

# Bright News!



February 2020

## STAR Family of the Month

### Meet the Behera Family!

This wonderful family has been with us for two and a half awesome years! Meera & Kabir (fun fact: they are twins!) started out in the Infant B classroom. They have a bond like no other and two very different but equally fun, vibrant personalities! Meera loves to learn new things and has truly come out of her shell over the past year! Kabir is a ball of positive energy and always eager to make new friends! We look forward to fieldtrips, STEAM nights, and a lot more parties with you, Behera Family! Thank you for letting us watch your little ones grow!



### LOVELY Fun Facts:

- ♥ Meera & Kabir participate in swim lessons, music and soccer classes!
- ♥ As a family, the Behera's enjoy walking trails, going to the park, and going out for pizza and ice cream!
- ♥ Their favorite family meal is non-spicy Indian food; Meera and Kabir even help prep veggies and raita in the kitchen!
- ♥ Meera and Kabir enjoyed a 2 month vacation in India connecting with relatives, trying new foods and exploring some beautiful places!
- ♥ Mom and Dad's favorite Bright Star memories are Mother's & Father's Day

### Feature Teacher: Ms. Dyanne!

SHOUT OUT to this outstanding Toddler teacher we are SO PROUD to have!

Ms. Dyanne has been a STELLAR part of our staff for almost 3 years now, and she continues to "WOW" us each week! She is always displaying creative learning in her classroom, lets her children explore through hands-on sensory play and takes time to get to know each of her children's individual needs. Her patience, kindness, willingness to try new things, commitment to her class...we could go on and on!



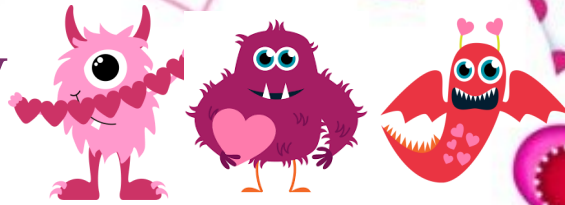
Ms. Dyanne, thank you for choosing Bright Star as your Work Family. We are so lucky to have you and look forward to more fun memories in 2020! Congratulations on receiving Teacher of the Month for the 2nd time!

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## Valentine's Day Party

Bright Star will be having our annual Valentine's Day Party on **Friday, February 14th!** The children will participate in a fun heart themed craft, read Valentine's books and enjoy a delicious party snack! For this exciting celebration, we also invite the children to dress in red and/or pink!



## PS/PK Thinkery Field Trip

Our Preschool and Pre-K children have an exciting adventure to The Thinkery coming up in April. The Thinkery is a fun, hands-on experimental indoor play land that encourages children to use their imaginations, be creative, as well as inventive, all while playing and exploring the various exhibits throughout the building. *The Permission Slips and \$9.00 Field Trip Fee will be due no later than **Friday, March 13th** for Preschool classes and **Friday, March 20th** for Pre-k classes.* More information regarding this field trip is coming soon!

## Dentistry Visit!

Children's Dental Health is acknowledged in the month of February! We are lucky enough to have Big Top Dentistry coming to visit the children on **Tuesday, February 18th** from 10:00-11:00. The children will speak with a dental hygienist about why it's important to keep our gums and teeth healthy, what foods are considered healthy or "junk", and they will also learn the proper way to brush and floss! We are excited to be a part of teaching the children healthy habits inside and outside of the classroom.



## PS/PK Spring Plays

Preschool & Pre-K Families, our Annual Spring Plays will be held on **Saturday, April 25th!** You will receive more details in your child's cubby; we would like a *commitment to participate by **Friday, February 21st.*** Although this is a two month notice, our teachers will utilize this time to plan an age appropriate play, parts and lines based on the number of children. In addition, the children will begin practicing each week. We hope your little one shows interested in participating!

## Nurse Terry's Tips

It's Children's Dental Health Month: let's talk tooth decay! Tooth decay (cavities) is one of the most common chronic conditions of childhood in the United States. Untreated tooth decay can cause pain and infections that may lead to problems with eating, speaking, playing, and learning. The good news? Tooth decay is preventable with fluoride toothpaste! Make sure to use the following guidelines when your child is brushing:

- \*If your child is younger than age 6, watch your child brush their teeth. Make sure your child only uses a pea-sized amount of toothpaste and always spits it out rather than swallows it.
- \*If your child is younger than age 2, do not use fluoride toothpaste unless your doctor or dentist tells you to.
- \*Talk to your child's dentist about dental sealants. Sealants protect teeth from decay.

tooth decay is the **most common** childhood disease



**5x** more common than asthma

**51 million** school hours missed due to oral disease

**16 million** lack access to basic dental care

tooth decay is **almost entirely preventable!**

Every \$1 spent on prevention in oral care can save you \$8-\$50 on restorative and emergency procedures

**2 is too late!** Take your child to see a dentist before age 1

**\$1 million** Amount Tom's of Maine has provided to dental clinics to increase access to oral care

Brush your teeth at least **twice a day** for two minutes



## Spring Photos

Spring Photos will take place on **Thursday & Friday, March 5th & 6th!**

The specific date for each class is TBD; there will be an e-mail with more details as the dates approach.

Spring Photos are **FREE DRESS**, so we cannot wait to see everyone dressed to impress!



## Happy Birthday, Dr. Seuss!

In honor of Dr. Seuss' birthday, we are celebrating with a week of themed dress up days! We also tie this week into our Spring **Scholastic Book Fair**, which will fall on the week of **March 9th**. Join us as we relish in Dr. Seuss' fun and quirky story-telling style, by embarking on a fun-filled week of themed dress creativity:

**Monday – Wear a Hat**

(Cat in the Hat)

**Tuesday – Wear Crazy Socks**

(Fox in Socks)

**Wednesday – Inside-out/Backwards**

(Wacky Wednesday)

**Thursday – Collegiate Shirt Day**

(Oh the Places You'll Go!)

**Friday – Dress as your favorite Dr. Seuss Character**





# CURRICULUM CORNER

## Helping Your Child Learn To Share:

Sharing requires empathy, compassion and a strong sense of self. During a child's first year of life, they attach to the important people in their lives. During the second year, they begin to attach to *things* (blankets, stuffed animals, etc.). These *things* are important because that's what helps your child create their own sense of self. As a child becomes more comfortable with their own sense of self, the need for these things diminishes and the child becomes more capable of sharing.

When a child reaches the toddler stage of "mine" and "I do it myself" their sense of self is truly beginning to emerge. They are establishing their own identity and begin to focus on compassion (caring for another) and empathy (putting themselves in the place of another); these are key components to sharing. Three year olds can benefit from models of sharing and reminders to share as guidelines for their behavior. It takes until about the age of six for a child to truly begin sharing on their own.

Below are some ideas to help your child be successful at sharing at home:

- \*If you write your child's name on masking tape and stick it to his or her favorite toy, he or she is much more likely to let go of it.
- \*If friends are coming over, have your child put away his or her most prized possessions. Guide your child as you watch them play with someone else. For example, if your child is grabbing others, teach them that this will steer others from wanting to play with them. Or, if your child is always the victim, help them learn the power of saying "no".
- \*Children are more generous when they receive generosity. Make sure you are always generous with your child. Make sure to call attention to generosity and sharing things that you do.
- \*Play sharing games (your turn, my turn), such as I Spy and Tic-Tac-Toe.
- \*Provide your child with ideas on how to share a specific toy (i.e. 5 minutes for you, 5 minutes for me).



## **Don't Forget: Spanish Blog!**

A friendly reminder, our amazing Spanish teacher, Ms. Felissa, has a Spanish blog that reflects what they are learning during Spanish class on Fridays! Most recently, the children have been learning about staying healthy and preventing the spread of germs! The blog link is

[www.diadelosninosatx.net](http://www.diadelosninosatx.net)!



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## Dates to Know in February

**Friday, February 7th:**

**CLOSED** for In-Service Day

**Wednesday, February 14th:**

Valentine's Day Celebration

**Thursday, February 20th:**

TLC Pediatric Dental Visit

**Friday, February 21st:**

**PS/PK** Spring Play Participation Slips Due

## Looking Forward to March

**Friday, March 13th:**

**PS** Thinkery Permission Slips/Payment Due

**Friday, March 20th:**

**PK** Thinkery Permission Slips/Payment Due

**Monday-Friday, March 2nd-6th:**

Scholastic Book Fair & Dr. Seuss Theme Dress

**Thursday & Friday, March 5th & 6th:**

Spring Photos (Free Dress)

**Monday-Friday, March 16th-20th:**

LISD/RRISD Spring Break

## January Highlights!

