Butter Applesauce Milk/Water | Waffles Turkey Bacon V-Veggie Sausage Blueberries Milk/Water | Corn Flakes Cereal Bananas Milk/Water |
| LUNCH | Pasta Alfredo Green Beans Pears Milk/Water | Turkey Slider V-Veggie Slider Vegetarian Baked Beans Peaches Milk/Water | Cheese Ravioli w/Marinara Sauce Peas and Carrots Apricot Milk/Water | Turkey Meatloaf V-Veggie Patty Brown Rice Broccoli Pineapple Milk/Water | Chicken Fettucine V-Veggie pasta Mixed Vegetables Tropical Fruit Milk/Water |
| AFTERNOON SNACK | Sweet Potato Crackers Applesauce Water | Pita Chips Hummus Water | Graham Crackers String Cheese Water | Yogurt Strawberries Water | Assorted Fruit Bars Water |

 Vegetarian Alternative

 Substitute for Infants/Toddlers



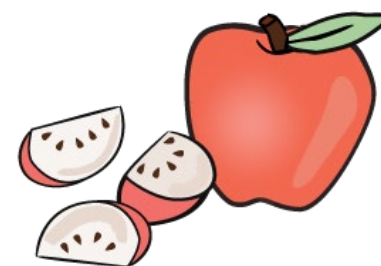
- ▶ All meals are baked, not fried
- ▶ Vegetarian meal options available
- ▶ Fresh fruits and vegetables served daily
- ▶ Proteins include chicken, turkey, beef, tofu, cheese, and beans
- ▶ Whole milk served to children ages 12-24 months
- ▶ 1% milk served to children 24 months and older
- ▶ All meals served family style

What's on the Menu?

| | MONDAY 12/12 | TUESDAY 12/13 | WEDNESDAY 12/14 | THURSDAY 12/15 | FRIDAY 12/16 |
|------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------|--------------------------------------------------------------|
| BREAKFAST | English Muffin w/ Jelly Peaches Milk/Water | Raisin Bread Turkey Bacon V-Veggie Sausage Blueberries Milk/Water | Turkey Sausage V-Veggie Sausage Cheese Toast Grapefruit Milk/Water | Pancakes Cinnamon Apple Milk/Water | Chex Bananas Milk/Water |
| LUNCH | Chicken Teriyaki V-Vegetarian Nuggets Rice Mixed Vegetable Pineapple Milk/Water | Grilled Cheese Sandwich Peas and Carrots Apricots Milk/Water | Shepherd's Pie w/ Ground Turkey V-Veggie crumble Shepherd's pie Pears Milk/Water | Veggie Alfredo Breadstick Oranges Milk/Water | Cheese Pizza Mexican Corn Tropical Fruit Milk/Water |
| AFTERNOON SNACK | Veggie Crackers Fruit Cup Water | Yogurt Graham Crackers Water | Fig Newton Applesauce Water | String Cheese Blueberries Water | Soy Butter and Jelly Sandwich Water |

 Vegetarian Alternative

 Substitute for Infants/Toddlers



- ▶ All meals are baked, not fried
- ▶ Vegetarian meal options available
- ▶ Fresh fruits and vegetables served daily
- ▶ Proteins include chicken, turkey, beef, tofu, cheese, and beans
- ▶ Whole milk served to children ages 12-24 months
1% milk served to children 24 months and older
- ▶ All meals served family style

What's on the Menu?

| | MONDAY 12/19 | TUESDAY 12/20 | WEDNESDAY 12/21 | THURSDAY 12/22 | FRIDAY 12/23 |
|----------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------|
| BREAKFAST | Blueberry Muffin Applesauce Milk/Water | Turkey Sausage Toast Oranges Milk/Water | French Toast Sticks Cinnamon Apples Milk/Water | Cheerios Peaches Milk/Water | Center Closed |
| LUNCH | Chicken Stir Fry V-Vegetarian Stir Fry Rice Tropical Fruit Milk/Water | Turkey & Cheese Sandwich V-Grilled Cheese Green Beans Oranges Milk/Water | BBQ Meatballs V-Vegetarian Patty Mashed Potatoes Peas And Carrots Pineapple Milk/Water | Chicken Nuggets V-Vegetarian Nuggets Mixed Vegetables Pears Milk/Water | Center Closed |
| AFTERNOON SNACK | Cheese Crackers Fruit Cup Water | Animal Crackers Applesauce Water | Fig Newton Sliced Oranges Water | Fruit Bar Water | Center Closed |

 Vegetarian Alternative

 Substitute for Infants/Toddlers



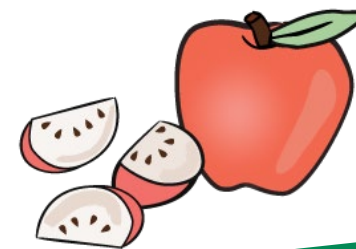
- ▶ All meals are baked, not fried
- ▶ Vegetarian meal options available
- ▶ Fresh fruits and vegetables served daily
- ▶ Proteins include chicken, turkey, beef, tofu, cheese, and beans
- ▶ Whole milk served to children ages 12-24 months
- ▶ 1% milk served to children 24 months and older
- ▶ All meals served family style

What's on the Menu?

| | MONDAY 12/26 | TUESDAY 12/27 | WEDNESDAY 12/28 | THURSDAY 12/29 | FRIDAY 12/30 |
|----------------------------|------------------------|---------------------------------------------------------|--------------------------------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------------------------------------|
| BREAKFAST | Center Closed | Blueberry Muffins Peaches Milk/Water | Waffles Applesauce Milk/Water | French Toast Cinnamon Apples Milk/Water | Rice Crispy Bananas Milk/Water |
| LUNCH | Center Closed | Veggie Lasagna Bread Sticks Oranges Milk/Water | Turkey Spaghetti V-veggie spaghetti Green Beans Peaches Milk/Water | Cheese Pizza Mexican Corn Pineapple Milk/Water | Fish Nuggets V-Veggie Nuggets Sweet Potato Fries Pineapple Milk/Water |
| AFTERNOON SNACK | Center Closed | Spinach Dip Pita Bread Water | Graham Crackers String Cheese Water | Yogurt Blueberries Water | Assorted Fruit Bars Water |

 Vegetarian Alternative

 Substitute for Infants/Toddlers



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1% milk served to children 24 months and older
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