

Ransom Family, We are so **GRATEFUL** you found your way to Bright Star 3 yrs. ago! We have had the pleasure of watching Michael grow and develop and look forward to his big Pre-K year coming up soon! Charlotte has been nothing but an absolute **JOY** in our School Age program as well. Thank you for being a part of our family and continuing to trust our staff and program with Michael & Charlotte's early childhood education!

meet The Ransom Family

All About The Ransom Family:



This awesome family enjoys puzzles, bike rides & Cooking together!



The Ransom's favorite meals are pulled pork sandwiches & pizza!



Puerto Vallarta, Mexico is the **HOT SPOT** for vacation!



They have a trusty four-legged companion named Kova (a Maltese)



The Ransoms love getting fun Splash Pad pictures from Bright Star in the summer!



Teacher of the Month, Ms. Cathy!



Ms. Cathy there is no better month to show our appreciation for you than November, because we are so **THANKFUL** for you! You came into Bright Star with such a positive and fun teaching style, we can't even begin to express our gratitude for what you bring to the program. There is **NOTHING** you won't do for your children, big or small. It's been an amazing having you on our team and the impression you've made on others will truly be everlasting. You are all around one-of-a-kind and we can't thank you enough for choosing to be

here with us! Congratulation on Teacher of the Month, Ms. Cathy, we love you!

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Parent/Teacher Conferences

Parent/Teacher Conferences are a great opportunity for you to meet with your child's teacher via ZOOM and discuss how the year is going! These conferences are not mandatory, but meant for you to be able to sit down one-on-one and find out how your little one is progressing and view fall assessments. Dates for each class are in the binder located in the main entry. Please choose one time slot on your child's designated day.

KIDS KREATIONS

Hopefully you have found your child's Kids Kreations sample art in his or her cubby! The children did a fabulous job creating some fun handprint/footprint art. These make great gifts for family and friends, and the holidays are quickly approaching! Please remember, all orders must be in by Friday, November 2nd.



FUNDRAISING

Fall is Sort of Here & Winter Is Coming!

As you all know, the cold weather season is right around the corner! Please make sure your child has weather appropriate clothing in their bags (long sleeve shirts, pants, socks, and underwear) in case of emergencies. In addition, our daily schedule involves the children going outside twice a day (three times for Preschool and Pre-K), so please send your child prepared with a jacket/sweater (hats and mittens/gloves are also a great idea). Make sure everything is LABELED with your child's name, and rest assured that our teachers will do their very best to keep your child's jackets and accessories together. While our teachers are keeping a watchful eye on your child's belongings, we also encourage them to be responsible for their personal items.

Add to Our Kindness Turkey!

For the month of November we will be focusing on kindness! In the main entry, we will have a pre-cut turkey hanging on the wall, and pre-cut feathers available to the children to write something kind about their teacher(s) and/or their friends. We want them to be able to recognize those special traits that make us kind, caring and thoughtful friends.

Easy ways to teach/model kindness:

- *Model KIND behavior; lead by example
- *Point out to your children how their behavior can and does affect others
- *Point out and boast about your child's KIND behavior, help them recognize all the positivity that comes from showing someone kindness



KINDNESS IS FREE
SPRINKLE
THAT STUFF
EVERYWHERE

Nurse Terry's Tips

Reporting Illness to Management & Me:

Sick season is quickly approaching and we have already had a couple illnesses to post around the school. I think we can all agree, one of our top priorities is to keep these children healthy! To do so, both parents and our staff, must work as a TEAM! *It is stated in our Parent Handbook, if your child is diagnosed with an illness by a doctor, we MUST receive a doctor's note stating that they are well enough to be at school.* It is so important that we follow protocol with sick reports, so that other parents can watch for symptoms and help prevent an illness from spreading. *If your child does exhibit any illness symptoms, please be cautious of bringing them into the facility in order to protect the other children and teachers.* We will continue to do our part by keeping your child's classroom clean and sanitized, as well as making sure the children and staff are doing plenty of handwashing throughout the day!

Are You Feeding Your Kids Right?

Cold and flu season is tough for little ones, especially since their bodies are still learning to fight off germs. The best way to keep kids healthy, is to provide them with plenty of sleep, fluids and a diet rich in vitamins, minerals and whole grains. Below are the most common nutrients for cold and flu. *While these foods cannot prevent illness, they can help shorten it!*

Vitamin C: Found in strawberries, oranges, potatoes, bell peppers and raw leafy vegetables

Vitamin E: Found in milk, sunflower, corn and soybean oils, avocados and eggs

Beta Carotene: Found in sweet potatoes, carrots, spinach, cantaloupe and winter squash

Zinc: Found in meat, fish, shellfish, poultry, dairy products, dry beans, nuts and grains

Veteran's Day Activities

Bright Star will be educating the children on Election Day and celebrating Veteran's Day on **Wednesday, November 11th!** The teachers have arranged all sorts of fun activities for the children. *Children are encouraged to wear red, white and blue!*

Annual Thanksgiving Feast

Bright Star's Annual Thanksgiving Feast will be on **Thursday, November 19th!** The children are encouraged to dress-up as a Pilgrim or Native American!

Pumpkin Pie Day!

On **Tuesday, November 17th** and **Wednesday, November 18th**, the children will be making homemade pumpkin pies with their class! Sign-up sheets will be posted in the main entry with specific dates for your child's class and recipe items needed. Recipe Supplies will need to be brought by **Friday, November 13th.**

Holiday Photos

Holiday Photos will start at 8:30am on **Monday, November 23rd!** Children can wear their favorite outfit to take pictures in front of a holiday themed background. A photo schedule will be emailed to families closer to the date.

CURRICULUM CORNER

Great Reads!

Below are some wonderful books that go along with our Frog Street Curriculum Themes! These additional book titles are a great way to incorporate school at home!

Infant:

Friends Who Keep Us Safe: Firefighting Is...

Opposites: Opposites With Frank Lloyd Wright

Toddler & EPS:

Friends Who Keep Us Safe: Clothesline Clues to Jobs People Do

Opposites: Lift-the-Flap Opposites By Usborne

Preschool:

Size: Marta! Big and Small

Safe Me: How Do Dinosaurs Stay Safe?

Pre-K:

Make-Believe Giants: There Was an Old Dragon Who Swallowed a Knight

Healthy Choices: Growing Vegetable Soup

Holiday Stories for Everyone:

Veteran's Day

— Hero Mom by Melinda Hardin

— Hero Dad by Melinda Hardin

— Proud as a Peacock, Brave as a Lion by Jane Barclay

Thanksgiving

— Five Silly Turkeys by Salina Yoon

— The Littlest Pilgrim by Alison Jackson

— The Very Stuffed Turkey by Katherine Kenah

Using Conscious Discipline at Home:

Conscious Discipline is an educational program designed to help children recognize and manage their emotions and, at the same time, manage themselves in the company of others (get along socially with peers and adults). Below are some simple ideas you can try at home to guide your child's social and emotional development using Conscious Discipline strategies:

*** Teach your child to stop and take a deep breath when he or she is upset. At school, your child is learning the S.T.A.R. (Stop, Take a deep breath, And Relax) strategy. To teach your child how to take a deep breath tell them to "pretend to smell a flower" and then "blow out a candle".**

*** Talk with your child about his or her emotions; use the names of the different emotions to help your child understand how to identify what they feel.**

*** Interact with your child in ways that teach her to interact with others. For example, play a simple cooperative interaction game of Patty Cake. Point out that you use gentle touches. Point out personal space. Make sure your child understands taking turns.**

*** Be "fully present." Find time to spend each day with your child.**



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November Reminders

Kids Kreations Orders Due :

Monday, November 2nd

Parent/Teacher Conferences :

Monday-Thursday, November 2nd-5th

Making Pumpkin Pie :

Tuesday & Wednesday November 17th & 18th

Holiday Photos:

Monday, November 23rd

LISD & RRISD CLOSED :

Mon. - Fri., November 23rd-27th

Bright Star is CLOSED :

Thursday & Friday, November 26th & 27th

Looking Forward to Next Month

Partnership For Children (Holiday Wishes) :

Monday - Monday, December 1st- 14th

Holiday Celebrations : Friday, December 18th

LISD CLOSED : Mon., Dec. 21st - Mon., January 4th

RRISD CLOSED : Mon., Dec. 21st - Tues., Jan. 5th

Bright Star is CLOSED :

Thurs. & Fri., December 24th & 25th

Bright Star is CLOSING EARLY @ 12:30 PM-

Thurs., December 31st

Connect with US!



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We are **THANKFUL** for you!

