



Scribbles

Ms. Tobye's tidbits and other helpful hints

Nov. 6, 2009

Helpful Hints

My favorite season is fall but along with fall comes cooler weather, colds and coughing little people and big people. In an effort to minimize the spread of germs, let's begin covering our coughs and sneezes with the inside of our elbows and always washing our hands. If we do this simple tactic we can stop the spread of disease and sickness.

Tidbits

I would like to thank Ms. Latoya (friend) and Ms. Heidi (parent volunteer) and all of the teachers for helping me out in the office during

Ms. Cimon's maternity leave. With the help of all that contributed I did not have to work Monday—Friday, 6:30am—6:30pm and I thank you all for that.

Guess what? As of Saturday, August 29th the entire staff was CPR/First Aid certified. The state only requires that 50% of your staff be certified but I think it is important to have the entire staff certified. An instructor from First Response Safety training came to the church and taught the staff the proper way to administer CPR, perform the Heimlich Method and the basics of first aid.

On Saturday, October 10th the entire

staff attended the Georgia Association on Young Children at the Gwinnett Center in Duluth, Ga. The conference lasted from 8a—4:30p and by the time the conference was over we were all "pooped" but we had a lot of knowledge. We attended several classes: building strong teams, developmental milestones and appropriate behavior just to name a few. We are scheduled to attend another conference on Saturday, November 7th at the Holiday Inn Select in Atlanta, Ga. from 8a—3p which will complete our 10 hours of state required hours and then we will start all over again in 2010.

Sept./Oct. & Nov./Dec. issue

Words of Wisdom

Conflicts happen everyday in the workplace. We experience challenges to our integrity, pressure to put work first. And all too often the demands of coping with a variety of personalities lead to conflicts of some kind. Isn't it wonderful to know that God's hand can be on you in the midst of challenges you face during a busy day at work? Even if you're thinking about a million other things, because you have asked for His power and presence you can experience the wonderful benefits of His nearness, including the "peace of God, which surpasses all understanding" (Philip. 4:7)

What's Cooking?

Cooking with young children is a fun and educational activity. By participating in food preparation, children can learn many things such as:

- Sensory exploration
 - Cooperation
 - Measurements
 - Shapes
 - Following directions
 - Fractions
 - Telling time
- Fruit dip
 1 8oz. Yogurt
 1 Tbsp. orange juice concentrate
 1/2 tsp. vanilla
 Blend well
 Dip sliced fruit and enjoy!





Stress-free meals

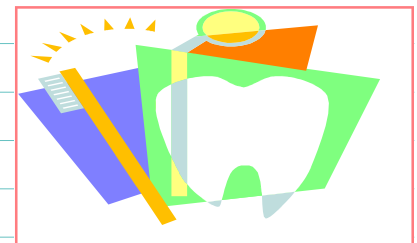
With such stressful and busy schedules, child care providers and parents are always looking for ways to provide healthy but stress-free meals for children. Here are a few tips and suggestions to help:

1. *Plan weekly menus.*—shop with a list to help save money and avoid empty caloric foods which cost more.
2. *Comparison shop.*—look at the unit price to see how much money the generic brand may save you.
3. *Buy in bulk.*—some items lend themselves to bulk buying such as paper products, flour, grains and beans. Take advantage of the lower prices and higher quantities.
4. *Base a meal on planned leftovers.*—consider doubling recipes in order to use the remaining food for the next night.
5. *Convenience costs money.*—use sandwich bags to divide snacks into individual portions. Cut or divide meat bought in bulk into individual meal sizes and freeze.
6. *Buy produce in season.*—fruits or vegetables in season cost less and be healthier. Try shopping at your local farmers market for the freshest available. Or try growing your own!
7. *Serve the appropriate portions.*—be sure to give children small portions and make second helpings available. Throwing away food is like throwing away money.

Dental Care Tips By Mike Fisher, DDS



1. Clean only the teeth you want to keep.
2. Every day, clean all four sides and the top of the teeth you want to keep.
3. A healthy mouth means a better chance at a healthy body.
4. Find a dentist you trust and like. Visit that dentist sooner than later.
5. Change your tooth brush each season: fall, winter, spring and summer.
6. Cut down on sugar and acids. They make holes in your teeth.
7. If your arm is bleeding, there is something wrong. The same with your gums.
8. Save money and trouble. Fix dental problems early while they are small.
9. Teeth, gums and jaws all work together as a team. If your mouth doesn't feel right, visit your dentist.



Mark your calendar!

1. **Friday, October 30, 2009**—Center wide trick or treating starting @ 10:30am.
2. **Thursday, November 26th and Friday, November 27th** the CDC will be closed in observance of Thanksgiving.
3. **Friday, December 4, 2009 at 6pm—9pm** will be our Annual Christmas party/dinner in the Fellowship Hall.
4. **Thursday, December 24th and Friday, December 25th** the CDC will be closed in observance of Christmas.
5. **Friday, January 1, 2010** the CDC will be closed in observance of New Year's Day.
6. **Friday, May 14, 2010** at 11am the PreK ceremony will be held in the Chapel with a reception immediately following in the Fellowship Hall.



A simple request

A simple request. A simple answer.

Ms. Pat (Older twos' teacher) was driving into work on Thursday, October 15th and heard a simple request from a little girl on the radio.

Daniell Bartlett is 10 years old and she is dying from cancer and she told her nurse that she would like 10,000 get well cards. This story touched Ms.

Pat's heart so much that she came in that morning and gave me Daniell's address and asked me if our children could each make Daniell a card. I told Ms. Pat that that was a great idea and we will do it. Each child made Daniell a unique card and we mailed her the cards last week.

If you would like to contribute to the 10,000

card request you can mail your cards to Daniell Bartlett, 260 Country Club Road, Richwood, West Virginia, 26261.

Happy Birthday September and October babies!

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|------------------|----------------|
| Jack 9/2 | Elise 9/23 |
| Kai 9/5 | Emily 9/27 |
| Allie 9/9 | Christian 9/30 |
| Ms. Maryna 9/10 | Bradley 10/15 |
| Aaliyah 9/11 | Daniel 10/20 |
| Ms. Shahana 9/12 | |
| Ryan 9/19 | |



Happy Birthday November and December babies!

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|---------------|----------------|
| Jamal 11/1 | Joe 12/2 |
| Evelyn 11/4 | Ms. Kris 12/2 |
| Sriya 11/15 | Anna 12/3 |
| Alan 11/18 | Ms. Cimon 12/5 |
| Abbey 11/20 | Ethan E. 12/19 |
| Harding 11/28 | Seth 12/24 |





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The Child Development Center was established May 1994. We serve children ages six weeks—five years old. Children are enrolled year-round in classes according to their age and development. The Center is designed to foster development in intellectual and social skills while providing a safe, nurturing, Christian-based atmosphere. We are open year-round, Monday—Friday from 6:30am—6:30pm and observe the following holidays: New Year’s Day, Good Friday, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Thanksgiving Friday, Christmas Eve and Christmas Day.



Frequently Asked Questions

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| <p>1. Is tuition due even if my child does not attend school?</p> <p>Yes. There is no reduction of tuition for absences, holidays, or inclement weather.</p> | <p>2. Are there ever any unscheduled closings?</p> <p>Yes. The Center will close when the facility cannot operate efficiently or when weather poses a danger to parents, children and staff. Closings or delays will be announced on 11 Alive news, FOX news and on the Center’s voice mail.</p> | <p>3. Do you administer medication?</p> <p>Yes. Medications are administered only when a medication form is completed by a parent. Authorization to dispense prescription and nonprescription medications is limited to two weeks unless otherwise prescribed by a physician. Medication is only administered at 10am and 3pm.</p> | <p>4. Am I required to give the office a copy of my child’s immunization certificate?</p> <p>Yes. An updated certificate of immunization is required each time immunization is issued. Georgia law requires the exclusion of children if they are not current on immunizations.</p> | <p>5. Am I required to sign my child in and out everyday?</p> <p>Yes. Parents are requested to sign in and out in the classroom. Guests to the Center must check with the office before observing classes, talking with teachers, etc.</p> | <p>6. Am I required to pay a late arrival fee if I pick up my child late?</p> <p>Yes. Parents who pick up children after their scheduled pick-up time will be charged \$5 for up to the first five minutes and \$1 for every minute thereafter. Parents who are consistently late in arriving at the Center to pick up their child may be asked to find alternative childcare.</p> | <p>7. Am I required to notify the office if someone other than the custodial parent will be picking up my child?</p> <p>Yes. A transportation notice must be completed and given to the Director anytime a child is to be picked up by someone other than the custodial parent (s). A teacher or the Director will request picture identification before releasing a child if the pick-up person is unknown.</p> |
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All answers were taken from the JCBC CDC parent handbook.

