

Bethesda Child Development Center

January 2019



Important Dates to Remember:

January 1	CLOSED
January 2	All programs reopen
January 18	Special Lunch (Full day)
January 21	CLOSED Martin Luther King Day
January 25	Holiday Camp-School age Preschool in session
January 28	Super Hero Dads

Children are a gift
from the LORD;
they are a reward
from him.

Psalm 127:3



CIRRICULUM CORNER

In January, we venture into Creative Curriculum's Clothes Topic. We begin by exploring what we know about the topic? "What are features of clothes?", "How do we take care of our clothes?", "How do people make clothes?", and "How is cloth made?" The food and health/nutrition activities for January will include making banana snowmen (or vanilla wafer snowmen), store bought biscuits, fruit smoothies, and learning that "Germs are not for sharing!" The ingredients include bananas or vanilla wafers, strawberries, mini chocolate chips, pretzel sticks, frozen fruit, and yogurt.

CHRISTIAN ED

Happy New Year! In January, our Christian Ed theme will be "I Belong to Jesus", and we'll talk about how God made every part of us special and unique, and each one of us belongs to Jesus. We'll learn about the time that Jesus healed a blind man (based on Psalm 123) how Simon had a choice to make when Jesus asked him to give up his possessions (Psalm 24) and how Samuel answered God when he called (2 Corinthians 6). We're looking forward to the start of an exciting New Year in Christian Ed!

SCHOOL MESSENGER

With winter here, it is important that you make sure if any of your contact information (phone numbers/emails) have changed you notify the BCDC office. That way we can update our school messenger system and you will be notified in case of school closings/early dismissals/ delays.

POISITIVE BEHAVIOR MANAGEMENT

Parent involvement in their children's schooling has a positive effect on students' academic, behavioral, and social progress. Including parents in the planning and implementation of positive behavior support can be very beneficial.

- Try to anticipate problem behaviors before they occur- be proactive. (ex: if you know your child has a hard time with getting ready for bed, give your child warnings leading up until it's time to get ready for bed: Ex 30 more minutes and then we are going to get ready for bed. 10 more minutes, etc.)
- Teach specific behavioral expectations to your child regularly (as a family talk about what it means to be safe, show respect, etc.)
- Give clear, specific directions, and make sure you have your child's attention before doing so (do not give the child directions from a different room than the one you are in)
- State behavioral expectations positively ("walk, please" instead of "do not run")

IS MY CHILD TOO SICK FOR SCHOOL?

Since Flu and cold season is upon us here are some guidelines to help you make this determination:

1. Check your child's temperature. If it is 101 degrees digitally or higher, your child needs to stay home, and should remain home until the temperature is below 101 degrees (without the use of anti-fever medication) for at least 24 hours.
2. Is there nausea or vomiting? Your child should remain home for 24 hours after the last episode of vomiting.
3. Has your child had recurrent diarrhea (more than one loose runny stool)? Please keep your child home for 24 hours after the last episode.
4. Does your child have a sore throat? If there is no redness, white drainage, or exudates on the tonsils and no fever, your child is okay for school. If you notice these symptoms, please contact a doctor.
5. Does your child have cold symptoms? As long as your child is well rested, can control coughing, and does not have a fever, then your child is okay for school.
6. Did your child wake up with "pink eyes"? If there is goopy drainage or crusting of the eyelids, please keep your child home and contact the doctor.
7. Whatever the symptoms, you should always ask yourself "Can my child participate in all school activities?" If your child is very tired, lethargic, or very uncomfortable, they won't be able to keep up or enjoy the activities offered and should stay home to rest.

Please keep in mind that BCDC does not stock cold and allergy preparations or treatments for diarrhea. BCDC follows Delaware Administration of Medication rules set forth by Delaware Office of Childcare Licensing. No medication will be administered to a child without proper documentation and permission this includes over the counter medication, cough drops, chap stick. Please keep the office updated to new telephone numbers, both cell and home. As stated in the parent handbook, children are to be picked up within one hour of notifying the parents of sickness.

Lunch Heat Ups

Just a reminder if your child's lunch needs to be heated up please pack it in a non-metal, microwave-safe container. Also, if your child has something that needs to be heated up, please pack it separately from things that do not need to be heated up.

Super Hero Dads:

Super Hero dads will be held on January 28 at 9:15 am for our 2's & 3's programs and 11 am for our 4's programs.