

Bright Horizons at Military Trail News

From the Director

Another school year approaches the end and with that come all sorts of new horizons. What will the summer hold? – What will kindergarten really be like?

The children will be excited and nervous all at the same time.

Summer can be a great transition time to prepare for kindergarten routines.

Allowing a little more independence with self-care routines- maybe a few more responsibilities around the home - encourages children in their self-confidence and self-reliance. All the while letting them know that you are there willing them on to every success.

We are confident that the graduates are well prepared for kindergarten and wish them well. The preschoolers will be following in their footsteps.

Please check out our summer information- we are offering flexible programs to suit everyone's needs so plan on joining us!

Important Dates

Graduation May 29

Last day of school June 1

Last day of VPK

Summer camp begins June 4

Online Payment Options Are Available!

Bright Horizons at Military Trail recommends that families pay online via our secure web portal accessed via the Family Information Center.

☐ Recurring Payments: payments will be deducted automatically; no need to remember when tuition is due

☐ Payer-Initiated Payments*: payer-initiated online payment; set up your access in advance for secure tuition payments

**Please Note: Payer-initiated payments must be received by Bright Horizons on the due date. Late fees will be stringently assessed.*

Visit <http://familyinfocenter.brighthouse.com> to register for online payments today!

Bright Horizons at Military Trail

7245 S. Military Trail, Lake Worth FL 33463

561-969-9025 | mili@brighthouse.com

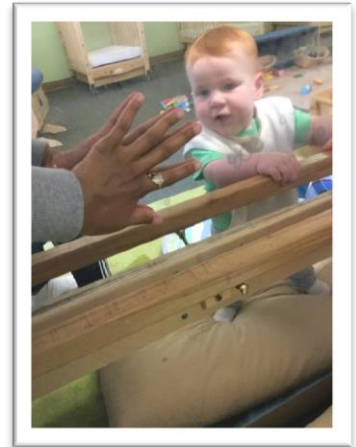
M-F 6:30 AM – 6:30 PM



CLASSROOM HIGHLIGHTS

Infant

Independence is something young children strive for from an early age. From holding the bottle themselves, to crawling, to standing and eventually walking. Our infants have opportunities to traverse uneven surfaces by crawling or walking or climbing. Development is never so rapid as in the first couple of years of a child's life.



Early Preschool

As children enter their “twos” they become quite emphatic about making their own decisions and performing their own self-care routines. “Me do it!” Children want to emulate their adults and in Dramatic play the children are able to reverse role play and begin to become proficient in the adult world.



Preschool

Being able to express oneself in written form is a triumph. Our students journal weekly, to practice their letter formation and expressive illustration. Strong small muscles allow children to persist in this activity and achieve work they are proud of.



Kindergarten Prep

A simple game of Magnet Fishing is a great way for Kindergarten Prep children to practice their school readiness. Each fish requires a task to be performed eg. Shake a friend's hand, compliment someone, or straighten up the library. The fish is placed “task down” so even the best readers don't know what they will be asked to do. This is also something families can play at home to share chores is a fun way.



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

