



2.02.2024

B I - W E E K L Y

# CONNECTION

## Child Care E-Newsletter

### A Message From Leanna *Anxious Nation*

An emerging and persistent pattern of news headlines and stories has entered today's news cycle, drawing attention to the increasing prevalence of mental health disorders, especially anxiety.

A documentary film released in 2022 titled *Anxious Nation*, highlights this epidemic of anxiety and explores why we are such an anxious nation. The challenges this crisis present don't necessarily have a one size fits all solution, but this film offers hope. While there is no cure for anxiety, we can learn to manage it so it doesn't define us.

Click the button below to view the official website of the documentary and its trailer.

*Leanna Lorden*  
Chief Operating Officer

[View Website](#)

## Classroom Corner



### Identifying & Creating Familiar Silhouettes

This past Wednesday, the Toddler Classroom read *It Looked Like Spilt Milk* by Charles Green Shaw. The book displays a wide variety of different shapes of clouds that resemble the silhouettes of familiar animals and objects. Miss Nicole captivated the children's attention by making the read-aloud activity interactive, asking the class what each shape looked like, and they would each call out their answer. After reading the book, the children transitioned to an arts and crafts activity where they made their own silhouettes of animals using white paint, construction paper, and sponges.



The interactive language and literacy portion of this activity helps each child actively explore the sounds of different words and become more attuned to different shapes. The arts & crafts aspect strengthens fine and gross motor skills by having each child intentionally use tools to paint and compose their own silhouettes.



## Extended Education Program

### Inventive Engineering In the Classroom



In recent weeks, the Extended Education Program has been introducing engineering initiatives into the classroom curriculum using the K'NEX construction toy system. Children were given the opportunity to design and build their own creations with full autonomy and creative freedom.

Examples of designs range from Ferris wheels, swing sets, gymnastic equipment, and more!

Initiatives like this one empower participating children to think outside the box while exploring a new and practical medium.

*Allison Saltmarsh*  
Child Care Programs Director



## Classroom Newsletters For February

[Infant & Toddler Pod](#)

[Preschool & Pre-K Pod](#)

## Ideas From the Kitchen

### The Importance of Maintaining a Healthy Diet for Yourself and Family

Navigating the standard American diet can be challenging due to the pervasive presence of sugar and processed chemicals in the foods we consume. These foods are intentionally addictive, and can lead to diabetes, obesity, cardiovascular disease and other diseases that deeply impact our overall quality of life. If we don't place awareness on this problem or make an intentional effort in making better dietary decisions for ourselves and families, our overall health and lifespan can be greatly impacted.

One way you can help mitigate this dietary challenge is through being much more food conscious when at the supermarket and not taking foods at face value. Not all seemingly similar food items are the same. Added sugars hide everywhere in the foods we buy, even foods you wouldn't initially consider like salad dressings and yogurt.

Making healthier choices at the supermarket can be as simple as taking a moment to review the nutritional facts of the items you plan to purchase. Head to the back of each product and explore the Nutrition Facts box. Pay special attention to added sugars and take a closer look at the list of ingredients below the Nutrition Facts box for potential harmful additives.

Click the button below to view an article from the NPR highlighting how embracing the standard American diet has a direct and negative impact on your overall health and explore 7 ways to make healthy choices for yourself and family.

*Jessica Lavalpicola*  
Kitchen Manager

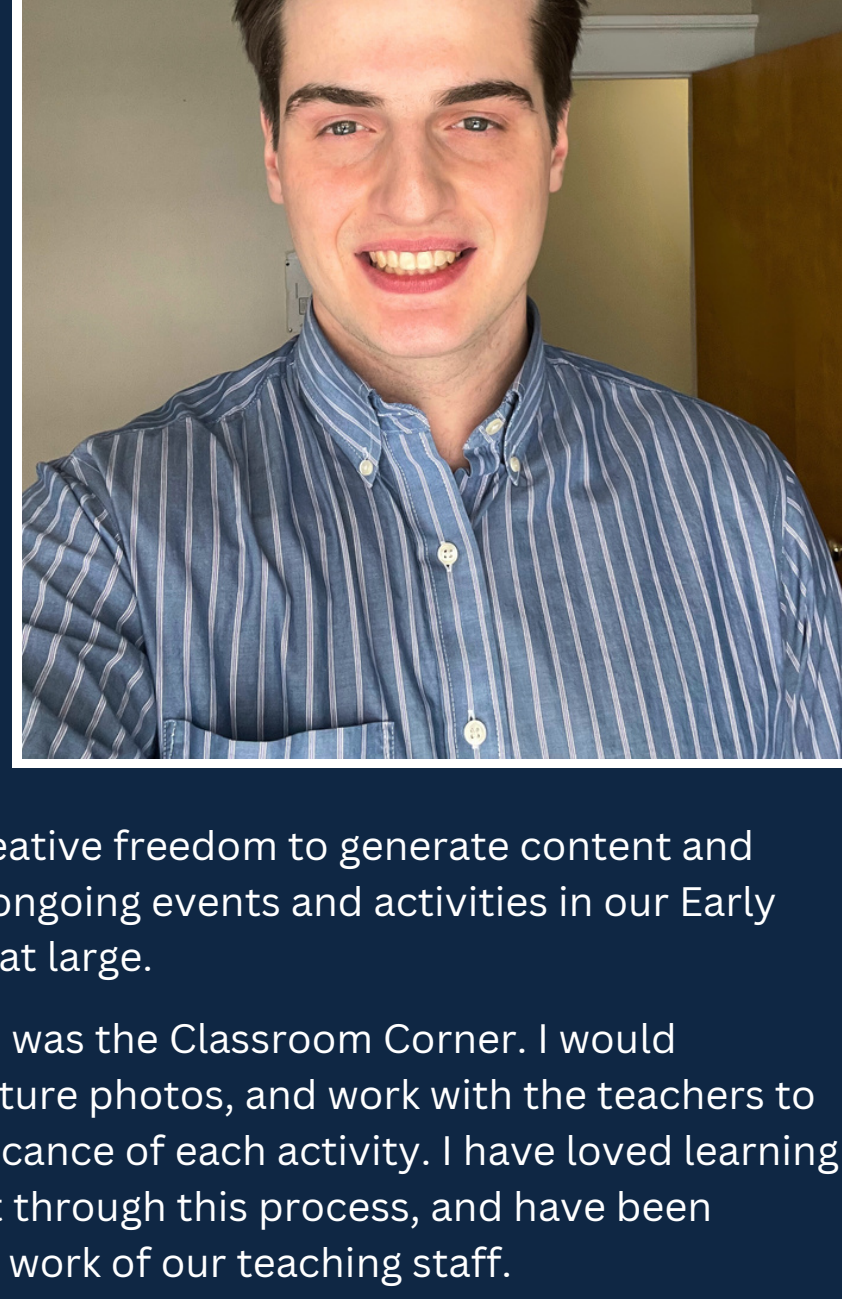
[Read Article](#)



## Staff Highlights

### William Chambers

With a great mix of excitement and melancholy, I have some news to share. I've recently accepted a Development Officer position at Dartmouth College's Thayer School of Engineering. While I am thrilled about starting this new chapter of my life, I can't help but feel a great sense of nostalgia for my time working at White Birch Center. Being the editor and primary writer of this newsletter has been a facet of my job I have thoroughly enjoyed and will sincerely miss. Writing has been a passion of mine since my teenage years, and it has been a pleasure putting together each publication.



I truly appreciate having had the creative freedom to generate content and highlight so many of the incredible ongoing events and activities in our Early Learning programs and White Birch at large.

One of my favorite sections to write was the Classroom Corner. I would personally visit the classrooms, capture photos, and work with the teachers to learn technical terms and the significance of each activity. I have loved learning about early childhood development through this process, and have been inspired by the dedication and hard work of our teaching staff.

Thank you to everyone who takes the time in reading this publication and sharing an interest in the many wonderful aspects of our Early Learning programming and White Birch Center. As I transition from White Birch to my new role, please be aware that there may be a temporary pause in upcoming publications of the Bi-Weekly Connection, as they find a new editor and writer.

With sincere gratitude,  
Will

**THANK YOU!**