

TPCDC Newsletter

December 2017



Now that the colder weather is here, the temptation is to become couch potatoes, but this season will be less stressful for the children when they have lots of opportunities for active play. Equally important is the learning that each child gains through the building and use of gross motor skills. Not only do gross motor activities help children build strength and physical fitness/health, but learning to use large muscles is the necessary foundation for the budding fine motor skills needed for writing and manipulation activities.

It is essential for children to have at least 60 minutes of gross motor play every day, even in winter, which is why we ask you to make sure that your child has the appropriate clothes for outdoors. Don't forget that raincoats and boots will allow us to explore those splashy puddles, and that warm coats with mittens, hats, and boots can make a snowy day special. If your child won't wear these to school, just bring them, the teachers will make sure that they are put on. Check out these links for more information about gross motor activities and winter play.

<http://www.ot-mom-learning-activities.com/gross-motor-skills.html>

<http://www.accuweather.com/en/weather-news/children-winter-cold-health-safety/40982792>

Also, don't forget to make time to enjoy the holidays with your child! Here's a great resource for local events:

<http://www.visitmaryland.org/events-calendar#1|6|24||20171201|20171231|||undefined||0>



Important Dates to Remember- TPCDC 2017-2018 Calendar

December 8 th	Parents Night Out 4pm – 8pm
December 25 th & 26 th	TPCDC Closed
December 27 th – 29 th	TPCDC Open; Winter break for public schools. School Age Camp Available

Parents Night Out

Saturday, December 9th from 4-8 p.m.

Takoma Park Child Development Center will host its Winter "Parents' Night Out"

Fundraiser!

Need to knock out some holiday shopping? Craving some time to chill at this busy time of year? Or do you just love doing everything you can to support the fund for the new TPCDC playground? You're in luck! On Saturday, December 9th from 4-8 p.m., Takoma Park Child Development Center will host its Winter "Parents Night Out" fundraiser! During this time, your kids can enjoy quality care from their favorite teachers, a pizza dinner, and fun with their friends at TPCDC, while you enjoy some free time. And the proceeds go to benefit a new playground for the Center!

- How does it work? First, use the form given via the link below to register your child(ren) for the event. Then, click on the paypal link below to pay online (pre-payment is required). Finally, on December 9, drop your child(ren) off at TPCDC at 4 p.m., and pick them up at 8 p.m. Have a great time doing something fun in between.

- First, register to attend at <https://docs.google.com/forms/d/e/1FAIpQLSc79AGKEL9FoPZBMmWtYX62R9P-OjxD7SMF0DzWuJlYNYktdg/viewform>.
- Then, please pre-pay. You can pay by check in the office or online at <https://www.paypal.me/TPCDC>.
- Finally, on December 9th, drop your child(ren) off at TPCDC at 4 p.m., and pick them up at 8 p.m. Have a great time doing something fun in between.

- How much does it cost? \$40 for the first child, and \$30 for each additional child. Remember, it's for the playground!

- Who can participate? TPCDC students and their siblings ages 18 months and up.

- Is there a deadline? Yes, please register for the event and pay your fee by Wednesday, December 6. This registration form will close after that day.

- Anything else? Available spots are limited, so we recommend signing up early!

Questions? Please email karen@tpcdc.org or lisa.dreisch@gmail.com.

Healthy Adventures with Zippy the Squirrel

Healthy Adventures with Zippy the Squirrel

Our center is thrilled to announce that we were one of 50 child care centers in Maryland selected to participate in an exciting program called *Healthy Adventures with Zippy the Squirrel*. This program is provided by Maryland Family Network (MFN) with funding from the Maryland Department of Health. The overall goal of this program is to help increase kids' physical activity during the day and help us all learn healthy habits for a lifetime. Our staff will be participating in 4-hour of training focused on physical activity and healthy eating to increase our knowledge of best practices. Plus, we will learn new ideas for keeping our children active and encouraging healthy eating habits. During the program, our teachers and children in the 4-year old classrooms will also participate in a data collection by wearing pedometers on 3 mornings in November, January, and March. This data will help MFN analyze the effectiveness of the training and resources provided to our program. MFN has already provided us with a great resource with easy tips for helping kids lead an active life. You can pick up a copy from your teacher or send us an email to receive the PDF. You can also visit MFN's website (www.marylandfamilynetwork.org/healthyadventures) to download this sheet. Also available on the website are 6 short video clips on keeping kids active and healthy eating habits. At the end of our participation, MFN will be providing us with a small stipend so that we can purchase new materials for our classrooms which will promote being active and eating well. We are so excited to have been selected to participate and look forward to sharing more resources and great information with you this year.

SCHOOL AGE SUMMER CAMP REGISTRATION

If you intend on having your child attend the Professional Day Camp on January 26, 2018, you need to sign up ASAP in order to be guaranteed a spot. See the attached School Age Registration Form 2017-2018

TEDDY BEARS NEWSLETTER – Ms. Ana

For the month of December, we look forward to presenting a diverse set of holiday celebrations to the children; Kwanzaa, Christmas and Hanukkah. The teaching team will continue to work on providing experiences that will strengthen the children's social/emotional, physical, cognitive and language skills as we are providing new ideas and concepts to them. We will be using visual aids, tangible celebration related items and engaging in celebration related games and songs.

MUNCHKINS NEWSLETTER-Ms. Beatriz

For the month of December we will talk about Holidays. Each week the Munchkins will learn about a different holiday celebration; Kwanzaa, Hanukkah and Christmas. Week one will be focusing on Kwanza and exploring activities that focus on the colors red, black and green which are associated with the Kwanza Kinara. During the second week we will focus on Hanukkah as we create menorahs, play with dreidels and explore Hanukkah based celebration customs. Lastly, we will be taking the third week to explore Christmas. We will read Christmas stories and talk about how different cultures of people celebrate the Christmas holiday in their

own traditional way. The Christmas festivities will include pinatas and singing songs like Feliz Navidad. For a cooking project we will be making cookies. The Munchkins have two field trips planned. Dec. 6th Seasons of Light and Dec 13th Glen Echo.

RAINBOWS NEWSLETTER – Ms. Corina

During the month of December we will begin our study on breads. We will discuss the different types of breads, how breads are made, how we eat bread, and shapes of bread. Our class will conduct scientific experiments and will also explore and taste breads from different cultures. The children will also participate in the bread making process while simultaneously learning the ingredients and utensils needed to make bread. If any families would like to share their knowledge about bread or would just like to share your families favorite bread with the class, please let one of the Rainbows teachers know so that we can schedule your visit.

EXPLORERS NEWSLETTER – Ms. Sherri

During the month of December the Explorers focus of study will be on Underwater Explorations. We will investigate the ocean zones, fresh and salt water, diurnal and nocturnal animals, sunken ships, diving discoveries, arctic animals and how sharks float.

Family is very important to us in the Explorers classroom, so we have created our own special occasion “Family Day”. It will be held twice this month. Friday, Dec 8th (10:30 – 11:30) and Thursday, Dec 28th 10:30 – 11:30. This day was created so that the family members (grandmothers, grandfathers, aunts, uncles, cousins (over 18), could have the opportunity to spend a little time in the classroom with your child and enjoy a delicious snack and fun activity. If you have a family member that is interested in joining us, please sign on the notice posted on the white parent info board in the hall. Please note: Only one family member per child.

Planned Field Trips

Friday, Dec 15th – Seasons of Lights

Tuesday, Dec 18th – Museum, of Natural History

Wednesday, Dec 27th – Congressional Aquarium

TPCDC issued Yellow t-shirts are mandatory for all fieldtrips.



BEFORE & AFTERSCHOOL NEWSLETTER – Ms. Brenda

During the month of December we will be celebrating several special events, holidays and people.

Week #1: Walt Disney Week - During this week we will put together a small skit that represents some of the Disney movie classics.

Week #2: We will celebrate Hanukkah and Las Pasadas with special activities, crafts and treats

Week #3: All about games. We will have Uno, Connect Four, Candy Land, Battleship and Mancala tournaments.

Week #4: Winter Break – Please make sure you read all important info and sign all permission slips

