

What's Been Going on?

SUMMER IS HERE! All of the classes at CCDC began water play in the month of June. There is water play going on every day at CCDC. Toddler classes 1 – 4 have water play every Wednesday and Friday. Early Preschool 1 goes out on Mondays. Early Preschool 2 goes on Tuesdays. Early Preschool 3 plays on Wednesdays. Preschool 1 has water play on Mondays and Preschool 2 goes out on Tuesdays. PreKindergarten 1 is on Wednesdays and PreKindergarten 2 is on Thursdays. Kindergarten enjoys their water play on Fridays.

Each class has a time slot of 45 minutes in the morning. There is a sprinkler set up so the students can run through, in their bathing suits and swim diapers. All of the classes really enjoy themselves! Please remember that students should have water play clothing (swimsuit or waterproof diapers), water shoes, a towel, and sunscreen (optional). The students are really enjoying the summer water play with their CCDC friends!



Toddler students enjoying their water play on the first day of Summer!

New to the Classrooms



Welcome to all of our new Infant, Toddler, and Early Preschool students!

Infant 1

Austin Cannon
Faith Nussbaum
Simon Bush

Infant 2

Jay Niranjana
Arjun Subramanian

Infant 3

Sahasra Bathina
Vivann Gupta
Bryant Babb

Shriya Shankar

Infant 4

Joshua Chandraray
Michael Pigman
Mary Elizabeth Pigman

Toddler 3

Samuel Lanam
Henry Li

Early Preschool 2

Elliot Witt

Congratulations to all of those students that are graduating to the next level!

Infants to Toddlers

Lillian Tuell (T1)
Myka Woods (T3)
Jessica Kou (T3)
Carsen Sims (T3)
Cleonie Tirta (T4)
Anaya Shimpi (T4)

Toddlers to Early Preschool

Mila Begley (EP1)
Angelina Ma (EP2)
Parker Wheeldon (EP2)
Catherine Bissey (EP3)

Early Preschool to Preschool

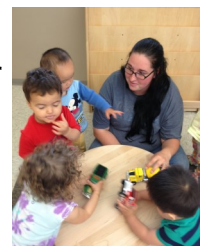
Sophia Sandoval

Spotlight on New Staff

Spotlight on staff for the month of July shines on Miss Jessica Beavers. Jessica is a new teacher in Toddler 4 with Miss Teddie Teipen. Miss Jessica has a four year old son named Dakota and an eleven month old son named Camden. She is married to her husband Mark. They have 2 dogs named Mylee and Colby.

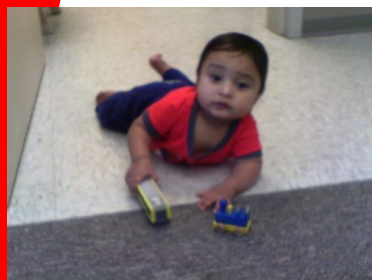
She is currently attending Ivy Tech Community College to earn her Associates Degree in Early Childhood Education. She has also worked with children with special needs.

In her spare time she enjoys camping with her family and doing arts and crafts with her boys. She also likes to scrapbook. She is looking forward to helping the children learn about new things and doing lots of fun activities with them! Please stop by Toddler 4 and welcome Miss Jessica to CCDC!



Miss Jessica playing trucks with Toddler 4

Infants Inch by Inch



Infant 2 student playing with trains.

Infant 2 would like to welcome Arnar Kulkarni to their classroom! The infants learned all about letters "Ss", "Tt", and "Uu". For letter "Tt" they played with trains and also played with toys in a tub! They also practiced sign language with letters "Tt" and "Uu". Infant 2 also worked very hard on their special cards for their Daddies. They wanted to make sure they had an extra special Father's Day! After wrapping up letter "Tt" the infants moved on to letter "Uu" where they learned about fish that live under the sea, painted an umbrella and read books about rain and sea life. Infant 2



also has some babies that are working on their milestones: Iris and Mikaela are working on pulling up. Keep up the hard work girls! Infant 2 is looking forward to a great summer!

Infant 2 student painting her umbrella for letter "Uu"

Toddling Tots

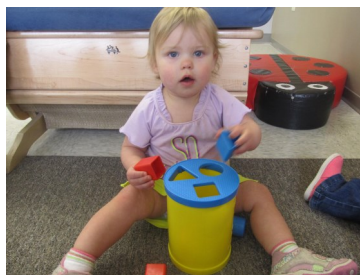


Toddler 2 students practicing their letters with flashcards.

Toddler 2 has been working very hard on their alphabet! They sing the "A is for apple..." song and look at flashcards. The students have started to associate the objects on the flashcards with the appropriate letter. They also have a sing-along book and CD that they listen to at circle time; it has a special

song for each letter and their students love it! They have also been counting and practicing one-to-one correspondence. They counted seashells for letter "Ss" and teddy bears for letter "Tt".

Some activities they did for letter "Ss" were sponge paintings and sun prints. For letter "Tt" they made tire tracks with cars and paint and also went outside to learn about trees and nature. The toddlers are also having lots of fun playing in the water and enjoying the beautiful summer weather!



Toddler 2 student practicing her shapes.

Keeping Busy in Early Preschool

Early Preschool 1 really enjoyed the letters "Rr", "Ss", "Tt", "Uu" and "Vv".

For letter "Rr" they did a rainbow experiment and also made rainbows on paper with fruit loops. The students also enjoyed eating their rainbows! One of the letter "Ss" weeks consisted of learning about spiders. They made spiders, learned how many



Early Preschool 1 painting with toothbrushes.

legs they had, what they eat and where they live. Early Preschool also learned that there are many different spiders in the world. For letters "Tt" and "Uu" the students had some fun art projects. They painted with toothbrushes and made United States flags with their handprints! The students also enjoyed watching their classroom volcano "erupt" when they mixed water and baking soda!

The students in Early Preschool 1 are learning so much with the Miss Ashley's.



Early Preschool 1 making a rainbow with fruit loops.

Staff Birthdays

Hannah Poore – July 2nd
Latisha Carter – July 11th
Teddie Teipen – July 26th
Teresa Mings – July 29th

What's New in Preschool?

Preschool 1 had a fun June! They worked on reinforcing the letter "Ss" by letter tracing, sand art, and shapes. The students planted flower seeds to watch them grow. As a group project made a shape man that was displayed in their classroom. For letter "Ss" they also tasted some "Ss" foods: strawberries and suckers!



Preschool student showing his love for the USA!

During June, Ms. Cheryl also introduced letter "Tt". To reinforce the letter the students did letter tracings, made triangle trees, and did toothbrush paintings. The students also did tie dying. They also painted rocks and made cards to go home to give to their Dads for Father's Day. The students worked very hard on all of their letter "Ss" and letter "Tt" activities.

The students have also been transitioning. Ms. Cheryl has sent some of her students to PreKindergarten and welcomed some students to her class from Early Preschool!

Busy Pre-Kindergartners

PreKindergarten 2 students have been enjoying the beginning of their summer!

They started water play on Thursdays mornings and they are having so much fun. The class studied letters "Ss", "Tt" and "Uu" in the month of June. Logan Swartzbaugh presented the first science experiment about putting bars of soap in the microwave. The students painted with spaghetti, shaving



Mr. Andrew launching their spaceship with a bicycle pump.



Prekindergarten 2 students painting with spaghetti.

cream, and also did a rainbow painting. For Father's Day each student made their Dad a pencil holder! Letter "Tt" weeks were spent learning about turtles, making colored carnations and tissue paper flowers. The students are excited about the rest of summer and seeing what Ms. Julie and Mr.

Andrew have in store for them!

The Kindergarten World Of

Kindergarteners were very busy in the month of June! They did a cool Science experiment about sprouting sponges. They observed bean seed and mustard seeds. The students put the seeds on damp sponges and watered the sponges often. The mustard seeds sprouted quickly and grew leaves. One student even said that they looked like tiny palm trees! The bean seeds took longer to sprout, but sprouted green and white stalks after 10 days. Vaughn Moenssen said, "To an ant, that's a giant bean stalk!"

The Kindergarteners also celebrated Flag Day on Friday, June 14th and prepared for Independence Day by starting a unit on the



American Flag. They learned about the shapes, symbols and colors of the flag. If you see a Kindergartener, ask them why the flag has 50 stars and 13 stripes!

Kindergarten still reads, does math, and learns new sight words every week, but they are enjoying their "summer break". Their first water day was a blast! They also had a visit from three bullfrogs and even got to hold one of them.



Kindergarten girls taking a break from water play.

Upcoming Dates to Remember

July 3rd: Center wide Fourth of July Parade

July 4th – 5th: Center Closed for Independence Day

July 17th: Parent Education Workshop: Immunizations

July 23rd: Usborne Book Fair open 7:30 – 10:00 a.m. and 2:00 – 6:00 p.m.

5 Star Childcare Update

Indiana Department of
Environmental Management



Eco-Healthy Child

Care®

Eco-Healthy Child Care® helps early childhood learning environments to be as healthy, safe and green as possible by reducing children's exposure to toxic chemicals.



Improving Nutrition and Promoting Physical Activity

Health Concerns

According to the Centers for Disease Control and Prevention, the rate of children becoming overweight has increased rapidly over the past twenty years. Pre-school aged children (2-5 yrs old) weigh more than the same age group did 30 years ago. Almost 1 in 4 preschoolers are either overweight or at risk for becoming overweight. Obesity now affects 17% of all children and adolescents in the United States - triple the rate from just one generation ago. So, do your

part to ensure children are active and eating right!

Choose organic or sustainable foods when you can. Organic certification means that no growth hormones, antibiotics, synthetic pesticides or genetically modified ingredients were used to grow or process the food.

Switch to nonfat dairy products and limit meats in children's diets. Saturated fat found in animal products is a major contributor to heart disease later in life. Avoiding animal fats reduces exposure to toxins that accumulate in fat, like dioxins and PCBs. The American Academy of Pediatrics recommends non-fat or low-fat (skim or 1%) dairy for

children after age two. Healthy fats include nuts, seeds, olives, avocados, flaxseed and wheat germ.

Serve more "whole food." Cook "from scratch" whenever possible. Read labels and choose foods with ingredients you recognize. Choosing foods with fewer ingredients will help you avoid added salt, sugar, fats, dyes and other artificial additives.

Avoid foods with high fructose corn syrup.

In addition to its empty calories, this additive, found in many processed and packaged foods, may also contain mercury, a neurotoxin.

Replace fruit juice with water and a piece of whole fruit. Fruit juice provides calories with little nutrition and contributes to cavities. Whole fruit is nutrient-rich and a great source of fiber. Water is free and healthy. The money you don't spend on juice can help offset the cost of local and organic produce.

Buy from local sources. Locally grown fruits and vegetables are likely to have higher nutrient levels because they can get to market quickly (produce loses nutrients

5 Star Childcare Update

Indiana Department of Environmental Management



every day after harvest). Find a CSA (Community Supported Agriculture) in your area to get local fresh fruits and vegetables at a reasonable price. If restricted to buying food in bulk from a "big box" store, ask for whole grain, low fat, low sugar and organic choices. If fresh is out of season, then frozen local produce is a good choice.

Grow your own! Whether in a windowsill planter or a full-blown garden, growing herbs or vegetables is a simple way to save money, avoid pesticides, and help kids learn where their food comes from. Nothing tastes better than veggies and fruit picked fresh from your garden!

Avoid canned products. Most cans are lined with BPA, a toxic chemical that can leach into food and be a health risk for children. Choose fresh, frozen or dried options for beans, pasta, fruits and veggies. If you have to use canned, inquire whether the lining is BPA-free.

Never microwave or cook with plastic even if it is labeled "microwave safe." When plastic is heated, it can leach toxic chemicals like BPA and phthalates into food.

Buy safer cookware. When scratched, old or overheated, Teflon and other non-stick coating can leach toxic chemicals into food. Cast iron may be more expensive, but it is safer and more durable. Also consider stainless steel pitchers, ceramics with non-lead coatings, and thick Pyrex bowls and plates.

Limit intake of fish species with higher mercury levels. See Mercuryfact sheet.

Support breastfeeding. Welcome mothers who wish to continue breastfeeding by providing a comfortable, private space for mothers who wish to breast-feed during the day and by training staff in the proper feeding of breast-fed infants. Research shows that breastfeeding can help to prevent obesity, protect against infections, reduce the risk of SIDS, and prevent other chronic diseases.

Keep children active. Children should have 15 minutes of "unstructured" physical activity for every hour they are in child care. Free play is essential for social, emotional, and cognitive developmental milestones and managing stress. Preschoolers should not be sedentary for more than 60 minutes at a time (except when sleeping).

Go on a walk. Go biking. Make up a dance. Play on the playground. Kick or throw a ball. Play tag. Practice tumbling. Run around the yard!

Ensure children are using appropriate safety equipment such as: helmets and closed-toe, sturdy shoes.

Be sure to closely monitor children with asthma or exercise-induced asthma.

Nutrition and Physical Activity Resources

American Academy of Pediatricians & American Heart Association. 2006. Dietary recommendations for children and adolescents: A guide for practitioners. *Pediatrics* 117(2). Available at www.pediatrics.aappublications.org/cgi/content/abstract/117/2/544.

National Center for Chronic Disease Prevention and Health Promotion
www.cdc.gov/HealthyYouth/physicalactivity/index.htm

Let's Move Child Care
www.healthykidshealthyfuture.org/

Environmental Working Group. Shopper's Guide to Pesticides: the Dirty Dozen. Available at www.foodnews.org/methodology.php.

Farm to Preschool
www.fns.usda.gov/cnd/F2S/farm_to_childcare.htm

More Nutrition and Physical Activity resources can be found at: www.cehn.org/ehcc/resources

FOR MORE INFORMATION

Call: 202-543-4033, ext. 13
Email: info@ecohealthychildcare.org
Visit: www.cehn.org/ehcc