



# ISU Child Care Center

September, 2013

## A Note from Carol

Hello, Families!

We are off to an exciting start of the 2013-2014 academic year. The children have settled in quickly to a consistent daily routine. Of course, it helps that we have seasoned teachers at the helm. They have been a tremendous help to me as I have started my new position.

Hearing your children laugh and play outside my office is pure JOY! Their laughter and playing is so important to their development. Research supports our view that uninterrupted play is crucial to self-regulation skills which are set early in a child's life. We provide this type of play both indoors and outdoors every single day. Many people say, "But they are just playing." We realize, however, how important this play is to the skills of making friends, waiting turns, regulating emotions, expressing emotions, problem solving and expressing ideas in a positive way. From these skills and the ability to manipulate interesting materials, other academic skills like numbers, alphabet, and writing will flow freely.

The first day with children in August, I realized how much I had been missing children the last 13 years. The other part I have missed is working directly with families. Now I have my two favorite things occurring every day. As they say, life is good! We value the ability to work closely with you and your child. If ever there are questions, comments or concerns, please stop by my office.

Thanks,

Carol

## ISU & Community Events:

◇ "Get a Head Start with the Right Car Seat"

Saturday, September 21st, 1pm-4pm at Advocate BroMenn Medical Center (Parking Lot C)

◇ ISU Horticulture Center, Autumn Festival 2013

Saturday, September 28th, 9am-4pm

[www.Horticulturecenter.illinoisstate.edu/](http://www.Horticulturecenter.illinoisstate.edu/)

◇ Homecoming Parade

Saturday, October 5th at 10am

[www.illinoisstatehomecoming.com](http://www.illinoisstatehomecoming.com)



## Parent Teacher Conferences

We have set October 23-25 for Parent/Teacher Conferences. As we get closer to time, we will have a sign-up sheet available for you to choose a time. ALL teachers will participate in writing your child's progress report but only one teacher will meet with you. We hope to accommodate everyone's schedule by offering morning and late afternoon time slots. More information will be posted at the parent sign-in table.

"You can learn more about a person in an hour of play than in a year of conversation".

-Plato

Phone: (309) 438-5026

Website:

[childcarecenter.illinoisstate.edu](http://childcarecenter.illinoisstate.edu)

## Project Update from Barb, Lisa and Pam

The teachers have noticed that we have a number of children who enjoy singing and dancing. After Carol's son, Ryan, played his saxophone at the center, we began thinking about exploring the world of music and musical instruments. Phase One of the project has involved sharing stories about where we hear music. The children came up with a long list of places to

hear music. We will continue sharing stories and will create an idea web in the near future. During Phase Two, we will be inviting musicians to play and serve as expert visitors. Please talk to a Team Teacher if you might be interested in sharing an instrument or some of your favorite music with the class.



## Security System Update

We don't know much more than what we reported to you at the Family Night in August. As we mentioned previously, we will be using a swipe card method of entrance into the center (both into center and in from the play yard). Only staff will be able to swipe you in from the play yard. As always, as we get new information, we will pass it along to you. I anticipate some growing pains when we institute the new system but I'm sure we will all survive!



## Reminders:

1. Please sign your child in AND out. If we get audited by the food program, DCFS or the other numerous entities we report to, we must have your signature on file for attendance purposes. Thanks so much.
2. Check your child's folder daily. I try to paperclip smaller notes so you can see there is something that needs your attention.

## Tasty Treat: Blueberry Muffins



### Ingredients:

- 3  $\frac{1}{2}$  C. Flour
- 1 C. Sugar
- 1  $\frac{1}{2}$  C. Frozen or Fresh Blueberries
- $\frac{1}{2}$  C. Sunflower Seeds
- 2 Tbls. & 2 tsp. Baking Powder
- 1 tsp. Salt
- 2 Eggs
- $\frac{1}{2}$  C. Oil

### Directions:

- Preheat oven at 400
  - Grease muffin tins
  - Mix all ingredients until moistened
  - Spoon batter into tins
  - Bake for 20 min
- Yield 24 muffins, 36 mini-muffins