

6.23.2023

B I - W E E K L Y

# CONNECTION

## Child Care E-Newsletter

### A Message From The Director

#### Rose, Bud, Thorn

Creating a stronger family connection is one of my top goals. But with the speed of life, the hustle, and technology in our way, connection can be a challenge. Today, I want to share with you a game that I learned many years ago.

At the beginning of my career, I was a camp counselor and a handful of my campers taught me about a game they'd played at a sleep-away camp called Rose, Bud, Thorn. The game was simple, and not even truly a "game," but more of an exercise in sharing about our days in a purposeful way:

- Rose represents the favorite part of your day.
- Bud represents something in the near future you are excited about.
- Thorn represents the worst part of your day.

My family does it like this:

Over dinner, we go around the table and share our rose for the day. Then, because we don't want to end our conversation on the thorn-part of our days, we would share our thorn and then bud – sandwiching the negative between two positives. This is a quick and fun game you can play daily with your family. It'll help you grow stronger as a family and open some wonderful conversations!

*Leanna Lorden*

Director of Children's Programs

## Classroom Corner

### Color Wheel Scavenger Hunt

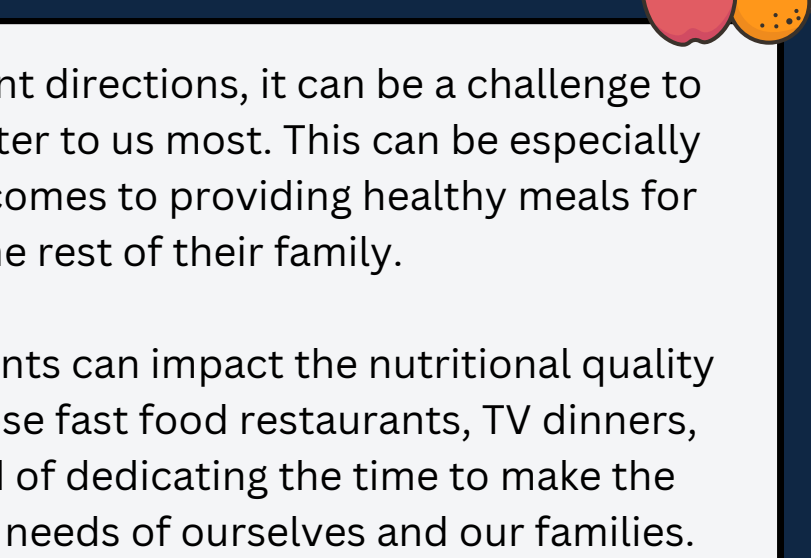
Last week the Toddler and Preschool Classroom children went on a scavenger hunt with Miss Callie. The children enthusiastically traversed the playground, determined to find the primary and secondary colors displayed on the color wheel hand out they were given. With Miss Callie's guidance, each child worked together or individually to successfully match an item with the colors found on the color wheel hand out!

Activities like this one help develop the social skills correlated with collaboration, introduce/strengthen the concepts surrounding different colors, sensory input & output, and teach children more about the world around them.

### Color Wheel



ArtProjectsforKids.org



## IDEAS FROM THE KITCHEN

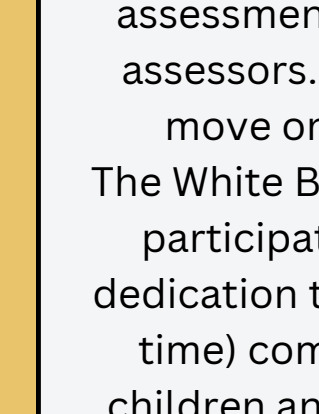
### Making Healthy Choices in a Fast Paced World



Life can pull us in so many different directions, it can be a challenge to leave time for the things that matter to us most. This can be especially true for working parents when it comes to providing healthy meals for themselves and the rest of their family.

More often than not, time constraints can impact the nutritional quality of the meals we provide. We choose fast food restaurants, TV dinners, and microwavable meals instead of dedicating the time to make the meals that best fit the nutritional needs of ourselves and our families. Planning meals ahead of time is a great way to save time, money, and still give your family the healthy, high-quality food they need!

Click the button below to view an article exploring different ideas regarding how you can help yourself and your family make some healthier choices despite the fast-paced world we live in.



[Eating Healthy in a Face-Paced World](#)

*Jessica Lavalpiccolo*  
Kitchen Manager

## Extended Education Program

### SACERS Training

In May, members from ACROSS NH and Child Care Aware of NH visited the White Birch Center Extended Education Program. The purpose of the visit was to train new assessors on the School Age Care Environment Rating Scale (SACERS) and maintain reliability as SACERS Assessors and Anchors (individuals qualified to train more assessors).

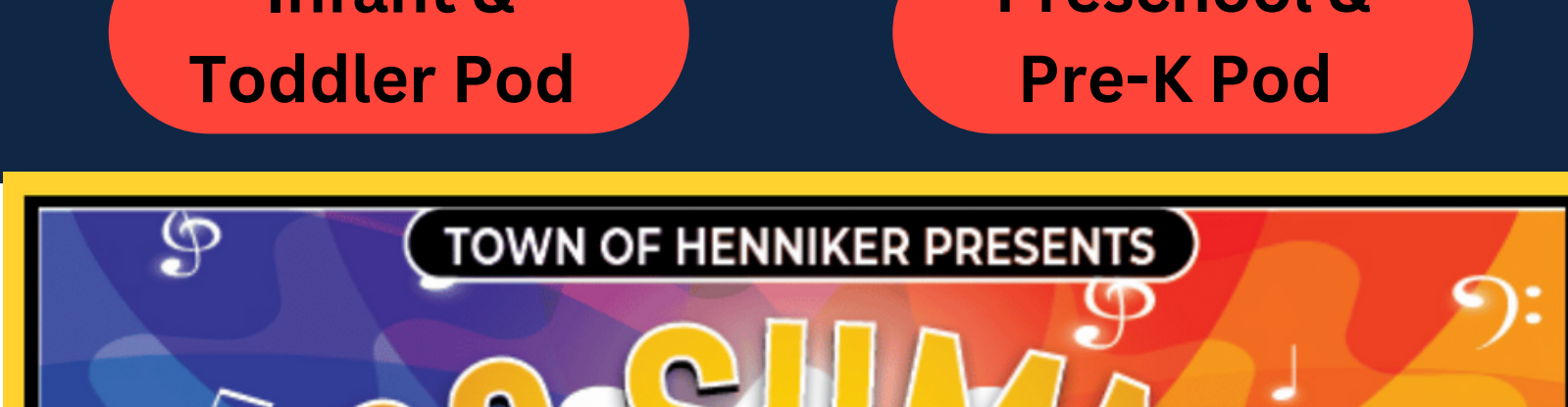
SACERS is a resource to define high-quality care and assess levels of quality in school-age child care programs. It consists of 49 items organized under the following six categories: Space and Furnishings, Health and Safety, Activities, Interactions, Program Structure, and Staff Development. Programs use this tool to evaluate their programs and create long term plans for program improvement across all six categories.

The assessor trainees spent the afternoon completing the SACERS assessment and utilized our program as a training site to become certified assessors. Once these trainees become certified assessors, they can then move on to assess other sites for program growth and development. The White Birch Center Extended Education Program was recognized for this participation and awarded a Certificate of Recognition for the work and dedication to supporting all staff and professionals in the OST (out of school time) community in NH and for promoting high quality programing for children and youth. We're proud of the work we do to support children and families during out of school time and are grateful to be a part of the ACROSS NH and Child Care Aware of NH community.



*Allison Saltmarsh*

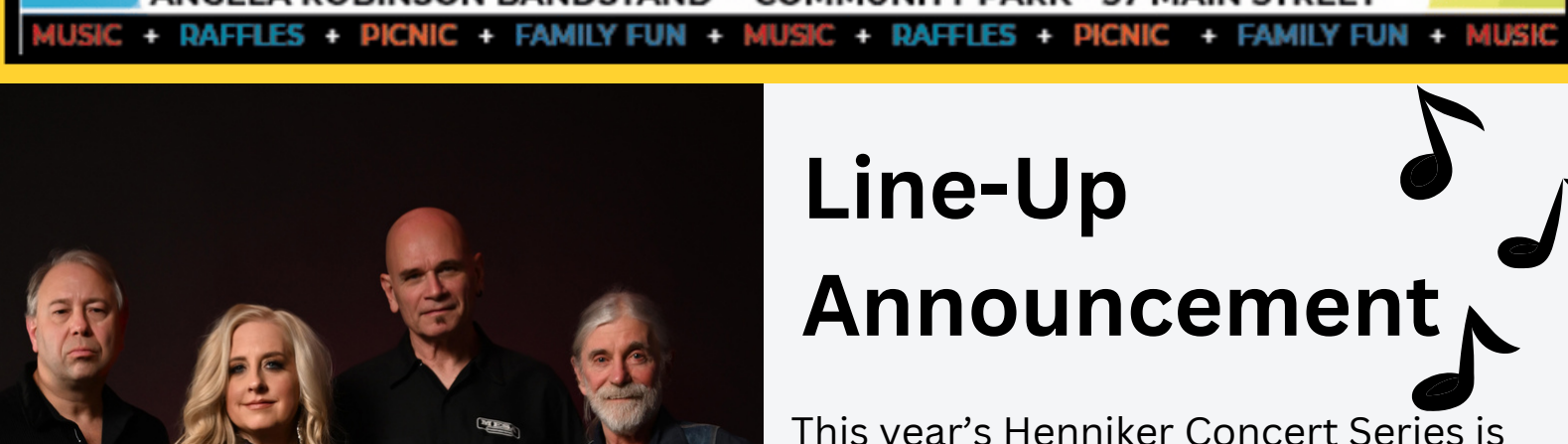
Extended Education Program Director



## Classroom Pod Newsletters

[Infant & Toddler Pod](#)

[Preschool & Pre-K Pod](#)



### Line-Up Announcement

This year's Henniker Concert Series is well underway, and we have an exciting new update to the line up! Join us at 6:30pm on June 27th for the first time ever, the award-winning county band The Shana Stack Band! From being recognized by Wiles Magazine as the World's Best Indie Artist to opening for Toby Keith, this band is a must see! Click the button below to learn more about the band and the Concert Series.

[Learn More](#)

## Staff Highlights

### Jessica Lavalpiccolo

Jessica, our new kitchen manager, joined White Birch Center earlier this month. She lives next to Mt. Kearsarge with her dog, cat, and pet bunny. Jess has a bachelor's degree in Business & Hospitality Management with a concentration in Personal Nutrition. She has worked in the culinary arts for 30 years including 15 years in the healthcare industry. Jess has always had a passion for cooking and tries her best to introduce health-conscious meals to the many people she serves.

When Jess isn't at White Birch or spending time with friends or family, she loves to be immersed in the natural world around her. Whether it's hiking the mountain she lives adjacent to or kayaking the many beautiful lakes NH has to offer, you can often find Jess outside.

Stop by our kitchen and say hello!



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