

Bright Horizons on the Golden Mile

From the Director

Dear Families,

Bright Horizons is proud to honor our teachers and staff who transform a day into an inspiring adventure for children of all ages. During the month of May we will be honoring all our amazing staff for Teacher Appreciation Month.

We invite you to write about a Bright Horizons teacher or staff member that has inspired you. You can visit <https://appreciation.brighthorizons.com/> to leave them a special note. The website will be open from May 1 through May 31.

If you're looking for another way to celebrate your child's teacher, you may consider making a contribution to the Bright Horizons Foundation for Children in your child's teacher's name.

Thank you for helping us recognize the important work of our teachers and staff who make Bright Horizons child care centers a special place to be.

Important Dates

May 9: Amanda at an Assistant Director Meeting

May 11: Muffins with Mom at morning drop off

May 18: Ambr at a Director Meeting

May 28: Center Closed

May 30-June 1: Ambr at a Leadership Conference



Reasons to Celebrate

May 21: Happy 4th Anniversary Kelly V!!

May 31: Happy 1st Anniversary Katie!!



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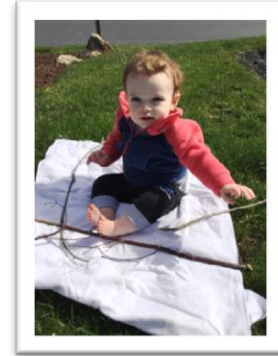
Monday-Friday | 6:30 a.m. – 6:00 p.m.



CLASSROOM HIGHLIGHTS

Infant

The children in the Infant classroom explored **Science Rocks** during this nature activity outside. They used active exploration as they learned to use their senses to explore the properties of an object. They learned to do this as they explored the properties of branches they found outside on a walk and heard words such as rough, bumpy, etc.



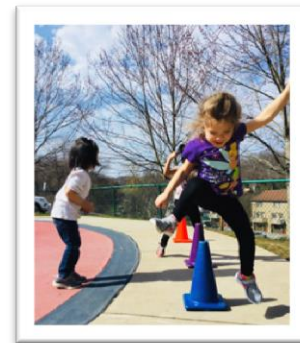
Toddler

Toddlers demonstrated **Math Counts** during this sensory table activity. The children explored the concept of spatial relations. They learned to do this as they scooped and dumped water into and out of the cups and heard their teacher use the words in and out. They children eventually were able to scoop water into their cups when they heard the word in and dump the water out when they heard the word out.



Preschool

The children in the Preschool classroom demonstrated **Well Aware** as they participated in this obstacle course activity. The children strengthened their motor and fitness skills as they refined their large motor skills. They learned to do this as they engaged in physical activities such as running, jumping, hopping, skipping, etc. as they made their way through the obstacle course.



Kindergarten Prep

Kindergarten Prep worked **Towards a Better World** as they participated in games of tic tac toe. They strengthened relationships with others as they learned to express compassion and empathy. They learned to do this as they played the game of tic tac toe together and worked on taking turns during the game.



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

