

03. 31. 2023

BI - WEEKLY

CONNECTION

Child Care E-Newsletter

A Message From The Director

Parent Confessions

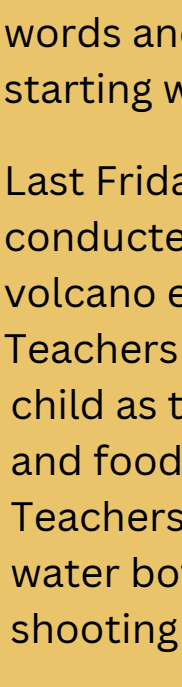
Parenting can be a challenge and there can be moments when you reflect on your parenting approach and think: "Did I really just do that?" But guess what? You are not alone OR a bad parent! You're still a good parent when... you let them have a piece of candy for breakfast, let them watch one more show, or give that bribe. I love hearing other parents' "confessions" whether they are serious or lighthearted. It makes me feel less alone, so I thought it might be fun to share two of my own.

I have lost count of how many times I've said, "uh huh, yeah, cool, great," to my very chatty son. There have been moments when I totally wasn't listening and had no idea what he even said. It can be a little dangerous not knowing what I just agreed to!

Sometimes when I am too tired to hold the boundary with my child my phone suddenly needs to "charge" so my son can't beg me to play a game or use it to take an infinite number of photos.

What's your "confession"? Feel free to share them with me via email to leanna@whitebirchcc.org and they will be shared anonymously in the future to remind you that you are not alone OR a bad parent.

Leanna Lorden
Director of Children's Programs

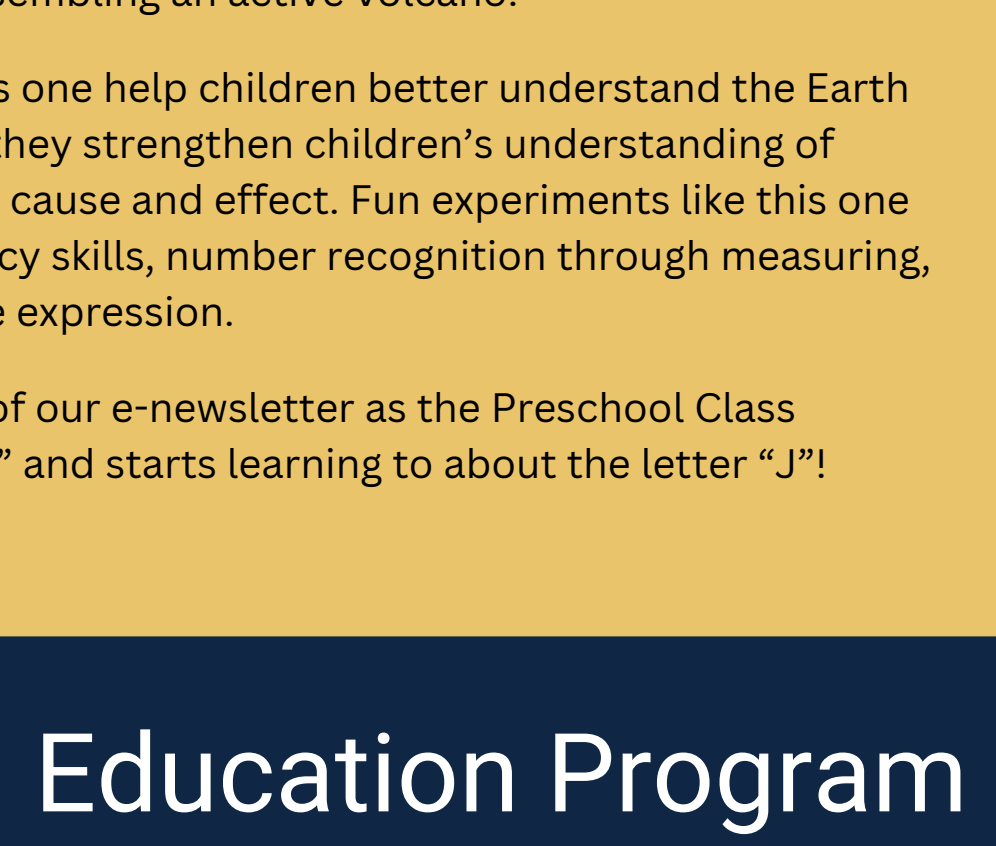


Classroom Corner

Ice Cream Volcanos in the Preschool Classroom

The Preschool Classroom recently started learning about the letter "I" and has been exploring different activities that incorporate words and concepts starting with that letter.

Last Friday, the class conducted an ice cream volcano experiment. Teachers assisted each



child as they took turns measuring and mixing vinegar, baking soda, sprinkles and food coloring. Then they poured the new mixture into plastic water bottles. Teachers instructed the children to then place an ice cream cone on top of the water bottle and watch as the chemical reaction triggered an "explosion" shooting out of the cone, resembling an active volcano.

Science experiments like this one help children better understand the Earth and its environments. Also, they strengthen children's understanding of sequential relationships and cause and effect. Fun experiments like this one reinforce their early numeracy skills, number recognition through measuring, and help to develop creative expression.

Tune in for the next edition of our e-newsletter as the Preschool Class transitions from the letter "I" and starts learning to about the letter "J"!

Extended Education Program

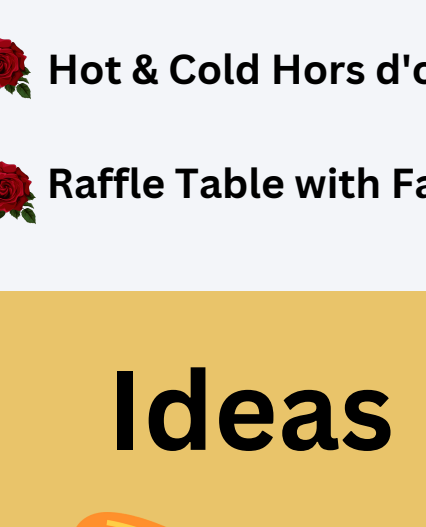
Summer Camp Info Night

The Extended Education Program will be hosting a Summer Camp Info Night on Wednesday, April 5th in the HCS Cafetorium. Summer Camp is for school age children as well as children entering kindergarten in the fall. All families and children are welcome to attend!

We will be providing information about Summer Camp programming, field trips, and schedules, as well as handing out Summer Camp Registration Packets. There will also be a Q & A session.

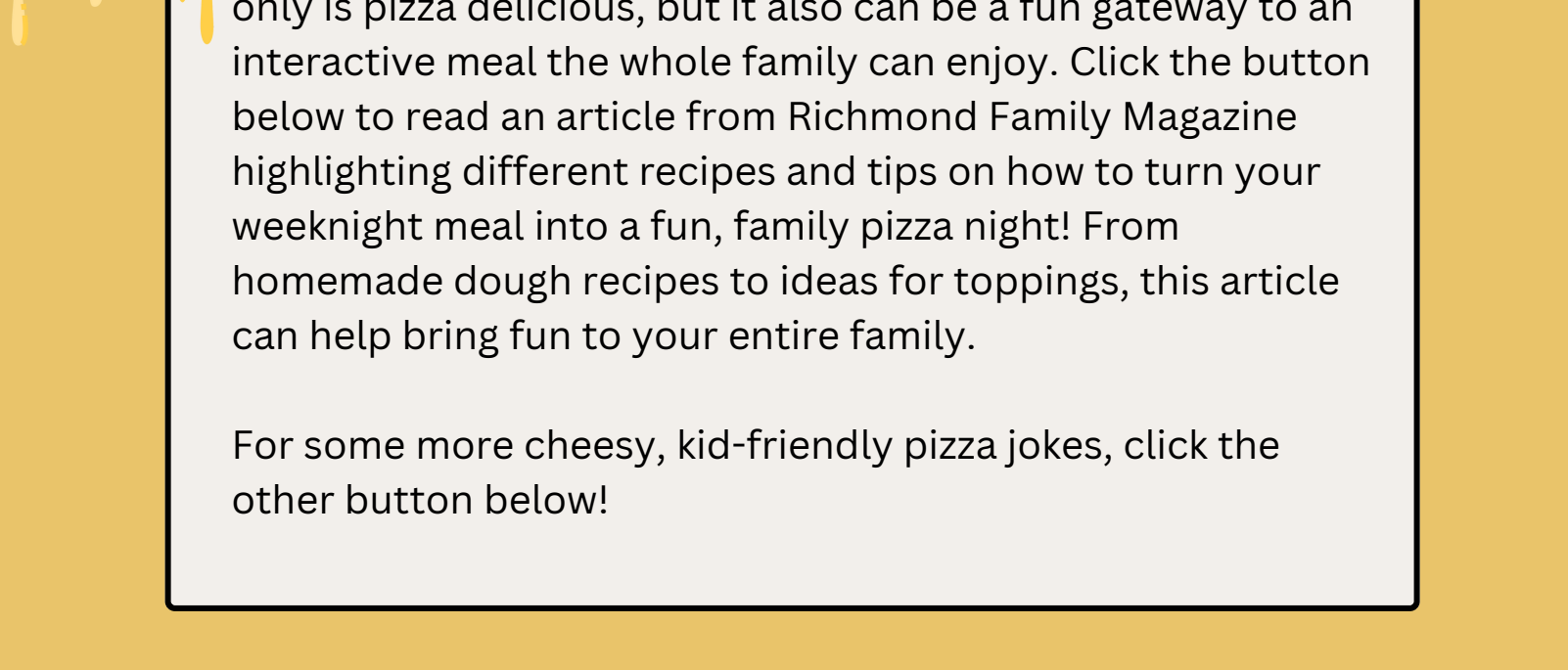
If you plan to attend this event, please RSVP to Allison via email (allisons@whitebirchcc.org) or Brightwheel.

Click the button below to view the event flyer.



[View Flyer](#)

Allison Saltmarsh
Director of the Extended Education Program



Kentucky Derby Party

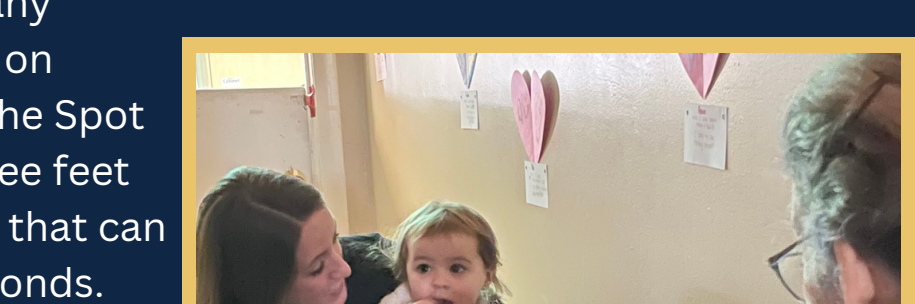
SATURDAY, MAY 6TH, 2023

3 PM to 7 PM

Pats Peak, Valley Lodge, Henniker, NH

All Proceeds Benefit

WHITE BIRCH CENTER



Get a Little Taste of Louisville Right Here in Henniker!

After 3 years, the White Birch Kentucky Derby Party is finally back! Join us this May and watch the Run for the Roses race in style on the big screen! This party is a great way to socialize with friends and celebrate America's oldest, and most iconic sporting event. The event also supports White Birch Center. We hope to see you there!

- Entertainment
- Run for the Roses on the Big Screen
- Hot & Cold Hors d'oeuvres
- Raffle Table with Fantastic Prizes

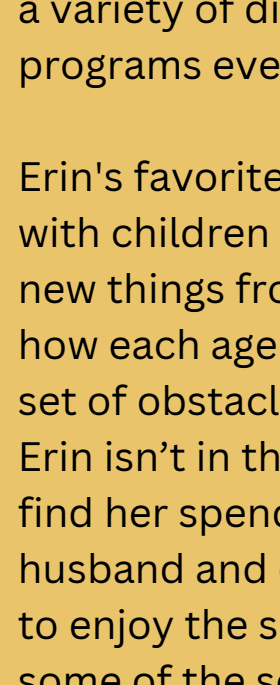
To learn more about this event/purchase tickets you can:

- Visit our website - whitebirchcc.org
- Call us - (603) 428-7860
- Click the button below to explore our webpage

[Learn More](#)

Ideas From the Kitchen

Family Pizza Night



What kind of person doesn't like pizza? A weirdo! Not only is pizza delicious, but it also can be a fun gateway to an interactive meal the whole family can enjoy. Click the button below to read an article from Richmond Family Magazine highlighting different recipes and tips on how to turn your weeknight meal into a fun, family pizza night! From homemade dough recipes to ideas for toppings, this article can help bring fun to your entire family.

For some more cheesy, kid-friendly pizza jokes, click the other button below!

[Read Article](#)

[Pizza Jokes](#)

Michaela Dunn
Kitchen Manager

Lions Kids Sight USA

Last Wednesday the Henniker Lions Club visited White Birch to conduct a free Spot Vision screening for all the children throughout the center.



The screening uses a handheld, portable device that is designed to detect any vision concerns quickly and easily on children as young as six months. The Spot Screener administrator stands three feet away holding a camera-like device that can generate results in a matter of seconds. This is a quick, non-invasive way to see if each may have any vision problems.

We are grateful to be working with Henniker's Lions Club and helping our students. If you would like to learn more about the Henniker Lions Club, please click the red button below to explore their website!

[Lions Club Website](#)

Staff Highlights

Erin Calvert

Erin Calvert started working at White Birch in March of 2023. She lives in Bradford, N.H. with her husband and dog. Erin earned a bachelor's degree in Adventure Education Leadership & Adventure Education from Unity College and has been working in child care for the past 5 years. She has also worked in a variety of different school aged programs ever since high school.

Erin's favorite things about working with children are how she can learn new things from each age group, and how each age can offer a different set of obstacles and challenges. If Erin isn't in the classroom, you can find her spending time with her husband and dog, going outside just to enjoy the sunshine, or tackling some of the seemingly never-ending outdoor projects around her family's house.

We're so lucky to have such a great addition to our WBC staff. If you see Miss Erin around the center don't hesitate to say hello!

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