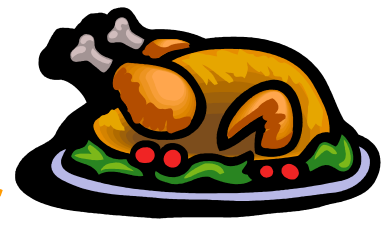




Early Learning Academy November 2009 Newsletter



Message from Mrs. Hao

All of us are enjoying the fall season, the many special holidays, the family time together, and the crispy, usually clear weather. We are busy celebrating holidays and enjoying our regular curriculum.

I would like to thank you all for spending some time to come to our Open House. We really enjoyed this time with you and feel that we were able to get to know you better. We appreciate your participation and your interest in all we do.

Special thanks to Mr. Yasukawa for trimming the tree in the backyard and to Kevin Ong's family for all their donations; DVD player, TV, toys, etc.

We have many special events planned for the next few months. We sincerely hope that your child and family will join us for as many as possible.

Please note that on Sunday, November 1, we turn our clocks back. We suggest that you have your children participate in changing your clocks at home and in the car. If your child stays at school past 5:00 PM, it will be getting dark when you pick up your child. Please talk about this with your children. When children are prepared, it is less frightening and easier to understand why Mom or Dad has not arrived yet when it is already dark outside! We will also be discussing this during circle time at school.

I would like to take this opportunity to send my best wishes and thoughts to each of you for a Happy Thanksgiving holiday.

Enjoy, relax, and eat lots of turkey!

NOVEMBER CALENDAR

- Nov 11 Staff Development Day
School Closed
- Nov 18 Thanksgiving Potluck
Lunch 11:00
- Nov 26 & 27 Thanksgiving Recess
School Closed

HAPPY NOVEMBER BIRTHDAYS!

Happy Birthday, dear Luis Carvajal,
Kevin Ong, Luis Ocampo,
and Ms. Aike.

SPECIAL EVENT Thanksgiving Feast

Mark the date, because you won't want to miss this celebration! November 18th is the date! Join us at our Thanksgiving Family Potluck Lunch. You are welcome to bring traditional or not-so-traditional dishes. A sign-up sheet will be posted.

Santa Claus Volunteer

We need someone to volunteer to act as Santa Claus for our Christmas Party on Wednesday, December 9 at 9:30 a.m. Please let me know before November 13 if you can do this. **We will provide the costume.**

PARENT'S CORNER

SMART KIT FOR KIDS WITH DIABETES

November is Diabetes Awareness Month. Although we hear a lot about how obesity is causing type 2 diabetes in kids, type 1 diabetes affects many more children, including an increasing number of toddlers. In fact, a new European study predicts that type 1 diabetes diagnoses in kids younger than 15 years of age will almost double by 2020, with kids up to age 4 accounting for 29 percent of new cases.

If your child has been diagnosed with the disease, you'll want a free "Everyday Wisdom" kit from the American Diabetes Association. The Association consulted with *Parents* advisor, Lori Laffel, M.D., chief of the pediatric and adolescent section at Boston's Joslin Diabetes Center, to develop these valuable new materials for families. The kit, which contains information about helping kids and families cope, manage their meals, and understand insulin, can be ordered at diabetes.org/families.

Parents Magazine, November 2009

But I hate Broccoli!

Parents often worry because they think their young children don't eat enough. Some children seem to be naturally finicky. But others may simply be so overwhelmed by the amount of food placed on their plates that they don't know where or how to begin eating.

How much food is enough? And how can we get our children to participate more successfully in meal times?

Physicians tell us that a child needs one tablespoon of food per year of age at each meal. That means a 3-year-old needs at least three tablespoons of food at breakfast, at lunch, and at dinner in order to maintain health and growth. These are not the heaping portions that we are tempted to put on our children's plates; they are standard measurement portions.

Allowing children to serve themselves encourages them to eat larger portions of a variety of foods. When children get to control their choices and the amount of food they take, meal time becomes more enjoyable for them and for you. Participation in meal planning and preparation also encourages children to feel that they are a part of the process of meal time.

A family meal can be a time of conversation and relaxation or a time of frustration and anger. By offering children smaller amounts, the opportunity to help prepare meals, and the chance to serve themselves, we can provide a calmer, more satisfying family time for everyone.



Reminders



My Child Can't Go Outside Today

Children may only be kept in, if there is adequate staffing. In order to provide adequate coverage for all children, we cannot guarantee that a single child can always be supervised indoors. Please be sure to send appropriate jacket in case your child must go out. Please remember: **If your child is too sick to be allowed out, your child must not be in school.**

For Part-Time Children

* You may not make up for days when school is closed or when your child was sick or on vacation. You may also not switch days.

*Children may attend on days that are not their scheduled days, if there is room, for an additional fee. Please call ahead and check with the office to make a reservation. Visitor days are charged at the following rate:

- **Full day** (7:00 am – 6:00 pm) **\$60.00 per day**
- **Half day** (8:00 am – 12:00 pm or 12:00–6:00 pm) **\$40.00 per half day**
- **Child Care Cards** (no expiration; siblings may use together) **\$120.00 for 10 hours**

LOVEABLE GARBAGE

We need your loveable “garbage,” **new or old:** pants for ages 2-5, blankets, balls, grocery bags, and costumes. Thanks!

FOR SALE

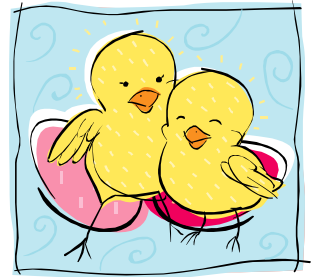
School T-Shirt - \$14.00

School Sweatshirt - \$22.00

Learning Corner

THEME: Healthy Bodies
SHAPE: Square
COLOR: Orange

Chicks (Toddlers):
Letters - G, H, I
Number - 2



Pandas (Preschool):
Letters - G, H, I
Number 3

Caterpillars (Pre-K):
Letters - Review Ee, Gg, Hh, Ii
Numbers - 7, 8



THE CHILDREN WILL ALL LEARN: the different parts of the body, the five senses, personal hygiene, good health, eating habits, and nutrition.

Children's Corner

A Fun Poem For You

And Your Kids:

I'm Glad I'm Me

I'm glad I'm me, and I'm special,
look and see,

My feet can run and dance and
walk.

My ears can hear, my mouth can
talk.

My hands and arms can stretch
out wide.

My face shows how I feel inside.
Healthy, that's me, and I'm going
to be

Always taking care of me, so I
can grow up happily.

I'm glad I'm me, I have a family.
We help each other when we're
sad.

We might get mad, we're often
glad.

We make up a country, strong
and free.

Americans, all, we're proud to
be.

Gobble, Gobble

A turkey is a funny bird,
His head goes wobble, wobble,
And he knows just one word:
Gobble, gobble, gobble.

What makes you healthy?

John Paul Cosino – coffee

Kira Federoff – Cup-o-Noodle

Dylan Francis – apples and special
breakfast bars

Jordan Hill – fruits

Kevin Ong - cheese

Sofia Martinez – food

Daniel Ouidiani - hotdog

Michael Shibata - milk

Gaia Splendore – pasta

Hannah Sustal – food

Julius Villanueva – orange juice,
chicken, meat, spaghetti

Scott Wong - fruits

Donte Yasukawa – vegetables and
main food

Vinnesa Whitaker – potatoes,
broccoli, and mashed potato