



Discovery Zone Gazette

Infant

November was a busy and exciting month in the infant room. We had many fun activities while focusing on the five stages of development. That includes social, emotional, physical, cognitive and language/communication.

Some of the themes we worked on during the month were,

Turkey's, Thanksgiving and Cornucopias. The children really enjoyed making turkey noises, painting turkey hands and also rolling the fruit into the cornucopia. To help them learn more



about our themes, we read books and sang songs about Thanksgiving, and worked on sensory skills while practicing their fine and large motor skills.

We would like to thank you all so much for joining us in our Thanksgiving feast! The children were all so excited to see you for a special lunch treat.

For the month of December we will be learning about stars, reindeer, snow, snowmen and we will end the month by celebrating Christmas, Hannukah and New Years. We will also learn about family, so if you

haven't brought in a family photo, please do so! We will post the pictures on our family board at the children's eye level so they can see their loved ones anytime throughout the day.



Just a reminder to dress your children weather appropriate and to pack their extra clothes accordingly. Don't forget to label!

Happy 1st birthday to Jenna on Dec. 8th! Congratulations to Audrey and Emma who will be joining the toddler room. We wish you luck and will miss you!

Discovery Zone Learning Center

November 2009

Important Dates:

- 12/12-Free Care- Holiday Shopping Day
- 12/24 & 12/25- Closed for Christmas
- 12/28-12/30-School Age Fun Days
- 12/31 & 1/1- Closed for New Years

Toddler

The toddler class would like to wish Lauren a Happy Birthday. Lauren turned 2 on November 11th.

During the month of November the toddler's enjoyed a Turkey theme. We made handprint turkey's, turkey tracks and painted with feather dust-ers.



The second week of November, toddlers learned about Native Americans and

some of their customs and traditions. The children made Indian corn bread, totem poles and wampum necklaces. Next we talked about food, families and Thanksgiving. The children talked about their families and what they do together. They also explored healthy foods and Thanksgiving foods.

The fourth week we sampled traditional Thanksgiving foods, played pin the feather on the turkey

(which the children loved) and match the turkeys.

As we end November and start December, the children will explore gingerbread play dough, make ginger bread boys and girls and build a ginger bread house.



We hope that all our families had a very Happy Thanksgiving and also stay healthy for our up and coming Holidays!

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Preschool A

During the month of November preschool A learned about four interesting topics. We discussed turkeys, native Americans/pilgrims, Thanksgiving foods and Thanksgiving.

For the first week preschooler's learned all about turkeys. Several different models of turkeys were created. We created turkeys using feathers, pinecones, toilet paper rolls and our own handprints. We also made pattern blocks turkeys and learned about patterns at the same time. The children enjoyed the pinecone turkeys the most because we got to collect the pinecones outdoors. A new turkey song was also learned by the children.



During the second week, preschool A

learned about native Americans and pilgrims. To work more on patterning skills the children created pattern headbands. Preschool A also got to enjoy a sensory experience while painting with corn. To practice our fine motor skills we made friendship bracelets using beads and string. Another activity the children enjoyed was hiding the pilgrims and native Americans. After they hid them we practiced finding them using positional words.

During the third week of November the theme was Thanksgiving food. We also had our feast! Thank you so much for coming and donating all the food to the local food bank. In the beginning of the week we made gobbler placemats to practice shape recognition. We made

our yummy apple and pumpkin pies for dessert. The children loved smelling, measuring, and mixing all the ingredients. They also enjoyed making Indian corn while painting with q-tips.



For the last week of November we learned about Thanksgiving! We discussed what everyone was thankful for. Cornucopias were created using glue and pictures of food. Preschool A also got to complete a new turkey puzzle. At circle time we learned a new finger play called "Gobble Gobble."

We hope everyone enjoyed a great long weekend and a Happy Thanksgiving!

Preschool B

Preschool B was very busy during the month of November.

During the first week, the children went on a nature hunt. The activity allowed the children to engage themselves in nature and collect leaves, twigs and rocks to use in a project. The next day, the children glued their items from nature down on a class tree top. The activity allowed the children to experiment gluing with different items/textures as well as working as a group. Our tree hung in our hiberna-



tion station.

The children worked very hard making a class turkey. Each child created their own turkey feather to go on our very large turkey. The project allowed the children to work on cutting and gluing skills.

During the week before Thanksgiving the class created a Thanksgiving story. They called it, "Mason's Thanksgiving Visit". The story allowed the children to use their creativity and vocabulary to add a sentence as well as create a picture. Please read

the children's creation, located in our book shelf.

The children had so much fun preparing pumpkin pudding for our families that joined on for the feast.

During the activity the children were able to engage in measuring and tasting of our pumpkin pudding.



Thank you to all the families who joined us for the feast. Have a safe and Happy Holiday!

Center News

Discovery Zone Learning Center in Columbia is now up and running!

We will be having a free day of care for holiday shopping on Saturday December 12th from 9-5.

The center will be closed December

24th and 25th to observe Christmas. We will also be closed December 31st and January 1st to celebrate the NEW YEAR!

Please remember to call the center as soon as possible if your child is going

to be out for the day. This way we can staff accordingly.

Sign up for Fun Days ASAP!

Please remember to pack appropriate spare clothes and winter gear for your children.



10 Tips for Healthier Eating

By the editors of Parents magazine



1. Whenever possible, involve the children in food selection and meal preparation.
2. Small, whole vegetables and florets and most fruits are almost always appealing to kids. Now and again,
3. encourage your picky eater to try a new fruit or vegetable by arranging a platter in fun shapes or pictures.
4. Serve vegetables on, in or with something your child really likes (as part of a pizza topping or stirred into macaroni and cheese). Be warned that at certain points in the preschool years, sneaking in good foods can backfire because many kids will, at some point, balk at eating one food that has touched another.
5. Remember that bribes and rewards for eating (or punishments for not eating) can lead to problems later on. Be patient and try to remember how awful you once thought lima beans and cauliflower tasted.
6. Be satisfied with a taste test. If she doesn't like it, she doesn't like it.
7. Don't insist that a child join "the clean plate club." The long-term goal of helping a child regulate his food intake can be undermined when a child is told to eat even when he is full.
8. A tired or upset child is not likely to eat much of anything. This is not the time to experiment with new foods.
9. Create an interest in good foods at the supermarket, helping toddlers identify colors and shapes, preschoolers compare sizes and kindergartners find veggies that begin with each letter of the alphabet.
10. Include some fun as you encourage healthful eating. For example, pretend that broccoli stalks are trees, that peas are magic pebbles or that orange slices are smiles.
11. Eat nutritiously yourself. Be more than a role model. Be healthy.

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