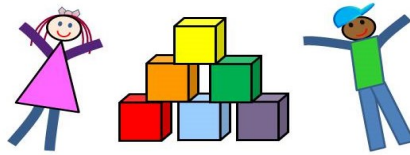


First Church
Early Learning Center



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January 2018

Dear Parents/Guardians,

Happy New Year! We hope that you had a great time celebrating the holidays with family and friends! As we enter into this school year we look forward to all the wonderful growth and development we will see as the children continue to experience, investigate, and hypothesize about the world around them.

On a more serious note, I wanted to alert you of a safety concern that has been an issue at some child care centers in our area. It has been reported on various occasions that cars are being broken into at drop-off and pick-up times when parents are leaving their cars unlocked or idling in the parking lot. The best way to avoid this is to be sure that all valuables, like wallets, purses, etc... are placed out of sight and that car doors are locked to avoid any unwanted or unexpected visitors or stolen items including potentially a car. It is unfortunate that I have to bring this situation up, but I want to make you all aware of the risks of leaving your car open and/or with the keys inside and your valuables in sight. Please take the proper precautions to ensure the safety of your vehicle as well as all of the precious items you have inside.

Registration for the 2018-2019 school year will be open to our current families and First Church in Windsor members during the week of February 26 - March 2, 2018. Every family who is currently attending First Church Early Learning Center will have to reregister their child/children for next school year and enrollment is on a first come, first serve basis. If you have or know a child who will turn three prior to January 1, 2019 and the child is completely potty/toilet trained, they may be eligible to join our program. Please contact the FCELC office if you have any questions.

We wish you and your family all the best for 2018!

Sincerely,

Elith Howard

Events

January 1 — CLOSED in observance of New Year's Day

January 15 — Ms. Sanborn's class CLOSED for Dr. Martin Luther King Jr.'s Birthday

January 19 — Scholastic Book Orders due back to the First Church Early Learning Center office



AMAZING BANANA SORBET



Ingredients

- 1 cup mashed banana
- 1 cup sugar
- 1 cup water

1. In a small saucepan, stir together sugar and water. Bring to a boil, then remove from heat and allow to cool.
2. When the sugar syrup is cool, stir in bananas. Pour into a freezer - safe baking dish. Freeze for 3 to 4 hours, until set at the edges.
3. Remove from the freezer and transfer to a mixing bowl. Use an electric mixer to beat until smooth. Return to the freezer until gently set, at least 2 hours.

10 Things Every Parent Should Know About Play

By: Laurel Bongiorno, PhD: Director of Champlain College's graduate program in early childhood education

1. Children learn through their play.

Don't underestimate the value of play. Children learn and develop:

cognitive skills – like math and problem solving in a pretend grocery store
physical abilities – like balancing blocks and running on the playground
new vocabulary – like the words they need to play with toy dinosaurs
social skills – like playing together in a pretend car wash
literacy skills – like creating a menu for a pretend restaurant

2. Play is healthy.

Play helps children grow strong and healthy. It also counteracts obesity issues facing many children today.

3. Play reduces stress.

Play helps your children grow emotionally. It is joyful and provides an outlet for anxiety and stress.

4. Play is more than meets the eye.

Play is simple and complex. There are many types of play: symbolic, sociodramatic, functional, and games with rules—to name just a few. Researchers study play's many aspects: how children learn through play, how outdoor play impacts children's health, the effects of screen time on play, to the need for recess in the school day.

5. Make time for play.

As parents, you are the biggest supporters of your children's learning. You can make sure they have as much time to play as possible during the day to promote cognitive, language, physical, social, and emotional development.

6. Play and learning go hand-in-hand.

They are not separate activities. They are intertwined. Think about them as a science lecture with a lab. Play is the child's lab.

7. Play outside.

Remember your own outdoor experiences of building forts, playing on the beach, sledding in the winter, or playing with other children in the neighborhood. Make sure your children create outdoor memories too.

8. There's a lot to learn about play.

There's a lot written on children and play. Here are some [NAEYC articles and books about play](#). David Elkind's *The Power of Play* (Da Capo, 2007 reprint) is also a great resource.

9. Trust your own playful instincts.

Remember as a child how play just came naturally? Give your children time for play and see all that they are capable of when given the opportunity.

10. Play is a child's context for learning.

Children practice and reinforce their learning in multiple areas during play. It gives them a place and a time for learning that cannot be achieved through completing a worksheet. For example, in playing restaurant, children write and draw menus, set prices, take orders, and make out checks. Play provides rich learning opportunities and leads to children's success and self-esteem.

<https://www.naeyc.org/our-work/families/10-things-every-parent-play>