

# Bright Horizons at USAA Child Development Center

## September Birthdays!

Ella is turning ONE!

Brooklyn is turning ONE!

### I'm turning TWO!

Lucas

Nathaniel

Robert

Adrian

Sophia

Desten

Noah

### I'm turning THREE!

Timur Emily

Naomi Levi

Kai Raven

David Jordyn

Amelia

### I'm turning FOUR!

Preston

Cole

Samara

Krishiv

Nasir

Krisslyn

## Important Dates

### September

3 Labor Day –Center Closed

13<sup>th</sup> Honor Grandparent's Day  
2:30 pm-4:30 pm

Curriculum Night 6:00 pm-7:30 pm

18<sup>th</sup> Infants, Toddlers, Two's  
20<sup>th</sup> Preschool and Kindergarten Prep

28<sup>th</sup> Parent Night Out (reservation required)  
6:30 pm-10:00 pm

### What is Labor Day?

**Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country**

## Bright Horizons at USAA Child Development Center

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Monday-Friday 6:30 am-6:30 pm

# CLASSROOM HIGHLIGHTS

## Infant

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This month our infant classrooms will be exploring a wide variety of topics! In some rooms we will be working on recognizing healthy choices and movement and body awareness. They also plan to teach self-help and problem solving skills through small group activities. The children will also explore the five senses through activities that will expose them to taste, smell, hear, sight, and touch. The teachers will help the infants explore our curriculum component, Caring Matters by getting to know the new infants in the classroom and teaching infants how to make friends.

## Toddler and Two's

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Toddlers will be doing an array of different themes such as All About Me, Transportation, Back to Basics, and talking about Apples and Vegetables. Each one of these themes as different as they are will allow the children to learn about colors, numbers, healthy nutrition, different types of vehicles, and the five senses. The children will be developing and learning language skills, learning about classification, actively exploring simple problem solving, exploring different materials, visual arts by experimenting with textures, and learning to build positive relationships with their friends.

Two's will be doing Back to Basics and Fall for the month of September. The children will be learning about shapes, numbers, colors, and exploring all things Fall. The children will be developing their Math Skills by using numerical understanding, spatial relations, classification, and concept of time. The children of A13 will be exploring everything Fall. They will be making sensory bottles that represent the season.

## Preschool

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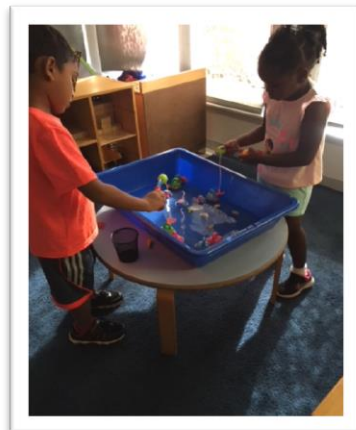
With the new school year beginning, Preschool will be developing a strong sense of self as they introduce themselves and their families. The children will learn about different cultures, family dynamics, and traits of one another.

Some activities Include: All About Me Book, Hair Color Graphing, and Family Collages

## Kindergarten Prep

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This month Kinder Prep will start the school year off introducing their families and getting familiar with routines. We want to get to know all about them. We will begin creating new routines, establish rules, and get to know one another. Some activities include: Family Tree, DNA Science, Routine Chart, and Abstract Family Photos.



# READY FOR SCHOOL NEWS

## Cooking - A Family Affair

Gathering in kitchens nourishes our bodies, minds, and souls. Preparing meals together as a family enhances relationships, invites contribution, and helps children understand basic cooking principles. Also, children develop patience as they discover that delicious food doesn't just magically appear. Although cooking as a family affair is probably not as easy as adults whipping up a quick dinner, with a bit of forethought, more cooks stirring a pot can be fun and has tremendous benefits for everyone involved.

Cooking with children helps them learn about nutrition and hone basic reading, math, and science concepts. Reading recipes and learning kitchen vocabulary expands literacy skills, while counting, measuring, and fractions, foster mathematical thinking. Young chefs learn about chemistry and the physical properties of matter as they mix ingredients and watch them combine, separate, expand, change color, develop scents, and change form.

Research shows that children who help in the kitchen develop healthy eating habits because they tend to eat what they prepare. Below are a few suggestions for toddlers and preschoolers.

### Toddlers

Choose simple cooking tasks that match your toddler's skills and attention span.

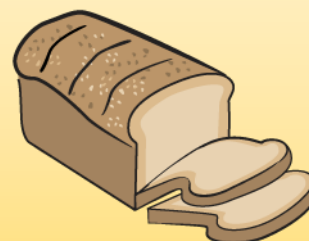
- Wash fruit and vegetables.
- Measure, pour, mix, and stir ingredients.
- Put ingredients in a crockpot or blender.
- Mash potatoes.



### Preschoolers

Discuss nutrition and why our bodies and minds need the right kind of fuel to work correctly.

- Help plan meals.
- Chop, grate, peel, and cut ingredients.
- Shuck corn.
- Crack eggs.
- Count and categorize ingredients (wet and dry items).



# BRIGHT HORIZONS NEWS

Learn about the year ahead at Curriculum Night

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Ask about our upcoming Curriculum Night event!

**6:00 pm-7:30 pm**

**September 18<sup>th</sup> Infant, Toddler and Two's Programs**

**September 20<sup>th</sup> Preschool and Kindergarten Prep Programs**

During Curriculum Night, you will learn what we have planned for the year ahead for our center's curriculum as well as community center events. Spend time in your child's classroom, ask about the curriculum for their age group, and ask their teacher about future project plans. This event can also be a great time to connect with fellow Bright Horizons families!

Learn about our Bright Horizons educator promises. As Bright Horizons Educators, we promise to...

*Nurture* and care for the whole child

*Craft* curriculum based on expert research

*Support* and develop teachers

*Implement* an emergent and integrated approach to learning

*Cultivate* curiosity through projects, exploration, and play

*Encourage* children to be confident experimenters and problem solvers

*Build* an inclusive and respectful community



Check out all the places you can connect with us!