

# News from Clever Kids

## Learning Center

### From the Director

The teachers have been very appreciative of all the edible treats throughout every year that families bring for teachers to enjoy. (We notice that sometimes those treats follow a long weekend, or many days in a row of children being unable to play outside during bad weather. Treats are often accompanied by the sentiment "I don't know how you do it all day – with so many more children than just my one!") We like what we do and that keeps us going - along with those treats! BUT, I need to ask that all treats be free of any kind of nuts! Clever Kids is a NUT SAFE ZONE so all products with nuts are forbidden! Treats for teachers and for children can't have any type of nut. It can indicate that it was produced where nuts might have been used. This rule is also the reason we use SunButter instead of peanut butter. Please help us keep everyone NUT SAFE!

### Dates of Closure for 2018

- Feb. 19<sup>th</sup> - President's Day
- May 28<sup>th</sup> - Memorial Day
- July 4<sup>th</sup> – Independence Day
- Sept. 3<sup>rd</sup> – Labor Day
- Oct. 8<sup>th</sup> – Columbus Day
- Nov. 11<sup>th</sup> – Veteran's Day
- Nov. 22<sup>nd</sup> and 23<sup>rd</sup> – Thanksgiving
- Dec. 25<sup>th</sup> – Federal Observance of Christmas

### A Super Special Thanks...

- To Grandma Susan for her monthly commitment to providing our preschool children educational and delightful stories that they always look forward to. *"After nourishment, shelter and companionship, stories are the thing we need most in the world."* – Philip Pullman

Clever Kids Learning Center managed by Bright Horizons

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# CLASSROOM HIGHLIGHTS

## Infant 2

From the moment babies are born, they are communicating with the world around them. They cry, coo, and babble. This is the way they connect with the world, develop relationships, and get what they need.

You might be wondering what we do in our classroom to support children's early literacy and communication skills. Well, the *Language Works* curriculum for infants provides and guides a framework for use of language, love of voice, and materials to ensure that teachers model appropriate literacy and communication skills daily.

First, the babies learn to explore picture books. They learn it by having daily access to age-appropriate books. We understand that babies explore their world using their mouth. So, we make sure to have books durable enough to withstand teeth and drool.

Secondly, they learn to tune to the voices of key people, show interest in stories, rhymes and songs. They learn this by listening to books read to them daily. Take a look at this picture of Ms. Michelle reading books to a group of infants. Hone in on one of the infants staring at her. This shows he is tuning into her voice and that she has captured his attention.

Finally, they learn to listen and respond to simple instructions. They learn this by hearing simple, one-step directions, such as "turn the page."

All in all teachers use a variety of age-appropriate Materials, such as picture and texture books, to encourage infants to blossom in to their early literacy and language skills.



# READY FOR SCHOOL NEWS

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## Weathering Winter Weather

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Inclement weather is an opportune time to embark on new adventures with your young scientists, builders, and artisans. Keep boredom at bay by planning some cold-weather activities.

### Ideas for Outdoors:

- Play in puddles. Jumping in puddles and splattering muddy water is science in action. Bring a container to collect mucky liquid to study at home. Add a magnifying glass or microscope, measuring spoons, an eye dropper, funnels and different size cups, to create a science laboratory. Help older children document their explorations through photography and journal entries.
- Build dams. With a few rocks and recycled materials, young scientists can create dams, lakes, and rivers. Children might use recycled items such as cork, buttons, and wood to construct boats that they can sail in puddles.

### Indoor Fun:

- Plan a pajama party. Get cozy and hibernate. Have your child choose favorite books and then draw pictures about the stories; family members might act out the storyline.
- Jump for jollies. Jumping on a bed can be dangerous but on housebound days, try putting the mattress on the ground to turn it into a trampoline. Another option is to jump in pillowcases. Children might count, practice phone numbers, or sing rhymes while they exercise their bodies.
- Go camping. Turn a table into a tent by putting a blanket over it. Encourage your children to collect what they need (flashlights, blankets, toys, and snacks) and set up camp. Tents are cozy places to read books.
- Create photo albums and scrapbooks. Housebound days are wonderful opportunities to reminisce and catch up on enjoyable chores, such as creating photo albums and scrap books. Children can create their own albums using extra photos. Encourage children to tell you what's happening in the photo, and if possible, write what they say.

In every part of the country, there are some days when families will be housebound. By relaxing, enjoying the time together and planning ahead, you can create memorable experiences. For more suggestions, refer to the Bright Horizons resource, [Learning at Home Activities](https://www.brighthorizons.com/family-resources/kids-activities).

([www.brighthorizons.com/family-resources/kids-activities](https://www.brighthorizons.com/family-resources/kids-activities))

# BRIGHT HORIZONS NEWS

## Managing Work/Life Balance

As a parent, managing stress and making time for yourself can be tough. We love our kids and want them to feel happy, nurtured, and supported, yet we tend to neglect our own feelings of happiness. We often feel guilty about taking time for ourselves, or find the idea unrealistic.

It's absolutely essential to your well-being to have some time for yourself. Give yourself permission to go for a daily walk, head to the gym, read a book, or spend time with friends to help find balance and reduce stress. Think it can't be done? Below are a few tips for creating a healthy work/life balance.

### Work/Life Balance Tips

Get clear on your priorities.

As you plan your calendar, ask yourself if your daily activities reflect your values. Sure, carpooling, picking up the dry cleaning, and making dinner have to be done whether they reflect your values or not, but being clear on your priorities helps you maximize the free time you do have.

Minimize time wasters.

Limit the time you spend engaged in activities that have little value to you. These are different for each person, but might include surfing the Internet, watching television, or checking messages.

Simplify and streamline daily tasks.

Build simple strategies for keeping everyday tasks as simple as possible. Do a "10-minute tidy" before dinner or bedtime instead of a deep clean. Try to plan meals in advance and buy pre-cut and pre-washed options when possible.



Check out all the places you can connect with us!



# MENU

| <b>6 Week of</b><br>02/05/18 – 02/09/18 | <b>AM Snack</b>                  | <b>Lunch</b>  | <b>PM Snack</b>                               |
|---|----------------------------------|---|---|
| <b>Monday</b>                           | Applesauce<br>Milk               | Grilled Cheese on Wheat<br>Tomato Soup with Pasta<br>Corn<br>Pears<br>Milk  | Oatmeal Squares<br>Milk                       |
| <b>Tuesday</b>                          | Zucchini Bread<br>Milk           | Taco Salad (Ground Beef and<br>Mixed lettuce mix with shredded<br>carrots and cabbage)<br>Beets<br>Peaches<br>Milk      | English Muffin with<br>Melted Cheese<br>Juice |
| <b>Wednesday</b>                        | Cinnamon Biscuits<br>Milk        | Sweet and Sour Meatballs<br>with Rice<br>Pineapple and Peas<br>Milk   | Wheat Thins and<br>Cheese Nips<br>Milk        |
| <b>Thursday</b>                         | Banana Slices<br>Berries<br>Milk | Bean and Cheese Burritos<br>Mixed Veggies<br>Orange Slices<br>Milk  | Graham Crackers<br>Yogurt<br>Water            |
| <b>Friday</b>                           | Wheat Toast with Butter<br>Milk  | Mozzarella Bake (Pasta,<br>Marinara, Cheese, Pepperoni)<br>Broccoli and Cauliflower<br>Tropical Fruit Salad Mix<br>Milk | Cottage Cheese<br>Peaches<br>Water            |

| <b>7 Week of</b><br>02/12/18 – 02/16/18 | <b>AM Snack</b>                  | <b>Lunch</b>   | <b>PM Snack</b>                                 |
|---|----------------------------------|--|---|
| <b>Monday</b>                           | Cereal<br>Milk                   | Chili<br>Wheat Saltines<br>Cheese Squares<br>Peaches<br>Milk                                     | Applesauce Cake<br>Milk                         |
| <b>Tuesday</b>                          | Bran Muffins with Butter<br>Milk | Rice Casserole (ground<br>pork and cabbage)<br>Peas and Carrots<br>Pineapple<br>Milk             | Wheat Bread Squares<br>with Jelly<br>Milk       |
| <b>Wednesday</b>                        | Cinnamon Toast<br>Milk           | Biscuits and<br>Sausage Gravy<br>Corn and Green Beans<br>Milk                                    | Whole-Grain Crackers<br>Cheese Squares<br>Water |
| <b>Thursday</b>                         | Oatmeal Squares<br>Milk          | Sun Butter and Jelly<br>on Wheat Bread<br>Raw Broccoli and<br>Cauliflower<br>Mixed Fruit<br>Milk | Orange Slices<br>Wheat Thins<br>Milk            |
| <b>Friday</b>                           | Boiled Eggs<br>Saltines<br>Juice | Chicken and Cheese<br>Quesadilla<br>Cooked Carrots<br>Apple Slices<br>Milk                       | Soft Pretzels<br>Marinara Sauce<br>Water        |

# MENU

| <sup>8</sup> Week of<br>02/19/18 – 02/23/18 | AM Snack  | Lunch   | PM Snack  |
|---|---|---|---|
| <b>Monday</b>                               | <b>Closed for Presidents Day</b>                  |   |   |
| <b>Tuesday</b>                              | Tortillas with<br>Cream Cheese<br>Berries<br>Milk | Turkey Ham on Wheat<br>Mixed Veggies<br>Pears<br>Milk                         | Applesauce with<br>Whole-Grain<br>Cinnamon Crackers<br>Water        |
| <b>Wednesday</b>                            | ½ Banana<br>Orange Slices<br>Milk                 | Sloppy Joes<br>Baked Beans<br>Mixed Fruit<br>Milk                             | Tortillas with Sun Butter or<br>Cream Cheese<br>Water               |
| <b>Thursday</b>                             | Pumpkin Bread<br>Milk                             | Grilled Cheese on Wheat<br>Tomato Soup with Pasta<br>Peas and Carrots<br>Milk | Oatmeal Squares<br>Milk   |
| <b>Friday</b>                               | Cereal<br>Milk                                    | Spaghetti with<br>Meat Sauce<br>Green Beans<br>Corn<br>Milk                   | Cracker Stackers<br>(Crackers, cheese, and<br>Sliced Meat)<br>Water |

| <sup>1</sup> Week of<br>02/26/18 – 03/02/18 | AM Snack                             | Lunch  | PM Snack                                 |
|---|--------------------------------------|--|--|
| <b>Monday</b>                               | Wheat French<br>Toast Sticks<br>Milk | Chicken Noodle Soup (with<br>added veggies and chicken)<br>Wheat Saltines<br>Cheese<br>Pineapple<br>Milk | Graham Crackers<br>Applesauce<br>Water   |
| <b>Tuesday</b>                              | Cereal<br>Milk                       | Tuna on Pita Bread<br>Celery and Cucumbers<br>Apple Slices<br>Milk                                       | Bananas<br>Milk                          |
| <b>Wednesday</b>                            | Yogurt and Granola<br>Milk           | Chili<br>Wheat Saltines<br>Peaches<br>Carrot Sticks<br>Milk  | Soft Pretzels<br>Marinara Sauce<br>Water |
| <b>Thursday</b>                             | Cinnamon Biscuits<br>Milk            | Macaroni and Cheese<br>Peas<br>Beets<br>Milk   | Applesauce Cake<br>Milk                  |
| <b>Friday</b>                               | Oatmeal Squares<br>Milk              | Mashed Potatoes with<br>Hamburger Gravy<br>Broccoli<br>Pears<br>Milk                                     | Cheese Nips and<br>Wheat Thins<br>Juice  |