

at Raleigh Corporate Center



# December 2019



BRIGHT HORIZONS AT

RALEIGH CORPORATE CENTER

## From the Director

### Cold Weather

With the approach of the cold weather, take a minute to restock your child's extra clothes stash. We have messy play each day and having a couple sets of extra clothes, underwear and socks makes full bodied learning possible. It is our goal to go outside daily in the morning and afternoon. Please send outerwear appropriate **for the weather that day (in North Carolina that can change quickly).**

### Season of Giving

Children love the simplest of toys. While TV ads want us to buy every plastic toy under the sun, the old staples truly live on. Pots, pans, bowls and wooden spoons can provide hours of fun. Sheets and clothes pins can result in blanket forts beyond your imagination. Books are gifts you can enjoy together and children love to read them over and over and over. An assortment of scarves are great sensory materials for infants and dancing tools for toddlers.

### Teacher's Favorite Things

A few parents have asked about giving a small gift to their child's teacher during the holidays. There is a binder near the check in computer with teacher's favorite thing. Feel free to snap a picture of your teacher's favorite things, or you are welcome to use our copier. Some parents like to donate a tin of cookies or a bag of ground coffee for the staff lounge, these are also much appreciated by teachers. Teachers also love a simple note of thanks during the holiday or a holiday card from your family.

### Important Dates Winter Break Closings

- 12/24
- 12/25
- 12/31
- 1/1/2020

### Reasons to Celebrate

**Brandi 's Birthday**  
12/6



## CLOSING DATES

- 12/24
- 12/25
- 12/31
- 1/1

[illegible]

**Look for the above form on your child's classroom door and indicate your presumed dates of attendance.**

Contact the front desk if you have questions about our upcoming Winter Break.



# Center Highlights

## *Toward a Better World*

Our Kindergarten Prep students got the kindness train rolling by organizing and collecting non perishables which they donated to a local food bank. They donated over 160 pounds of food amounting to nearly 140 meals. Way to go!

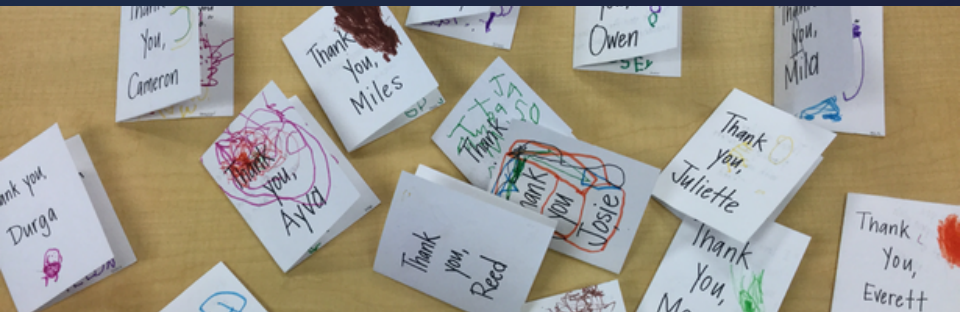
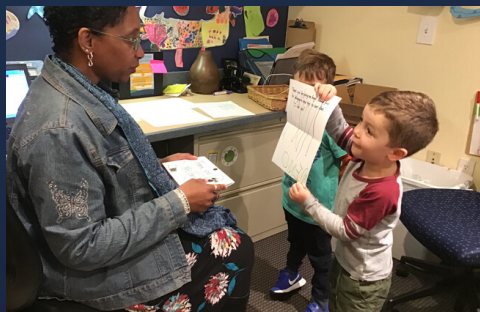




# Center Highlights

## *Caring Matters*

After many conversations about being thankful, friends made thank you cards and distributed them to friends and teachers around the center. Teachers helped them to realize the power of thanks.



# School'sOUT Club

For ages five through 12 1/2 years old

*Dates Available for November*

**December 23, 2019**

**December 26, 2019**

**December 27, 2019**

**December 30, 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.

## RCC LENDING LIBRARY

[illegible]

- 
- A white wicker basket filled with children's books. The books are stacked and slightly tilted. Visible titles include 'The Wind in the Willows', 'The Gruffalo', and 'The BFG'. The basket is placed on a light-colored wooden surface.

# Soccer Shots

— is now Off Season —

A soccer ball with white hexagonal panels and black pentagonal panels. In the center of the ball, there is a yellow pentagon.

New Season Begins

1/10/20

Register Online at [rdu.ssreg.org](http://rdu.ssreg.org)



# Center Highlights



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To learn more or enroll for Soccer Shots at RCC visit,  
**SOCCERSHOTS.ORG/RDU**



Well Aware





## The Power of Play

Whether building a tower with blocks, digging for earthworms, playing a board game, pretending to be super heroes, or using puppets to tell a story, children have always used play as a primary means for learning and growing. "Play is something done for its own sake," according to psychiatrist Stuart Brown, author of *Play*, "It's voluntary, it's pleasurable, it offers a sense of engagement, it takes you out of time. And the act itself is more important than the outcome."

The benefits of play in early childhood are countless. Play offers children opportunities to explore and practice concepts, research and test ideas without worrying about a right or wrong answer, and learn about others and themselves. Most important, play provides meaningful and integrated experiences that nurture whole-child growth and development.

But in many places, play has been replaced by "real" learning, recess has been cut for the sake of more academics, and memorization activities have dominated over meaningful experiences. As play has decreased, rates of childhood stress and anxiety have increased. Educators have observed decreases in children's engagement and interest in learning, despite the vast amount of research that affirms the benefits of learning through play.

## The Bright Horizons approach

At **Bright Horizons®**, we promise an integrated curriculum that offers an emergent, inquiry-based approach to learning. This seems like a tall order, but **World at Their Fingertips®** delivers on those promises through a thoughtful combination of project work, engaging experiences, and play.

Play is at the heart of our approach and philosophy. We believe that it is the primary vehicle for optimal growth in childhood. Through play, we can:

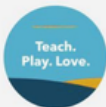
- ▶ Nurture and care for each child
- ▶ Cultivate curiosity and creativity
- ▶ Encourage children to be confident experimenters and problem solvers
- ▶ Create joyful places for childhood

## Cooking with Children – Four- and Five-Year-Olds



Four- and five-year-olds are learning to control small muscles in their fingers. They are also learning the properties of things (e.g., weight, volume, color, quantity, and so on), the relationships between things, and how substances can be transformed. Try activities such as:

- ▶ Juicing oranges, lemons, and limes
- ▶ Peeling some fruits and vegetables (bananas and even onions)
- ▶ Mashing soft fruits and vegetables
- ▶ Scrubbing vegetables (potatoes, mushrooms)
- ▶ Cutting soft foods with table knives
- ▶ Pressing cookie cutters
- ▶ Measuring ingredients
- ▶ Sifting or straining



### 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.

## Teach. Play. Love. Featured Podcast Episode Say Yes to Play

"Is play important?" On this episode, Rachel Robertson, Bright Horizons education and development vice president, and new mom Amanda, tackle this increasingly popular question. Find out why play is the key to healthy child development, discover how you might already be incorporating play without even realizing it, and get new ideas you can use to engage your child in playful ways throughout the day.

### Episode 4: Say Yes to Play

[www.brighthouse.com/bhpodcastEp4](http://www.brighthouse.com/bhpodcastEp4)

Listen on the [Bright Horizons website](#), [Spotify](#), [Apple Podcasts](#), [Google](#), [Libsyn](#), and [Stitcher](#).

### Bright Horizons at Raleigh Corporate Center

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Monday – Friday 7:00 a.m. to 6:00 p.m.

