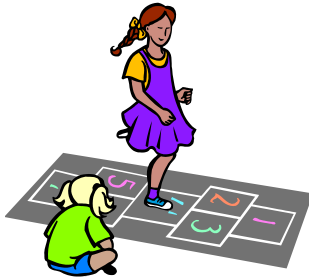




# Sacred Heart Early Childhood Center August-September 2014



## IMPORTANT DATES TO REMEMBER

### AUGUST

- 18- First Day of School, SAS & SAES
- 27- Cookie Dough Fundraiser Begins

### SEPTEMBER

- 1- SHECC, SAS & SAES CLOSED, Labor Day
- 10- Cookie Dough Fundraiser Ends
- 15-19- Scholastic Book Fair

### OCTOBER

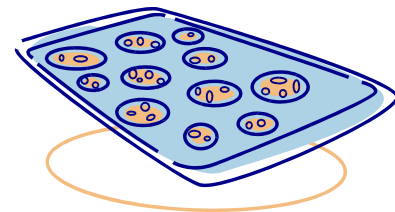
- 14&15- Fall Pictures
- 16- SAS Closed, TPD
- 18- Rattlesnake Festival
- 20- SAES Closed, TPD

### NOVEMBER

- 11- SAS Closed, Veterans' Day
- 24-28- No VPK- (SHECC OPEN 24 & 25)
- 24-28- SAS & SAES Closed, Thanksgiving
- 25- SHECC Thanksgiving Soup Luncheon
- 26-28- SHECC CLOSED, Thanksgiving
- 30- Advent Begins

## COOKIE DOUGH FUNDRAISER

Our Cookie Dough fundraiser is the most delicious fundraiser we have. Each family that sells at least 6 items will be entered in a \$100.00 tuition credit drawing. All orders need to be turned in on or before September 10<sup>th</sup>. **BONUS!!!** For every 12 items sold, you will receive a tub of Classic Chocolate Chip Cookie Dough or Auntie Anne's Soft Pretzel!



*MAY THE LORD BLESS YOU AND KEEP YOU*

*WE WELCOME ALL OF OUR FAMILIES TO JOIN  
US FOR WEEKLY MASS ON:*

*SATURDAYS AT 4:00 P.M. OR*

*SUNDAYS AT 8:00 OR 10:30 A.M.*



# INFANTS

We had a great summer. The children really loved our water play days as well as the activities we did with sand and paint. What a great sensory time.

Sebastian, Olivia and Kenzie have moved to the one year old room. We miss them, but know that they are having a blast exploring bigger things.

Aamira crawls everywhere and is pulling up on things. She is beginning to eat with a spoon. She loves outside time, exploring the playground.

Demi is starting to take a few steps. She is our weight lifter. She likes to lay on her back under the crib and push up on it. She has the sweetest giggle.

Leanna loves her tummy time. She loves to look at all the things that are happening around her. She likes going outside so she can take a cat nap in the fresh air.

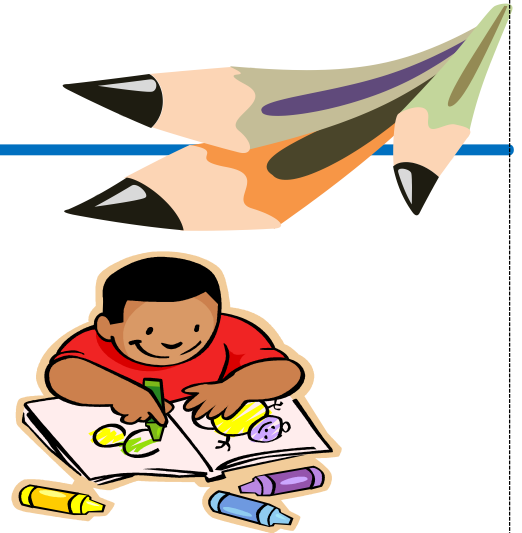
Andrew loves to swing and the bouncy seat as long as he can look all around. He loves it when you talk to him. He loves to take a cat nap with Leanna outside.

Thank you to all of our wonderful parents who donate snacks and wipes. We really do appreciate it. If you have any questions or concerns, feel free to contact us.

Our Cookie Dough Fundraiser will be from August 27-September 10. This is one of our yummiest fundraisers. Our Scholastic Book Fair will be here on September 15<sup>th</sup>. Thank you for your support of our fundraisers.

**Ms. Linda**  
**Ms. Phyllis**

**Ms. Teresa**  
**Ms. Tammy**



# ONES

Welcome to a new school year. Summer has been fun with water play days. As we say goodbye to the dog days of summer and start the new school year we welcome Sebastian, Olivia, Aubrey, Kenzie, and Grant to our classroom. We will miss Tyler, Bentley, Fiona, Nicholas, and Zachary as they venture to the two-year-old room.

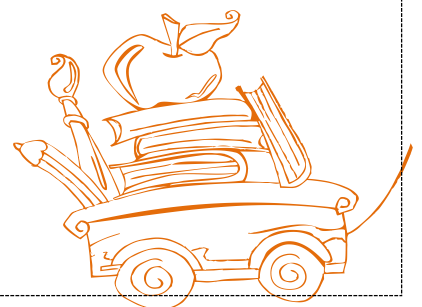
This month will be talking about how God has blessed us with people in our community to help us, like police officers, firefighters, mail carriers, teachers, etc... We will talk about the different places we go in our community like school, church, stores, and restaurants. We will also talk about our school and our beautiful friends.

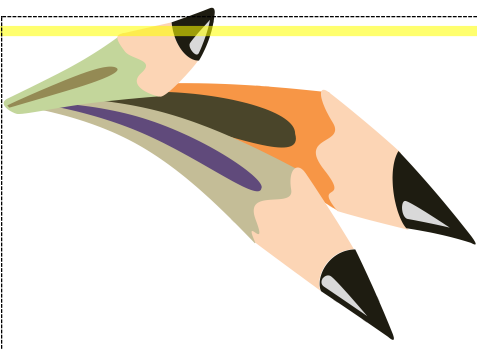
Thank you for the monthly donations of wipes, juice, and snacks.

Thank you again for entrusting us with your beautiful children.

**Ms. Rita**  
**Ms. Sandy**

**Ms. Sarah**  
**Ms. Jennifer**





## TWOS

Welcome to a new and exciting year in the Yellow Room! I am so excited to have your child in the TERRIFIC TWO'S.

Over the coming year we will follow the yellow brick road of learning around curves, up and down hills, as well as through days that are wet, dry, humid, hot warm, cool, and cold (sometimes all in the same day). Through it all we will work together to learn our social skills such as being kind to each other, sitting at the table, walking inside, treating the toys kindly, and keeping our feet on the floor at all times. We will be doing activities inside our classroom and outside daily. Quiet activities such as individual and group reading, puzzles, and sorting, as well as loud activities such as running, marching, singing, and dancing. We also have daily sensory activities that can include water, sand, rice, oatmeal, beans, play-dough, bubbles, shaving cream, as well as anything else that I can dream up.

We will be tackling potty training on an individual basis.

We really appreciate the monthly snack and baby wipe donations. The children enjoy the variety of different tastes and textures from the selection of snacks. If you ever need any ideas for something different to bring, I have a list of ideas on the bulletin board with extra copies available for you to take. I also post the lesson plans on the bulletin board, so if you have a book or other item at home that would fit in with our theme, feel free to bring it in to share. However, I do ask that you put your child's name on it and let a teacher know they brought it in from home.

Thank you for entrusting your child to our center and to me personally, they are all such a joy. May we have a blessed year in the Yellow Room, throughout our center, and throughout our lives!

**Ms. Shelley    Ms. Tammy**  
**Ms. Taylor    Ms. Bridget**

## PRESCHOOL I

Welcome! This is an exciting time in your child's life. They mature and grow from toddler to preschooler. Your child will need your patience, understanding and firm guidance as they become more independent. Three year olds love to ask, "why"? My advice is to give straight to the point answers and follow up with a question. (ex: what do you think?) This is a great way to help your child with language, cognitive, social, and emotional development.

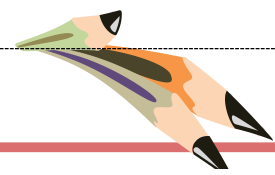
For the month of September our unit will focus on, "All About Me". We are going to promote self-help skills to build their self-esteem. When they are proud of themselves they are more successful! We are going to discuss our 5 senses, body, feelings, family, and friends. Please return the "All About Me" sheet as soon as possible. I am going to make a book for our reading center.

If you have any questions or concerns, I am available Monday thru Friday, 8-5.

**Ms. Vicki    Ms. Terri**

**Ms. Sara**





## PRESCHOOL II

Welcome! This is going to be a wonderful year. I am excited to work with your children and help them to grow socially, developmentally, and spiritually. During the first couple of weeks the children will become familiar with their new environment. I will take this time to go over the safety rules and make observations on where the children are developmentally. As in the other classes, I will be using the Florida Early Learning and Developmental Standards and a new social skills program entitled, Second Step, to do our lesson plans. On Tuesdays we will visit the church to hear weekly gospel stories and to sing songs of praise.

Our unit for the end of August and all of September is, All About Me! We will explore the children's name, birthday, feelings, and senses. They will also share pictures of their family and home. We will end the unit by learning how we are part of a community. Some of the activities we will be doing are using a hand held mirror to draw self-portraits, view our fingerprints with a magnifying glass, chart which month our birthdays are in, and using our senses to try sweet and sour pickles.

Lastly we will be working on self-help skills. The children will be encouraged to do as much for themselves as possible. This includes dressing themselves, putting on their shoes, and learning to wipe. We will always help if needed.

I would like to end by thanking everyone for the donations of class supplies and snacks. If there is anything I forgot to mention here or in the welcome letter, please feel free to talk to me.

**Ms. Liliana   Ms. Gabby   Ms. Vilany**

## VPK I

Welcome to our class! The children are coming in ready to start the day. Please remember to have your child sign themselves in and turn their "Who's here today?" card. The transition in the early morning and late afternoon is flowing smoothly. I would like to thank everyone who has been able to help provide school supplies for our classroom.

We will begin our school year with a Unit on **Making New Friends** and introducing our social skills curriculum: *Second Steps*. This program has been designed to help guide children to learn, practice, and apply skills for self-regulation and social-emotional competence. Our Unit on **Letters, Numbers, Colors and Shapes** will follow. We plan to spend four weeks counting, sorting, reviewing and exploring each of these study topics. This will give us a chance to assess each child and make each learning activity fit their needs.

Our **FALL** Unit will begin with **APPLES and OUR FIVE SENSES**. We will be learning a couple of new songs, listen to and make some special apple counting books, and enjoy tasting some apple products. The last week of the month we will begin talking about **FALL** and review our colors. We will learn what our primary colors are and also begin learning our color words.

We are using the Creative Curriculum in our classroom. This curriculum supports the Florida Early Learning and Developmental Standards. Age appropriate activities in all areas of social, cognitive, emotional and physical development will be presented in ways to interest the children and encourage them to explore the world around them.

Our curriculum includes indoor/outdoor art and sand/water play daily. Children should wear closed toe shoes with rubber soles for running and climbing.

Snack time is an important part of our day. Wrap-around children eat two snacks daily. Please remember when sending in your monthly snack that we are a **Peanut Free center**. Please check all labels. Each week we will have a food prep activity. A sign-up sheet will be posted on our clip-board.

Please remember to check your child's folder daily. If you have any questions, please don't hesitate to ask.

**Ms. Kathy   Ms. Katie   Ms. Sheri  
Ms. Becky   Sr. Donna**

# VPK II

Welcome to the 2014-2015 VPK school year. We have many exciting plans and are looking forward to getting to know you and your child. Here are a few important reminders for the year.

Please sign your child in and out every day. We are required by law to have your signature and the time of arrival and departure. If anyone other than you will be picking up your child please write a note or call the center.

Our class will begin at 9:00 and end at 12:00. Our class is the first to go outside in the morning. Please make sure your child has on closed-toe, non-slip shoes. Sneakers are best. We DO tend to get messy, so please dress your child in appropriate play clothes. We want them to feel free to explore their environment without worrying about getting dirty. We ask that each child bring a complete change of labeled clothes in a Ziploc bag or book bag to keep at school in case it is needed. Outside play is an extension of our classroom. It is a very important time for the children as they are using their large muscles by running, climbing, and pedaling bikes. They also are developing their eye-hand coordination, which is crucial for writing by throwing and catching balls and climbing on the monkey bars. They also are gaining an understanding of math and science concepts by working in the sand and water. Another goal they will gain is their social skills, which is achieved by practicing negotiation over bikes and toys.

We are using the Creative Curriculum in our classroom. This curriculum supports the Florida Early Learning and Developmental Standards. All activities are age appropriate in areas of social, emotional, and physical development. These areas will be presented in ways to interest the children and encourage them to explore the world around them.

The children will have a writing journal. This will allow them to record activities and events that are special to them. In addition to the journal, we will have daily activities that include math, language, dramatic play (to enhance our social skills), block play (for math and science applications), table games, counting, social skills, art, plus many more.

We will begin our month with a Unit on Letters, Numbers, Colors, and Shapes. This will give us a chance to explore the many ways that all of these topics are used. Our Fall Unit will begin with Apples and Our Five Senses. We will be doing some fun activities that will enhance or sensory skills and taste buds. Please watch for an ingredient sign-up sheet for items that we may need.

We will go to the church every Tuesday to read a weekly gospel story and sing songs of praise.

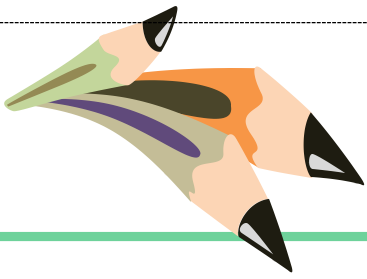
On Wednesdays, Ms. Kathy McKendree comes to our center for Music Enrichment. The use of rhythm activities help with pre-reading activities. As the children practice with the flow and pattern of sounds they begin to make the connection to speech, language, and reading.

**ALLERGIES!!!!** All food must be PEANUT/TREE NUT FREE. This includes foods that are processed in a factory that manufactures peanut products. If you are not sure, please take caution and do not bring it. If your child has a food or an environmental allergy, please make sure to list it on your child's emergency card as well as letting us know.

Please check your child's folder daily. This is where you will find your child's work, as well as any letters or reminders of upcoming events. Thank you for allowing us the opportunity to care for your child. We are going to have a fun and exciting year.

**Ms. Katie      Sr. Elizabeth**





## BEFORE AND AFTER SCHOOL

Welcome back to school. We have had a great summer. The kids enjoyed all the fieldtrips and activities that kept all of us busy.

For the children's enrichment we have a unit plan for every month. August our unit plan is, School. September's unit plan is, My World.

Please look for your monthly snack reminders. The children love a variety of snacks to be brought in.

### Important Reminders:

Please make sure you write a note or call if your child will not be on the afternoon bus. Even if they are not here in the morning, we expect them in the afternoons.

Please sign your child/ren in and out every day. The state requires that we have a signature and time.

### Important dates:

8/27- Cookie Dough Fundraiser Starts

9/1- SHECC CLOSED

9/10-Cookie Dough Fundraiser Ends

9/15-19-Scholastic Book Fair

Please remember to check your child's folder.

We look forward to a wonderful school year. God Bless!

**Ms. Debbie**  
**Ms. Amber**

**Ms. Laura**  
**Ms. Alyssa**

## PERFECT LULLABY

### SLEEP TIPS

We all know that sleep is important, especially children. However, not everyone knows the true benefits of quality sleep nor the quantity of sleep required (babies and toddlers need 12-15 hours/day).

When we sleep, we secrete growth hormones and build our immune system. Sleep is when memory retention, storage and organization occur. If your child is not getting enough sleep or not sleeping properly it can affect their growth, learning, memory, weight, metabolism, mood, and overall health. Sleep is a learned skill. Below are factors that could be contributing to your child waking in the middle of the night and or getting up before 6:00 am.

- Too late bedtime. As a child's sleep window approaches, melatonin (the sleep hormone) is produced. When a child goes to bed too late, their bodies start to produce cortisol, a stress hormone, making it harder for them to go to sleep and stay asleep.
- No nap! Most children require a nap until they are 3-4 years old. The most restorative naps are over 1 hour and do not involve any motion (car, swing, stroller.) If children don't get the right nap quality and quantity of sleep, they will be overtired at bedtime.
- Your child is already asleep or too drowsy when placed in bed. Children who do not put themselves to sleep at bedtime will not be able to put themselves back to sleep during the night. We all have partial arousals at night as we pass through sleep cycles. Children who do not know how to put themselves to sleep will need you to put them back to sleep.
- Consistency is the key to sleep success. It is important to address all night awakening the same way.
- If you suspect a sleep condition is keeping your child awake at night, talk with your pediatrician. Conditions can be but are not limited to, sleep apnea, asthma, reflux, and allergies.

# NOTES FROM CINDIE...

Welcome to the new 2014-2015 school year. We are very excited to begin this year with your children. Some changes have taken place over the summer. Ms. Toni Watkins has retired after 30 years of hard work and dedication to our great center. She was a wonderful administrator and loving mentor to many of our staff and parents. She will be greatly missed.

Please let me introduce myself, I am Lucinda O'Quinn, better known as Ms. Cindie. I have been at Sacred Heart ECC since 1988 and have been a teacher in every classroom from Infants to VPK and the Extended Care Program since that time. I look forward to serving your family and our community as director for many years. My door is always open.

This year we are implementing The "Second Step" Curriculum throughout the center. Young children, who can listen, pay attention, remember directions, and control their behavior will benefit more from preschool and be better prepared for kindergarten. The "Second Step" early learning program teaches self-regulation and executive-function skills that help children learn and skills to manage their feelings, make friends, and solve problems. This program engages children with the use of puppets, songs and stories.

**In keeping with our implementation plan we are reminding all parents that the children need to be in their classroom by 9:00 am to ensure that they are here for all parts of the curriculum.** Each classroom from Infants through VPK follows The Creative Curriculum. In addition we follow the Florida State Standards for Infant, Toddlers, Threes, and Four Year Olds. Unit plans are posted in each classroom please be sure to take a moment to look at the plans and ask questions about what your children are learning.

Our Cookie Dough Fundraiser will be starting soon. The cookies are delicious, especially the Macadamia Nut, and are a great fundraiser for our school. Please join us in selling as many items as you can. Our Scholastic Book fair will be arriving soon as well, Christmas is just around the corner and what better gift, than the gift of reading. Please be sure to stop and purchase from the book selections provided.

I would like to thank all of the Teachers and Office Staff here at Sacred Heart ECC for their continued commitment to all the children and our school. The care and education of the children are the reason we are here. We are a ministry and your dedication shows that you are here to fulfill that calling. I look forward to continuing this ministry with you and our families.

