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From the Admin....

What a wonderful time of year, and how grateful we are for each of our families at The Academy. We first, want to say thank you to each of you that contributed to our food drive for Union Station Homeless Services of Pasadena. We were able to fill two large wagons with donations of non-perishable food items that will help feed, food insecure individuals and families. To keep in the spirit of a season of giving, we will be hosting a Spark of Love Toy Drive and collaborating with one of our local Pasadena Fire Departments. The toy drive will run from December 6th - December 17th. We will be putting out more information through the MyBrightDay App in the next couple of days.

In our classrooms, teachers are encouraging conversation with children about the different celebrations happening within their homes and with family this season. We are looking for families that may want to share some traditions virtually with their child's class. If this is something that you might be interested in, please let us know so that we can arrange for you to share a story, a tradition, or an activity with your child's class. Even when different families celebrate the same holidays, those celebrations can look very different based on traditions and the way in which each family interprets a holiday. We would like to make sure that your traditions are reflected in your child's classroom, this also gives their peers an opportunity to learn something different about the ways in which things can be celebrated.

Check out some of the great ideas in promoting ways to instill gratitude this holiday season on the last page of the newsletter.

Have a wonderful December!

Ria Elias & Christy Lechner

Important Dates

Winter Break, Center closed
12/20-1/3

Reasons to Celebrate

Birthdays....

James Franco 12/22

Emerson Moy 12/29

Ms. Melissa Gamboa 1/1



Health & Safety at Bright Horizons

Our enhanced COVID-19 protocols ensure health and safety practices in every center align with the CDC and state and local municipalities. Learn more about what we are doing to keep children, families, and staff safe.

brighthouse.com/health-safety

Yellow Room



Social interactions in our twos classroom are fun and playful, but there is so much intention in what is happening in every moment as teachers facilitate conversation and interactions that help children to express their feelings and emotions in acceptable ways. For twos, children are mostly concerned about their own needs and do not usually understand how others might feel if it is different from their own feelings- but with modeling, this can look much different. As we see children at this age imitating mannerisms and activities that they see others doing, you will often here them using phrases to acknowledge their peers that they hear from their teachers. Children begin to build on beginning stages of empathy through role-play and basic conversation skills.

Blue Room



Caring Matters is a component of our curriculum that is implemented daily in all of our classrooms. For our preschoolers this is evident when they role-play, when they socially engage with others, and recognize their feelings and needs, and when they express their own feelings and emotions. A child may use a doll to role-play, and comfort the doll through using language like, "It's okay, don't be sad. I'll take care of you." In the next moment, we may see that same child comforting a peer who is sad because they are missing their parent and utilizing some of the same language they were just experimenting with in their play. When children can recognize they are individuals who have their own thoughts, feelings, and ideas and that others are also individuals- they become more aware of the world around them and begin to consider possible solutions that not only help themselves, but also others.

Orange Room



Our K-Prep Room has been spending some of their center time in the outdoor space. It's clear that by giving the children a new setting for this to happen in, they are exploring activities and opportunities in a different light. Children explore math concepts through tracing one another's bodies and comparing and measuring size. They are engaging in art that is influenced by the sound of birds and the beauty of trees, and they are creating garden plant labels and exploring the science of plants we have growing in the garden. The Praying Mantis that we discovered camouflaged in the lettuce not only provides more opportunity for science, but also an appreciation for living creatures. Children begin to appreciate and understand that learning can happen everywhere!

Outdoors



Did you know that our Movement Matters Zone not only builds on physical development, but also benefits emotional development? When children are outdoors, they are utilizing almost all of their senses. They are aware of their surroundings through not only sight and sound, but they also can explore textures with touch, and the sense of familiar and new smells. Children experiment with new physical tasks and build a sense of independence as they continue to try, and eventually find success with something new. They utilize problem-solving skills, take reasonable risk, show persistence, and take pride in trying and succeeding with new accomplishments.

Encouraging Gratitude in Children

“Encouraging an attitude of gratitude in your child is important not only because we want to raise generous and gracious children, but also because having a thankful mindset has positive emotional and physical outcomes. Being grateful is a skill you and your child can practice together each day.”

- Rachel Robertson
Vice President, Education and Development

- ▶ **Talk about what you liked best about your day.** At dinner, ask each family member to share something about their day that they are grateful for.
- ▶ **Create a gratitude jar.** Ask your child to write down or draw different people/events they feel grateful for and add them to a jar. When your child is having a tough day, read aloud some of your family’s past grateful moments.
- ▶ **Model gratitude.** How you react to your child’s acts of kindness impacts development around gratitude. Let your child see you thanking others, too, such as the cashier at the grocery store.

Raising Kind, Inclusive, and Empathetic Children

Family Resources

Children are greatly influenced by the experiences and relationships in their lives. Through these, we can develop their dispositions to be kind, inclusive, and empathetic.

Take a look at this **on-demand webinar** to explore how emotions, perspective, and compassion develop, and how we can foster these important human capacities, setting the stage for children to be lifelong members of communities and compassionate, contributing citizens.

On-Demand Webinar: [Watch now!](#)

Give the Gift of Reading!

We are proud to celebrate 20 years of Growing Readers Books of Excellence, a Bright Horizons program that helps share the joy of reading.

In celebration of this milestone, our panel of reviewers – made up of our own early education experts – have chosen their top 20 favorite books from the list of award winners. Use this as a gift guide for the children in your life this holiday season! [See which titles made the list.](#)



Now Hiring Awesome Educators

We know that the best teacher talent often comes through referrals from those who know us best. If you know someone who has a passion for early childhood education, help us spread the word!

Follow us on [Facebook](#) and re-share one of our hiring posts with your friends & family.

