

06. 10. 2022

B I - W E E K L Y

CONNECTION

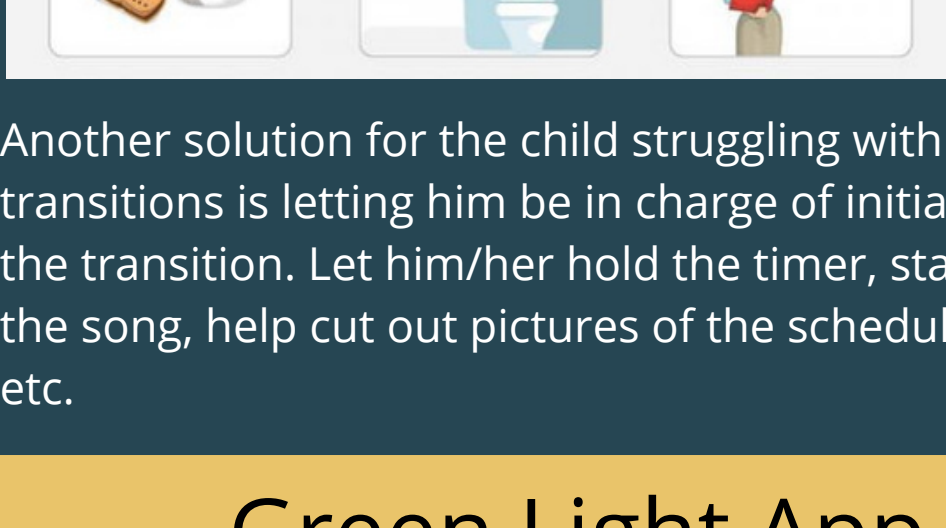
Child Care E-Newsletter

A Message From The Director

Transitions Within the Day - Q & A

Q: I have a 5-year-old who struggles with transitions that involve coming and leaving the classroom, as well as circle time. He is happy and engaged during the activity, but struggles when it's time to make a shift. Some potential solutions we have explored but have worked unsuccessfully, are giving notice before each transition, using a timer, and following the same routine each day. We sing the same goodbye song each day, and he stresses out if his parent comes before his name is sung. Any suggestions on how to help this child with transitions?

A: I'd recommend using a picture schedule. These types of schedules are a great visual depiction of the planned classroom's tasks & activities. They can reduce your student's anxiety by providing consistency and helping lessen the resistance that comes with certain classroom transitions. Example:



Another solution for the child struggling with transitions is letting him be in charge of initiating the transition. Let him/her hold the timer, start the song, help cut out pictures of the schedule, etc.

Leanna Lorden
Director of Children's Programs

Green Light App

My kiddos are of the age where field trips that include gift shops are common, and excursions with grandparents have become a little easier to manage. I would always want to make sure they had enough money, but would stress about it getting lost. Of course, my children's newfound independence would refuse Grandma to hold onto it for them.

Greenlight is a debit card/app that allows you to track and manage the money your child can access and spend. With the customized debit card (one thing to keep track of instead of all those floating bills and coins) your child can access money that you put on their card. You can track their purchases and add more money if necessary, that they are able to access immediately. You can also automatically pay your child their allowance as they check off their completed chores. Help encourage financial literacy in your child and inquire about Greenlight by clicking the red button below.

Green Light App

Jess Webb
Assistant Director of the Early Learning Program

The Classroom Corner

On June 6th, the Kickstart classroom decided to take advantage of the beautiful sunny weather and challenge themselves by creating an obstacle course on the playground! Students yelled and cheered on their classmates as they leaped over yellow hurdles, jumped in potato sacks, finished a game of stack cup, lunged across the playground on stepping stones, made a basketball shot, rode a tricycle, and finally finished with ten jumps on the trampoline.

This is a great team building activity for the Kickstart classroom that promotes team work, positive reinforcement, problem solving skills, and a great excuse to enjoy the fabulous summer weather.



Ideas From The Kitchen

Welcome to "What's Cooking", where the WBC kitchen will periodically feature a recipe from a staff member of the White Birch Family.

In June, we like to honor our fathers and the wisdom they can offer. In this segment of "What's Cooking", our Executive Director, Marc McMurphy, would like to share some of his important grilling wisdom as he spends his Father's Day with his daughter, our very own Pre-K teacher Ms. Meg. Explore Marc's grilling tips by clicking the button below.

If you are looking for more recipes and interactive things to do with your child, click the C.A.C.F.P Resource button for more fun children's activities.

Marc's Grilling Tips

C.A.C.F.P Resource

Jessica Thompson
Kitchen Manager

Extended Education Program

Next week, the Extended Education Teachers will complete a 2-part training in Safety Care presented by our very own Leanna Lorden and Jessica Webb. Leanna and Jessica became certified to train in Safety Care in March, and will roll out their training series starting with the Extended Education Staff. This training will focus on crisis management and provide the Extended Education staff with skills to effectively prevent, minimize, and manage challenges safely and respectfully.

At the end of the training the Extended Education staff will have even more tools at their disposal to support the children using up-to-date strategies from Applied Behavior Analysis (ABA) and Positive Behavior Interventions & Supports (P.B.I.S.). We are excited to use our newly acquired skills to help all our children become successful within our program!

Allison Saltmarsh
Director of the Extended Education Program

NH Gives

White Birch Thanks you!

We are in awe of the generosity shown to White Birch Center during NH Gives. Due to our generous donors, we were able to raise **\$12,005** to further our mission of being a community leader who provides exceptional programs and services that support learning and active living for children, adults, and families. Each gift made during this fundraiser will play a critical role in allowing us to serve our community at large and have a bigger impact. From the bottom of our hearts, the whole White Birch family thanks you!



William Chambers
Development Manager

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SUMMER READING PROGRAM

JUNE 21 - JULY 31, 2022

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Staff Highlights

Rusty Gage recently moved to Henniker, NH after having lived on the Hawaiian island of Maui for the past twenty years, where he owned and operated an award-winning gymnastics training center.

Some of his hobbies and passions include any type of physical activity, having invested 90% of his life in gymnastics, both as an athlete and as a coach. His current passion is distance cycling because it's a no-impact form of exercise accessible to everybody, keeps the body strong, improves mental health, and can be goal-oriented. Rusty also enjoys photography and is proud to have some of his work displayed in private residences back on Maui.

As the Director of Active Living, what he enjoys the most is the sense of community and camaraderie that he has seen bloom and blossom amongst those who choose to take part. We all need that sense of community, and it is very present at White Birch Center for Active Living.

