

12.08.2023

B I - W E E K L Y

CONNECTION

Child Care E-Newsletter

A Message From Leanna

When Our Kids are Struggling – They Need Support, not Solutions.

Typically, when our children share their feelings about rejection and problems with us, our first instinct as parents is to solve it for them. But here's the tricky part, while those instincts are genuine, trying to fix the situation often makes a child feel more alone. What they need more than solutions is your support and presence.

Next time your child feels rejected or shares their struggles with you, try this: "I'm so glad we're talking about this. Something happened today that didn't feel good. I believe you. Tell me more."

Leanna Larden
Chief Operating Officer

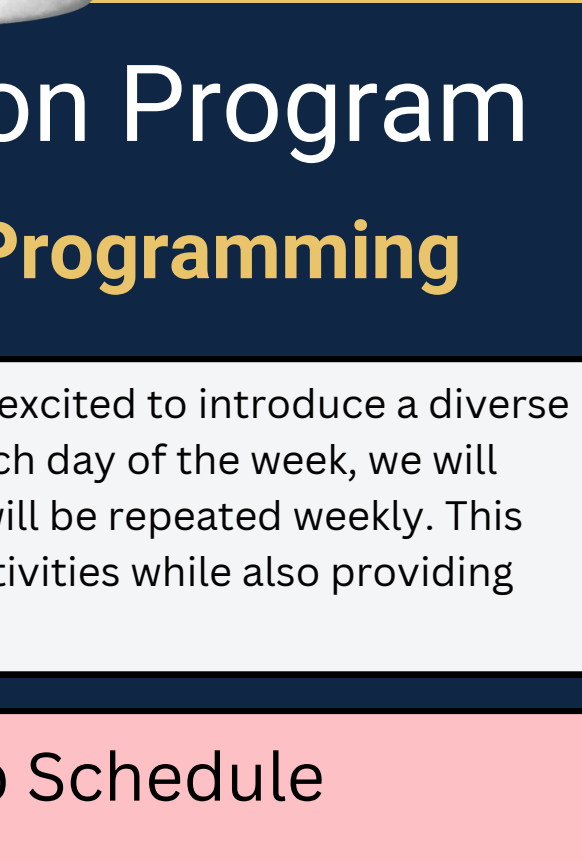
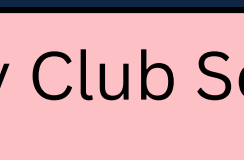
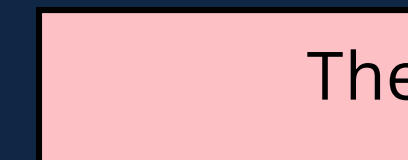
Classroom Corner

Making Blueberry Muffins

Last week, under the guidance of Miss Sunny, our toddlers enthusiastically measured, mixed, and poured the blended ingredients comprising the creation of tasty blueberry muffins!

As the class continued with their morning routine, Miss Sunny took two children at a time to the blueberry muffin baking station. Once Miss Sunny guided each child through the chosen preliminary baking step, she would start asking inquisitive questions about what they were doing and how they were feeling. Throughout the process of mixing ingredients, measuring, and observing Miss Sunny, the children started to develop a familiarity with the elementary cause and effect components of their actions, recognizing the change in composition of the batter, understanding the importance of measurements, and perceiving the volume of their measuring tools.

While each child clearly enjoyed playing the role of little baker, their enthusiasm reached new heights when it came to eating and savoring their delicious creations.



Extended Education Program

A New Addition to Our Programming

This month, the Extended Education Program is excited to introduce a diverse range of clubs into our regular programming. Each day of the week, we will introduce a unique type of club, and this cycle will be repeated weekly. This provides the children with new and specified activities while also providing them with the opportunity to try new things.

The New Weekly Club Schedule

Crafty Monday – Children will be making monthly themed crafts that explore different holidays, traditions, and seasons.

Art Master Tuesday – Children will be introduced to various forms of art media and explore new forms of artistic expression.

Free Choice Wednesday – Children can choose an activity that interests them as well as explore future concepts for club themes.

STEM Thursday - Introduces activities that encapsulate science, technology, engineering, and math while applying this theme to our everyday lives and the world around us.

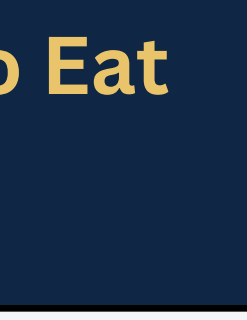
Dramatic Play Friday – Children have the opportunity to take on different roles and explore themselves and their surroundings through play scenarios.



Allison Saltmarsh
Child Care Programs Director



Knit Wits Annual Craft Fair Fundraiser



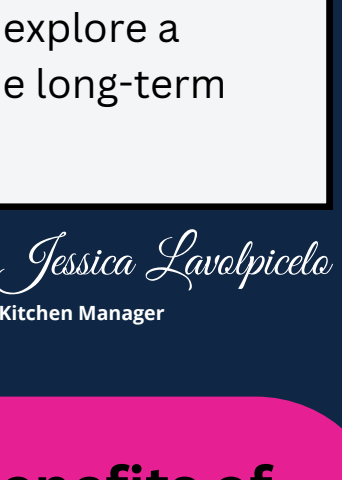
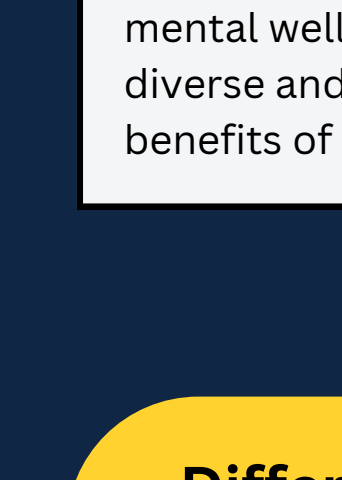
Thank you to everyone who came out to support the Knit Wits' Annual Craft Fair. The hard-working ladies who comprise the Knit Wits were able to raise \$1,974 through the sales of their beautifully hand-crafted knitted items!

Thank you to all the Knit Wits for sharing their time, talents, and uniquely finished products, all of which directly benefit White Birch Center.

Classroom Newsletters For December

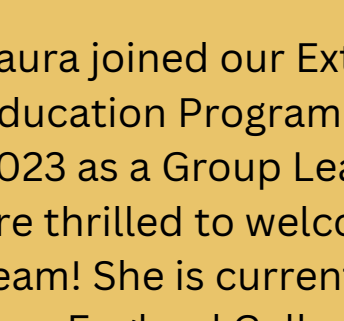
Infant & Toddler Pod

Preschool & Pre-K Pod



Ideas From the Kitchen

Why it is Important to Eat Whole Grains



Incorporating whole grains as a regular part of your day-to-day diet can help ensure you receive the nutrients you need such as complex carbohydrates, fiber, various B vitamins, and essential minerals like iron, magnesium, and selenium.

At our WBC Food Program, we meticulously adhere to the nutritional guidelines set by the USDA's MyPlate Program. This commitment ensures that every child within our care enjoys a diverse array of food items that meet or exceed these nutritional benchmarks.

Bringing whole grains into your family's diet can offer a multitude of long-term health benefits, contributing to their overall physical and mental well-being. Click the designated buttons below to explore a diverse and common variety of whole grains, as well as the long-term benefits of having a diet enriched with them.

Jessica Lavalpiccolo
Kitchen Manager

Different Sources of Whole Grains

Health Benefits of Whole Grains

Staff Highlights

Laura Jaques

Laura joined our Extended Education Program in November 2023 as a Group Leader, and we are thrilled to welcome her to our team! She is currently a student at New England College studying kinesiology and grew up in Manchester, NH.

In 2021, Laura began her role as a substitute teacher for Kindergarten through 8th grade at the local Henniker Community School, where she discovered a genuine interest and zeal for early education. She loves the contagious excitement and imaginative perspective each child brings to their day, and believes supporting their growth and development is a privilege.

When Laura isn't studying or working at White Birch Center, she spends her time learning, playing, and coaching volleyball for a local 14U team. She hopes to help contribute to our EEP by introducing volleyball-themed and other sport-based activities into our curriculum.

