



## ENRICHMENT SPOTLIGHT

### Jump Bunch, Ms. Brenda, 1st Monday



Our most popular program brings JumpBunch to preschool and daycare programs. Directors appreciate the unique, added dimension JumpBunch add to kids' development. Parents love the additional activity with no added driving. The kids just think it's fun! Preschoolers need LOTS of physical activity. JumpBunch provides great exercise, but in a structured format that introduces a wide variety of sports, and builds coordination, balance and confidence. Each class includes warm-ups, floor exercises the sport activity of the week, stretching, then cool down. We don't make it competitive for preschoolers; it's a completely positive experience. It's amazing how this early exposure makes kids more willing to give new sports a try as they get older.

### Dance, Ms. Maria, Every Wednesday



Maria Tripodi has been a Teaching Artist with the Wolf Trap Institute since 2004. She is a graduate from the Teaching Artist Institute, a program established by the Maryland Arts Counsel, Arts Education in MD Schools (AEMS), and Young Audiences of MD. Maria began working with children while living in San Francisco where she earned her Montessori Teaching Certificate. She holds a BA in Performance and Language Arts and a Masters in Teaching from Bennington College. Having grown up both in Washington DC and Argentina, Maria conducts classes in both English and Spanish. Because she began dancing as an adult, Maria pays close attention to creating an enriching movement experience for both the experienced and novice dancer. Her goal is to continue writing curriculum that will enhance and support both the arts and education to a wide group of people. As an artist, Maria continues to expand her knowledge through different disciplines such as yoga, dance improvisation and music.

### Yoga, Ms. Jo Ann, 2nd & 4th Monday



Jo Ann is trained to teach yoga, prenatal yoga, and baby & me yoga. She is also a certified ChildLight Yoga instructor and finds kids challenge her to make yoga and movement fun and new. Jo Ann teaches yoga poses, songs, and balancing to get kids moving and focused. She also incorporates yoga games that use yoga poses, movements (like jumping, pretending to rake leaves, etc.) and story elements to make the yoga more engaging for young kids. The class is pretty athletic, but always ends with a couple calming poses and moments of rest at the end. Jo Ann loves that yoga keeps teaching her new things about her own body and life and she hopes to inspire her students to keep learning and moving. She lives in Silver Spring with her husband, toddler and mom.

### Music, Mr. Bill, 1st Tuesday



Bill Jenkins is a musician and educator offering hands-on programs for all ages with instruments from around the world. His extensive instrument collection has grown to over two hundred and is the largest of its kind outside of a museum. A graduate of College of William & Mary, where he self-designed the first interdisciplinary major in South Asian Studies combining History, Anthropology and Religion, Bill has been conducting workshops since 1985. He is a member of the Society for Ethnomusicology and has presented at a wide range of festivals, schools, and libraries including The Washington Folk Festival, The Takoma Park Folk Festival, Montgomery County Schools & Libraries, Prince George's County Schools, St. Mary's County Schools & Libraries, various federal department & agencies, hundreds of public and private schools, pre-schools & daycare Centers.

### Art, Ms. Joey, 2nd & 4th Tuesday



DC-based artist Joey P. Mánlapaz was born in the Philippines and came to the United States as a young teen. She attended the George Washington University earning a Baccalaureate Degree in Fine Arts and Zoology (Pre-Medicine) and subsequently a Master of Fine Arts Degree in Painting. Mánlapaz attributes her focus on the city of Washington to her mentor at GWU, Frank Wright, a renowned painter of 18<sup>th</sup>-19<sup>th</sup> century architecture of downtown DC. Since earning her MFA, she continues to exhibit widely and has received numerous accolades for her unique form of painterly photorealism, a result of a combined interest in the strict photorealist styles of New York artists Tom Blackwell and Richard Estes and the deep psychological sensibility of Edward Hopper. Her 2009 museum exhibition "Through the Looking Glass" at the Corcoran Gallery of Art featured her Reflections Series, highly complex paintings of reflections on glass storefront windows. The twice a month two-hour program is geared toward 4 preschool age-

groups to implement art projects and activities that promotes and encourages students positive image, individuality, independence and creative expression.

### Music, Mr. Gabe, 3<sup>rd</sup> Tuesday



Mr. Gabe is the stage name of Gabe Hutter, a popular DC area children's performer and former TPCDC parent. For the past four years, he has been coming to TPCDC on the third Tuesday of every month to provide 30 minutes of movement and music to each of our classes. He tailors his material to the inclinations and abilities of each group of students. With the Teddy Bears and Munchkins, he focuses on finger plays and traditional children's songs and nursery rhymes, all of which feature interactive elements. For the Rainbows, he introduces songs and activities that require more advanced language skills. With the Explorers, these kinds of songs, which include "Do Re Mi" (from "The Sound of Music"), "This Land is Your Land," as well as several originals from Mr. Gabe's award-winning debut CD, move front and center.

### Kung Fu, Master Thompson, Every Thursday (school agers/after school)



Sifu Thompson is a native of Kingston, Jamaica. He began studying Kung Fu at age five under the daily instruction of his uncle Garth. At age 11, Sifu Thompson emigrated with this family to the U.S. and as a teenager visited various American martial arts schools in search of further knowledge. He became widely recognized for his fighting prowess, and was once honored with an invitation to spar with visiting Chinese Kung Fu masters at Dennis Brown's Shaolin Wushu Academy. He also has been asked to demonstrate his techniques for an audience at the prestigious Wong Kung Fu tournament in Washington, which attracts top martial artists from throughout the eastern U.S. In addition to teaching Bungo Fu classes, Sifu Thompson also has taught Tai Chi and worked in rehabilitation with physically and mentally disabled seniors. He also has sung with a local Reggae band and enjoys dancing, cooking Jamaican cuisine, drawing and building Jamaican kites in his spare time.

**FALL IS UPON US!** Autumn has arrived. With cooler weather and less daylight hours we find ourselves indoors more often than we did this summer. The more indoor time we have the greater the risk of transmitting illness. With that said, we encourage our families to have an alternate plan for child care in the event that their child becomes ill. When a child is at home due to sickness, please call the Center to notify of the absence and illness. Children may attend only if they are well enough to participate fully in the program, including outdoor activities. Remember that children sometimes request to come to school even when they are ill, and parents must be firm about the need to recuperate at home. If your child becomes ill during the school day (see criteria below), the parent will be called to pick up as soon as possible. If the family cannot be reached, the staff will contact persons listed on the child's emergency form. If a child comes to the Center not feeling like themselves, tell the teachers so they can be more alert for any signs of a developing illness. Children may not attend the Center if they have any of the following signs or symptoms:

- Any illness that prevents the child from participating comfortably in program activities
- Any illness resulting in a greater need for care than staff can provide without compromising the health and safety of other children
- Fever (over 100 degrees auxiliary)
- Difficulty breathing (e.g. uncontrolled asthma attack)
- Lethargy, irritability, persistent crying, or other sign of possible severe illness
- Diarrhea (2 or more loose stools in the past 12 hours or any loose stool with blood or mucus)
- Vomiting (2 or more times in the past 24 hours)
- Mouth sores associated with drooling
- Contagious rash (chicken pox, impetigo, scabies, ringworm of the scalp)
- Rash with fever or behavior change
- Infectious conjunctivitis (pink/red eye with discharge)
- Head lice
- Sore throat and swollen glands to the point of discomfort and difficulty eating
- Persistent cough that interferes with activities

About 2.2 million children under the age of 5 die each year from diarrheal diseases and pneumonia, the top two killers of young children around the world. Handwashing with soap could protect about 1 out of every 3 young children who get sick with diarrhea and almost 1 out of 6 young children with respiratory infections like pneumonia.

Infection control methods include proper hand-washing, encouraging children to come to school in clean clothing and freshly bathed, use of standard universal precautions, proper environmental cleaning, and isolation of ill children in a separate, supervised area. When a child arrives at the Center and appears ill, a staff member will determine if the child is allowed to remain at the Center. Children who become ill during the day need to be isolated in the classroom or the office until picked up. The person in charge will notify the parents who are required to pick the child up within two hours. If a parent cannot be reached, persons listed on the child's emergency contact form may be called. Staff also fill out the TPCDC Sick Form which is given to the person picking up the child.

Children who are sick may return to the Center once symptoms of illness have been resolved for 24 hours without medication, and the child can comfortably participate in program activities. For specific illnesses or condition information refer to the criteria outlined on the [TPCDC Sick Form](#). A Special Note about Ringworm: Children with ringworm of the scalp or Tinea Capitis may not attend the Center until a clinician prescribed antifungal treatment has begun. Children with ringworm on the body may still attend the Center but may not participate in water activities until treatment is started.

#### Notification of Communicable Diseases

The Director will post informational alerts in the classrooms about the communicable diseases listed below that are present in the members of the Center. Parents are encouraged to share information about their children's illnesses with the Center. TPCDC staff will respect the confidentiality of the information and will not reveal the identity of persons with illnesses. See the Sick Form for a list of Communicable Diseases. Diseases marked with an asterisk (\*) need to be reported by the Center to the Montgomery County Health Department.

## TEDDY BEARS' NEWSLETTER

Dear Parents, the Teddy Bears seem to be getting acclimated to the classroom routine, many of them recognize the learning areas as well as they are able to identify their cubbies. For the month of October we look forward to talking about Fall Colors with the purpose of helping the children to develop their language skills as well as to start forming ideas about colors in the different seasons. In order to enhance our topic, we will do plenty of art activities using the colors red, yellow, brown and orange, focusing on the different colors of leaves. As usual we will take our neighborhood walks and we will encourage the children to look for the different colors of leaves on trees as well as on the ground. Additionally, we have planned a field trip to Clark Farm on October 1, 2014. This trip will help the children to build their social skills through exposure to a different environment as well as other people with supervision. We hope you all enjoy the wonderful Fall Season.

## MUNCHKINS' NEWSLETTER

Our theme for October is "Farm Animals". The Munchkins will discuss how to take care of animals, what they eat, how animals are alike/different and which classmates have pets. Show-N-Tell will start this month. Each child will have their very own special day to share something that is important to them. Parents, please check the calendar for your child's day. We are very excited about our upcoming field trip on October 25, 2014 to Clark Elioak Farm. Details will be posted soon. This month the Munchkins will have the wonderful experience of making pudding. We will use our senses to encourage language development by allowing the children to taste, touch, smell and visually explore the pudding while also giving them the opportunity to discuss the different features.

## RAINBOWS' NEWSLETTER

Happy autumn! October is going to be an awesome month. We will continue with our Building Study this month. In line with our study we will be taking a trip to the Building Museum on October 30, 2014. We are in need of parent chaperones for this trip. Please sign up on the parent information board in the classroom. We are scheduled to tour the museum and see a performance of The Three Little Pigs. The performance will focus on building and construction. We will create block towers and will get to explore how machines and tools work. With the arrival of autumn we will get to observe the different signs of fall. We will discuss the changes in nature, the color of the leaves, changes in weather and why the leaves fall from the trees? We plan on going to Cox Farm on October 22, 2014. At the farm, the children will get to observe a farm and some of the day to day activities. They will also get to see what types of fruits and veggies are found on farms.

The Rainbows are doing their part to support St. Jude's Hospital by hosting (along with the Explorers) a Trike-A-Thon fundraiser. This year the Trike-A-Thon will be October 20-24, during this week we learn bike safety rules and how the fundraiser supports sick children. On Friday October 24<sup>th</sup>, the children should bring their bike or scooter and we will practice following our safety rules.

The Rainbows will have a costume parade and Fall/Autumn Party on October 31, 2014 at 11:00am and Parents are encouraged to attend. We will depart from T.P.C.D.C. and end the parade route at Takoma Park Police Department. At that time the children will receive a small treat courtesy of the Takoma Park Police Department (we are aware of nut allergies). At 3:30pm we will have a Fall Festival Party. A signup sheet for party donations can be found on the parent info board. ALL ARE WELCOMED! For Show-N-Tell please bring an item related to our current study, "Buildings". Thank You

## EXPLORERS' NEWSLETTER

The Explorers are getting ready for a great month! We have many fun activities planned. Our theme for October is "Weather All Around Us." We will discuss different types of weather, the seasons, how changes are tracked, what happens in a storm, and many other activities related to the topic. But most of all we are excited about our first field trip to Cox Farm! Our Show-N-Tell theme is "autumn."




Children should bring items related to the season, which could include: pictures, clothing, drawings, books, leaves, or any other autumn themed item. Please follow the calendar and have your child share on his/her special day. Our field trip to Cox Farm is scheduled for Wednesday, October. 8th, the farm has animals, pumpkins, apples products, hay ride, slides and Halloween themed props. Please send a backpack (big enough to hold a small pumpkin) with a small bottle of water with your child's lunch. Be sure to dress your child in weather appropriate clothing. We will bake pumpkin bread on Tuesday, October 14<sup>th</sup>. Each year the Explorers support St. Jude's Hospital by hosting a Trike-A-Thon fundraiser. This year the Trike-A-Thon will be October 20-24, during this week we learn bike safety rules and how the fundraiser supports sick children. On Friday October 24<sup>th</sup>, the children should bring their bike or scooter and we will practice following our safety rules. More information will be posted soon. Our Costume Parade is October 31st. For those who choose to participate, children should arrive dressed in their costume (**PLEASE LABEL EVERYTHING**). No weapons of any kind are permitted and comfortable shoes should be worn. We will begin walking at 11:00 A.M., be sure to discuss with your child beforehand if you plan to join us for the parade but do not plan to take your child afterwards. Thank, enjoy the fall!!!

## SCHOOL AGERS' NEWSLETTER

This month we would like to send out a few reminders about classroom guidelines. On field trip days children are **required** to wear their yellow TPCDC t-shirt, bring a brown bag lunch and an extra bottle of water. The teaching staff will be sure to inform you when any additional items are needed. The information will be posted on the bulletin board alongside the field trip permission slip. Keep in mind that the trip days, times and location are subject to change due to unforeseen circumstances such as inclement weather. We will give as much notice as possible when postponing or cancelling a field trip. Please be advised that during the fall/winter months we have found that a good number of lice cases are reported in public schools. Please make sure to check your child's hair regularly and please let the TPCDC staff know if your child has had lice or any other contagious illness. We would like to help prevent the spread of communicable disease/illnesses in our classrooms as much as possible. Please keep in mind that it is the strong preference of the teachers that children do not bring toys and other items from home. If your child does bring an item from home it will be your child's responsibility to keep up with it. Usually teachers will ask that any personal items be put in their backpack. Lastly, please inform the classroom teachers if your child will be out or attending an after school program. Each classroom has a message board where you can leave a brief message in regards to any changes for your child. Additionally, you can email or call the office ([tpcdc1111@yahoo.com](mailto:tpcdc1111@yahoo.com), 301.270.6824) for last minute absentee notification. As always, thank you for your continued support.

## As Tulip Turns!

As most of you may already know there has been a serious push to lessen the traffic issues experienced on Tulip Avenue. In an effort to do so we are asking all of our families and visitors to do their part by:

- Entering  Tulip from the Carroll Avenue end rather than the Maple Avenue end heading west.
- Refrain from making U-turns  on Tulip.
- Treat Tulip Avenue as if it is a one way  street.

We are hoping to create a larger impact by diminishing traffic congestion experienced outside of the center. Thank you in advance for your cooperation in regards to this request.

## Tuition Rate Reminder

Keep in mind that the new tuition rates are in effect this month. To see the TPCDC Tuition 2014/2015 click [here](#).

## Fall Clean-up Day

Are you handy with a broom, hammer, rake or paint brush? Come spend a couple of useful hours sprucing up the Center on our **Fall Clean-up Day** on Saturday, November 15, from 9 am to noon. **Note: childcare will not be available at this event however you may bring your child if you can keep one eye on them and one eye on cleaning.**