



10. 4. 2022

B I - W E E K L Y

# CONNECTION

## Child Care E-Newsletter

### A Message From The Director

#### Learning To Choose Love Even When Life Is Difficult Will Change Your Life

Social and Emotional Learning (SEL) is a way to teach children and adults how to understand and manage their emotions. It helps people make good decisions and work towards positive goals while caring for and nurturing the relationships around them.

The Choose Love Movement is built upon a simple formula:

**Courage + Gratitude + Forgiveness + Compassion = Choosing Love**

When learned and practiced daily, these character values transform you, your relationships, and create a ripple effect of happiness, health and productivity throughout your school, home, and community. And the best news is that, once you have learned them, you will have them in your tool belt for the rest of your life.

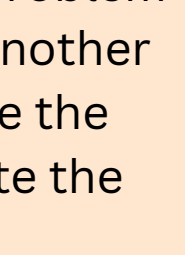
#### COURAGE

Courage is the willingness and ability to work through obstacles despite feeling embarrassment, fear, reluctance, or uncertainty.

I am brave

#### GRATITUDE

Gratitude is mindful thankfulness and the ability to be thankful even when things in life are challenging.



#### FORGIVENESS

Forgiveness means choosing to let go of anger and resentment towards yourself or someone else, to surrender thoughts of revenge, and to move forward with your personal power intact.

#### COMPASSION IN ACTION

Compassion is the understanding of a problem or the suffering of another and acting to solve the problem or alleviate the suffering.

*Leanna Lorden*

Director of Children's Programs

## Winter Activities

We are quickly approaching colder temperatures and snowy weather. This can sometimes make it more challenging to get outdoors with our children, whether at home or school. While it is still important to get outdoors and get fresh air it can sometimes be too cold for our little ones. Sometimes planning a quick activity helps keep them distracted and allows for learning to take place while breathing in some of that winter goodness. Click the button below for some tips and ideas on how to keep your child entertained during the cold winter months.

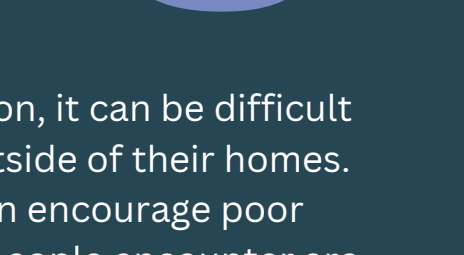
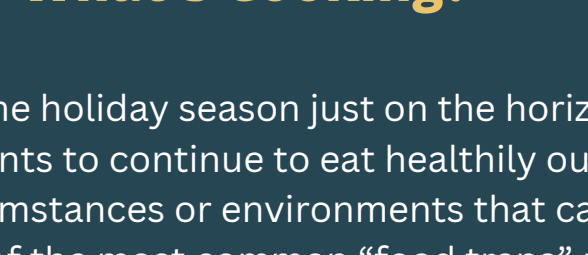
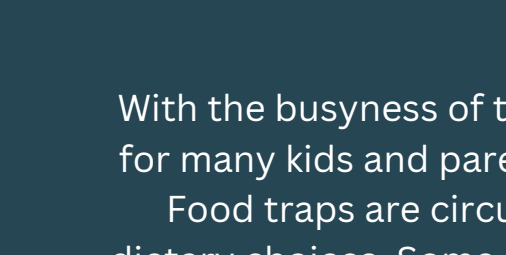


Ten Winter Activities For Preschoolers

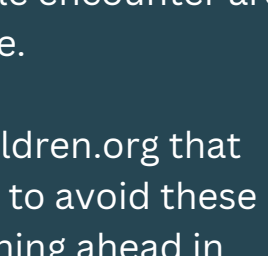
*Jess Webb*  
Assistant Director of the Early Learning Program

## The Classroom Corner

Last week, the Infant classroom decided to integrate a fall theme into their painting activities! Instead of using your standard paint brushes, we used ears of corn and apples. Painting with new items is a great way infants can use their 5 developing senses to explore colors, feel, and smell different textures while also strengthening overall creative development.



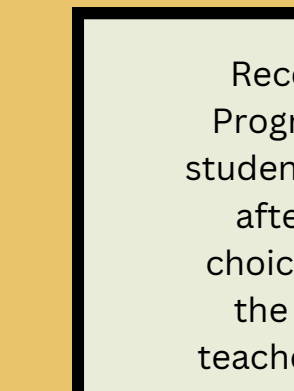
## Ideas From The Kitchen



### What's Cooking?

With the busyness of the holiday season just on the horizon, it can be difficult for many kids and parents to continue to eat healthily outside of their homes. Food traps are circumstances or environments that can encourage poor dietary choices. Some of the most common "food traps" people encounter are vacations, snack time, or not having enough time.

Click the button below to explore an article from [healthychildren.org](http://healthychildren.org) that provides tips for parents and their children that discuss how to avoid these common traps. The article goes into detail about how planning ahead in anticipation of these meal traps can really make a difference, the surprising role exercise can play, and other ways to introduce more healthy choices in your life.



Avoiding Food Traps

*Michaela Dunn*  
Kitchen Manager

## Extended Education Program

Recently, we began implementing a new game into the After School Program called Students vs. Teachers. Students vs. Teachers puts the students in charge and encourages them to make positive choices during after school hours. The rules of the game are simple: make positive choices and be kind. If all the students are meeting those expectations the students get a pom-pom on their ten-frame, if they are not, the teachers get a pom-pom. The first to fill up their ten-frame wins a prize! Each day the game resets and the students have another chance to beat the teachers. The game is a collective effort and puts the students in charge of the outcome. They have been taking it very seriously and encouraging one another to make positive choices and be kind so they can beat the teachers. The students have beat the teachers more than once and have had ice cream for snack and received a new Pokémon game. They've already decided what their next prize will be and are working hard to get those pom-poms!

*Allison Saltmarsh*  
Director of the Extended Education Program

#### Students

#### Teachers


vs.


## Staff Highlights

Leanna Lorden was born and raised in NH. She currently lives in Salisbury with her husband, son, and 3 pets. This past August marked her twelfth year working for White Birch Center and her heart could not be more fulfilled. Since beginning here in 2010, Leanna has had several positions within the classrooms and in management. Currently, she is the Director of Children's Programs, working alongside an amazing team, helping to shape the future of our youngest learners and working a job that she can genuinely say she loves and enjoys coming to each day. A few fun facts about Leanna: she has a twin brother; her son was born with a 6th finger; she loves talking in different accents.



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