

07.22.2022

# BI - WEEKLY CONNECTION

## Child Care E-Newsletter

### A Message From The Director

#### Do What You Love, Love What You Do

This August will mark my twelfth year working for White Birch Center and my heart could not be more fulfilled. Since beginning here in 2010, I have held several positions within the classrooms and in management. Currently, I am the Director of Children's Programs. I am thankful that I landed a job at this organization, amid searching for what I thought was my dream job at the time. Yet, here I am today, working alongside an amazing team, helping to share the future of our youngest learners, and working a job that I can genuinely say, I love and enjoy coming to each day.

And lastly, my job for the past four and a half years, has given me the opportunity to watch my son grow and learn, while balancing a career full-time. My son comes with me to work each day, sees the value in the job that I do and is exposed to amazing early learning experiences daily. While his White Birch time will be ending soon as he transitions into Kindergarten, I know he is beyond ready to start his next journey in public school. The foundation that has been built while he has attended White Birch, has been incredibly impactful and our family will be forever appreciative of his experiences.

*Leanna Lorden*  
Director of Children's Programs



## Science Center Field Trip

Week three of Kickstart to Kindergarten Summer Camp was a hit! While we spent a great deal of time in and around the classroom, we were also able to venture outside of White Birch Center. We spent a day at the See Science Center in Manchester, NH. The Kickstart kiddos were able to put their minds to work as they were met with new challenges and interesting experiments. Each child worked hard to find solutions and understand how to make things work like gears, magnets, sound, and water waves. Not only did they have a day filled with new knowledge and power, but they also proved to have grown up a bit as they practiced self-control and regulation, waiting for turns and understanding rules while at the See Science Center. They are surely ready for kindergarten.



*Jess Webb*  
Assistant Director of the Early Learning Program



## OCEANS OF POSSIBILITIES

THURSDAY, JULY 21  
3-4 PM

# TUCKER FREE LIBRARY SINK OR FLOAT YOUR BOAT

### ACTIVITIES:

- Guess then test if items sink or float.
- How many pennies can your foil boat hold before sinking?
- Make a "submarine" rise to the surface.
- Build a boat.
- For children 4+.

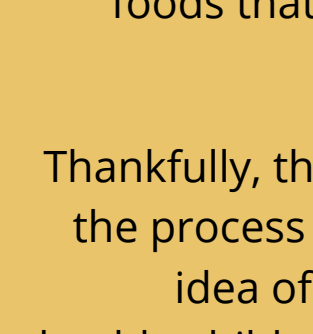


## The Classroom Corner

White Birch Center places value in the process of positive reinforcement. To represent this visually and physically for the children in our care we have created "pom-pom" jars. These jars are placed within the classrooms and are accessible for the children to whenever they've been "caught in the act" of being kind or going above and beyond for their classmates or their classroom as a whole. Teachers are creative in that they often mix it up and the jars might hold spider rings, or jewels rather than your standard "pom-pom". Once the jar is full, students get to choose how they will celebrate their sense of community and accomplishment. Recently, the Kickstart classroom chose to celebrate with a Christmas in July party.



To celebrate their accomplishments and continue to encourage a sense of community and togetherness, the class decided to make ornaments and decorate a small Christmas tree the teachers added to the environment. As they danced along to Christmas/holiday songs, they made some frozen "hot" chocolate. Following a recipe brought in by Miss Caitlyn, they added ice, cocoa powder, chocolate sauce, and milk to the blender and covered their ears as all the ingredients mixed together for their frozen treat.



## Ideas From The Kitchen

### Picky Eaters

Introducing a diverse range of healthy foods into your child's diet is important for their overall health and development. At times, your child can reject new foods that he/she is unfamiliar with, which can be frustrating and time consuming for parents.

Thankfully, there are some methods and different approaches that can make the process easier and help your child become more comfortable with the idea of new healthy foods. Click the button below to explore the healthychildren.org article "Tips for Feeding Picky Eaters". This article includes 5 different ways to help your child become more excited about new healthy foods, a video providing even more helpful ideas, and links to different related articles.

Tips For Feeding Picky Eaters

## Extended Education Program

Did you know that if you are under the age of 16, it is illegal to ride your bicycle on the road without a helmet? The Summer Camp children know, thanks to Officer Bossi from the Henniker Police Department. Officer Bossi joined us for our first ever Bike & Scooter Day at Summer Camp on July 14th. We started the day with a discussion about rules of the road, traffic signs, and bike and helmet safety. Then, Officer Bossi helped us fit our helmets and gave some friends new helmets, thanks to the Police Associations helmet donation program. We also got activity packets and fun reflective stickers for our helmets. We then took to the streets, not the real streets, but chalk streets in the courtyard complete with road signs and traffic rules for a day of biking fun!

*Allison Saltmarsh*  
Director of the Extended Learning Program



## Staff Highlights

### Happy Birthday Marc!

Marc McMurphy grew up in Keene, NH and lived in Cincinnati, Ohio for 10 years after college. He now lives in Henniker with his wife Michelle, a Reading Specialist at Henniker Community School. They have three grown children. Marc began working at White Birch Center in 2013 as the Executive Director. Prior to that he was on the board. He has a background in management and marketing in the private sector. Marc's first experience in Early Childhood Education was in 2011 when he joined the board at WBC. Since then, he has attended numerous conferences and classes and is very familiar with the business and finances of Child Care. Marc loves watching, playing, and learning about golf. He is also an avid nonfiction reader. His favorite thing about working at White Birch is the satisfaction of making a complex organization a cornerstone of the community and a rewarding place to work.



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