



**NEW HORIZONS COUNTRY DAY SCHOOL
INFANT/TODDLER'S NOVEMBER MONTHLY**



FINE MOTOR: During the month of November the students will be working on their fine motor skills by practicing walking on a line for those who are able. We will also introduce stacking cubes and using crayons.

LANGUAGE: Language development will include story time, puzzles and learning about our family. We will continue to review working on following verbal commands and positional words. The colors for the month are yellow and brown. As part of their homework for the week of 11/18 your child will be bringing home a paper for you to help them make a family portrait. The paper for the collage will be sent home on Friday 11/15.

MATHEMATICS: Our math skills will involve counting 1-3 as well as one to one correspondence using up to 3 objects. Our shapes for the month are triangle & square.

SOCIAL/SCIENCE: As part of our sharing and caring month we will be talking about families and how we celebrate Thanksgiving. The children will also be introduced to farm animals and their names. In anticipation of Thanksgiving our students will practice setting the table in Housekeeping.

PLEASE CHECK YOUR CHILD'S CLASSROOM FOR SIGN UP SHEETS FOR OUR THANKSGIVING FEAST.



PLEASE HELP WITH OUR FOOD DRIVE. FAMILIES ARE IN NEED OF OUR HELP MORE THAN EVER THIS YEAR. PLEASE SEE THE BACK OF THE NEWSLETTER FOR SUGGESTIONS.



INFANT / TODDLER'S NOVEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 FOOD DRIVE 	5 FOOD DRIVE 	6 FOOD DRIVE 	7 FOOD DRIVE 	8 FOOD DRIVE 
11	12	13	14	15 Family collage paper sent home.
18	19	20	21 Pizza Day Wear your NHCDS t-shirt. Toddlers Only! 	22 Thanksgiving Feast
25	26	27 SCHOOL CLOSED	28 SCHOOL CLOSED	29 SCHOOL CLOSED
Thanksgiving				

BACK GATE SAFETY



Please do not allow your child to push the **green gate button**. This is for the safety of all our children. Many times your child will run ahead of you - push the green button and run out the gate into our parking lot leaving our gate open. Not only is your child at risk in the parking lot but many times another child will follow your child out the gate.

CHILDREN ARE NOT ALLOWED TO PUSH THE GREEN GATE BUTTON

Please close the gate when leaving. If you are at the gate and someone asks you to let them in because they forgot their card and you are not sure if they are a part of our New Horizons family, please do not allow them to enter. Find a staff member who can verify that they are a member or direct them to the front office off Nebraska Avenue.



5 A DAY The Color Way

By eating your colors every day you will stay fit and healthy. Colorful fruits and vegetables contain many of the nutrients, minerals and phytochemicals your body needs to maintain good health and energy. They also protect against the effects of aging and can help reduce the risk of some of the major lifestyle diseases. Many of the phytochemicals and other compounds that make fruits and vegetables such healthy foods also give them their color. There are many different phytochemicals and compounds associated with the color – so to ensure you get a wide range of them you need to try and eat fruits and vegetables from each of the color groups each day.

A new food may need to be introduced 6 - 12 times before a child decides if they will like it. Don't give up! To ensure the health of your loved ones, serve and encourage **5 A DAY** for better health.

What is a serving?

Age 1 – 3

- 1/2 medium fruit
- 1/4 cup cut-up vegetables
- 4 oz 100% fruit or vegetable juice
- 1/4 cup cooked vegetables
- 1/2 cup leafy greens
- 1/4 cup potatoes
- 1/4 cup peas or beans
- Dried fruit not recommended



Age 4 - 6

- 1 medium fruit
- 1/2 cup cooked vegetables
- 1 cup leafy greens
- 1/2 cup potatoes
- 1/2 cup peas or beans
- 1/4 cup dried fruit



FOCUS ON FUNDAMENTALS

Fostering Tolerance and Respect

Children are born without biases about other people of any race, culture, gender, or disability. We sometimes wonder if we can raise our own children free of prejudice. Unfortunately, it doesn't work this way; society's messages are too pervasive. As parents and teachers, we need to take positive action if children are to grow up comfortable with who they are *and* be respectful of others.

We want to work with you to create a program that helps to counter society's messages of bias and reflect the cultural background of all children and families. To begin with, we choose books, dolls, and even pictures on the wall, with an eye to finding balance and showing children what they see too little of elsewhere. For instance, we make a point of showing men and women of all ethnic backgrounds doing a variety of jobs, men as well as women doing household chores and spending time with children and different kinds of families enjoying themselves.

Are we doing all this to be "politically correct"? Not really. We're committed to helping children grow up confident of their own identity and to be respectful to other people and aware of the rich diversity of their community and world.





SHARE YOUR CUPBOARD

NOVEMBER 4th – 8th

An annual tradition at New Horizons has been our Canned Goods Drive. We collect food for the needy families in our community. Your past support of this collection has been terrific and we hope your children won't miss this opportunity to feel the true sharing spirit of the season by giving to those who are less fortunate.

Donations of food may be dropped off in your child's classroom, the Great Room or the front lobby Monday through Friday Nov. 4th thru the 8th.

Suggested foods: boxed mashed potatoes, stuffing, canned vegetables & fruits, gravy, muffin or corn bread mix, powdered or canned milk, pastas and sauce, macaroni and cheese, canned meats, tuna fish, boxed cereal, rice and beans, flour, soups, or juice.

Non-perishable boxed, canned and plastic containers only.



Research Highlight on the Effects of Media on Children

- The more time children use screens in the early years, the more they tend to protest turning them off when they are older.
- Toddlers' use of screens have been connected to the following problems in later childhood: 1) lower math and school achievement 2) reduced physical activity and 3) higher levels of obesity.
- Screen time for children younger than 3 years old has been associated with irregular sleep patterns and delayed language acquisition.
- Increased screen exposure in early childhood has been connected with higher levels of aggression.
- Children who have two or more hours of screen time a day tend to exhibit more psychological difficulties, such as 1) hyperactivity 2) emotional and behavior problems and 3) difficulties with peers.
- Media violence can contribute to 1) aggressive behavior 2) desensitization to violence 3) nightmares and 4) fear of being harmed.
- The more time children spend with screens, the less time they spend engaged in creative play, which is a key foundation for later learning, constructive problem solving and creativity.

Note: The facts in this box come from Campaign for a Commercial-Free childhood.

REMINDER

**SCHOOL WILL BE
CLOSED FOR
THANKSGIVING
NOVEMBER 27th-29th**



**PRESCHOOL THANKSGIVING FEAST
FRIDAY, NOVEMBER 22nd**

In keeping with the holiday, Thanksgiving and our "Caring and Sharing Unit", your child's class will be preparing a wonderful dessert to have with their lunch. Please send in your child's regular lunch minus the dessert.

***IF YOU WOULD LIKE TO DONATE THE
INGREDIENTS FOR YOU CHILD'S SPECIAL
DESSERT PLEASE CHECK YOUR CHILD'S
CLASSROOM FOR SIGN UP SHEETS.***

