

Bright Horizons at USAA Child Development Center News

From the Director

Hello USAA CDC families,

I love this time of year. Around May we see a bit of a season change and it's the month in which we celebrate the most important women in our life. I did a little research to see how different places around the world celebrate Mother's Day and found that unlike Christmas or New Year's Day, Mother's Day is celebrated in the most similar ways, honoring those women in our lives that mean the most to us. The beautiful thing experienced here at the CDC is that we have so many unique and special relationships to honor. We have the most wonderful mothers, grandmas, step-moms, adoptive parents, and aunt's serving as the most important female roles in the lives of our children. We know how hard the job of a mom is and we know how hard it is for you to leave the most precious thing in your life in our care every day. It's a job we don't take lightly. It speaks volumes of your trust for our teachers and leadership. Moms will very rarely know the impact they are having on the lives of their children until they are grown and can express the life lessons they've been taught and will never forget. It's the "my mom always told me" statements that your children will live by. You are such hard working, beautiful women and we get to see the fruits of your love every day in the kindness these children display towards one another. You should be so proud.

Christine Hernandez. Center Director

Important Dates

May 7th-May 11th Teacher Appreciation Week

May 11th-Faculty Awards of Excellence Ceremony
(faculty only)

May 11th-Muffins for Mom

May 28th Memorial Day-Center Closed

May 30th-June 1

Kindergarten Prep Graduation Ceremonies

Events in San Antonio

<https://alamocity.citymomsblog.com/calendar/2018-05/>

Susan G. Komen Race for a Cure!

May 5 @ 6:00 am - 11:00 am

| \$20 - \$30

Witte 5K & Dino Dash 2018

May 26 @ 7:00 am - 12:00 pm

FIT4MOM North San Antonio 10TH Anniversary Event and Fundraiser

May 26 @ 9:00 am - 10:00 am

| Free

Memorial Day Weekend Scavenger Hunt

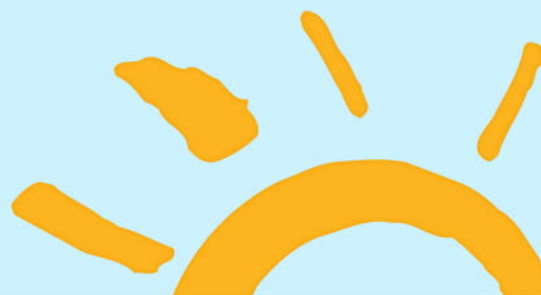
May 27 @ 10:00 am - 4:00 pm

Bright Horizons at USAA Child Development Center

4800 USAA Child Development Center

210-694-4121 | usaatxdir@brighthorizons.com

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



CLASSROOM HIGHLIGHTS

Infant

This May our infants are blooming! The classrooms have wonderful activities planned such as planting seeds and painting with flowers. This increases their fine motor skills and sensory exploration. They will also be doing a Mother's Day project which will include painting with flowers. This allows exploration of Art Smart through various art medias. Some classrooms will have an obstacle course to work through this month! This improves and works the baby's large motor skills. The teachers may also ask for your partnership as we continue focusing on literacy and ask that you read to your infant every night.

Toddler/Two's

This month in Toddlers/Two's we are jumping into Math Counts, Art Smart, Science Rocks and Movement Matters. Some of our classrooms will be exploring nature as the children plant seeds and create clouds in creative ways. The children will also be creating Mother's Day gifts that are sure to warm your heart! Some classrooms are exploring transportation and community helpers in which the children we will be creating a community helpers collage. Other planned activities will take the children back to the basics in which the children will be learning about colors and numbers and using our scientific skills to explore science experiments.

Preschool/KPrep

This may we continue exploring the life cycles in Preschool as they continue to follow the life cycle of the butterfly as well as other insects. They will also enhance their vocabulary as they talk about the difference stages and use their scientific exploration skills as they investigate and draw conclusions about their findings. KPrep will be exploring the continents and will be developing an understanding of prehistoric times as they discover fossils and identify and match continents on a map. They will enhance their vocabulary as they pretend to take a ride to visit the different continents and pretend to go back to the Dinosaur age. This is one of their favorite times!



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



Check out all the places you can connect with us!