



03.18.2022

B I - W E E K L Y

CONNECTION

Child Care E-Newsletter

A Message From The Director

Spring is on the Way

The start of a new season brings opportunities to experience activities that may have been limited by the weather for the past months. We would like to share new and updated resources as we continue to support our youngest learners, their families, and providers. Women's History Month, which is celebrated in March, is a time to recognize the valuable contributions of women, including those in early childhood education. We want to acknowledge and thank you for your hard work and dedication.

Thank you for your continued dedication to early childhood and our youngest learners.

Leanna Lorden

Director of Children's Programs



S.E.L.A. of New Hampshire

As you may or may not know, White Birch is part of the State Early Learning Alliance of New Hampshire (S.E.L.A.). "The State Early Learning Alliance of NH is a groundbreaking, economy-of-scale model for early childhood programs to come together to strengthen business practices, share services, buying power and clout in order to enhance program quality and give children a better start". This means we have even more resources at our fingertips! Even better, we can share these very resources with the families we serve. Resources include but are not limited to cost savings on home and auto insurance, residential energy reduction, and wireless plans. SELA also offers materials containing extensive knowledge on child development, education, safety and so much more. If you would like to take advantage of any of these fantastic benefits please reach out to Jess Webb via email or click the button below and explore their website.

**Email**

jessicaw@whitebirchcc.org

S.E.L.A. Website*Jess Webb*

Assistant Director of the Early Learning Program

The Classroom Corner

This past Wednesday, a hygienist from the Montshire Pediatric Dentistry visited White Birch's Preschool and Pre-K classrooms to teach the children about the importance of oral hygiene, and what food and drinks are healthy or harmful for your teeth.

She brought a big container full of show-n-tell educational items connected to oral hygiene and the dentist to explain in more depth how taking care of your teeth is important. From using soda bottles full of all the sugar found in one bottle to learning the anatomy of the human mouth through a large, kid friendly detailed mouth pillow, the children learned so much while also having fun.



Ideas From The Kitchen

Food for Thought

With inflation on the rise, it's time to get creative with spending money and buying your groceries. Plan your shopping accordingly by going to stores with the best deals, even if that means going to multiple locations. Take advantage of stores that have memberships or use apps that offer discounts, coupons, or promotional pricing.

If you are concerned with the rising gas prices, some stores provide gas points with the purchase of groceries, or shops that have grocery delivery options. Although it may be early for farm markets, it may be an excellent time to start thinking about buying from local a farm source. Some farms have programs you can sign up for weekly packages that provide fresh produce. Click the blue button below to help you get started in your search. If you are looking for more interactive things to do with your child, feel free to click the black button for a C.A.C.F.P. Resource that includes more fun children's activities.

Grocery Resources**C.A.C.F.P. Resource***Jessica Thompson*

Kitchen Manager

Extended Education Program

Welcome to a new section of the E-Newsletter!

The Extended Education Program is White Birch Center's program for school age children. We offer before school, after school, vacation day camp, remote learning, and summer camp programs. Our program is located at HCS, or "The Big School" as the Early Learning children like to call it. We provide enriching activities that foster friendship, confidence, cooperation, conflict resolution, decision making, managing and understanding strong emotions, and much more!

This section will be highlighting important news and updates, key moments in the classroom, and enrollment and registration information.

Staff Highlights

Caitlyn Nadeau

Caitlyn grew up in Hillsboro, NH, and currently lives in Concord. She has worked at White Birch Center for three years. She has been working in the Elementary Education/Early Education field for over 7 years. Summer is her favorite season because she loves to go camping in the White Mountains. Caitlyn's favorite thing about working at WBC is being able to watch the growth and progress of all the children. She is thankful for the chance to work with the lovely families of White Birch Center every day.

