



**Bright Beginnings
Child Development
Center**

Notable Dates:

School Closed

**September 7, 2009-
Labor Day**

Food Forms Due

September 30, 2009

KID'S TRIBUNE

August 2009

FROM THE DIRECTOR'S DESK

Dear Parents,
Greetings Bright Beginnings families!! I hope you all have had a wonderful summer! I know that many of you went on vacations and are just getting back into the swing of things, so on behalf of Bright Beginnings, I welcome you back!

We, too, have enjoyed a more relaxed schedule these past couple of months, but now that August is here, we are refreshed, energized and ready to move Bright Beginnings to an even higher level!

Weather

Typically, all of our children are taken outside twice a day. However, as you might imagine, the August heat and humidity have been downright unbearable at times. So, there will be days when your children will not go outside at all.

Regardless, we ask that your children wear light clothing during these hot days and tennis shoes or sandals (not flip flops or crocs, unless during Splash Days).

Also, if you would like for your child to wear sunscreen lotion, please bring it to school and our teachers can apply it prior to recess.

More at Four

August also marks the beginning of the school year for our two classes of More at Four friends. For those of you who are not familiar with the program, More at Four is a State of N.C. Pre-school program for select 4 year old children. The More at Four school day runs from 9am to 4pm, so expect additional traffic in and out of our center during those times.

Lower Tuitions

If you have an interest in lowering your tuition by 10% for the next 6 months, please let us know! Our referral program was kicked off a few months ago, and it is still available to any current families. All you need to do is refer a friend to us and we'll do the rest! If the friend agrees to join Bright Beginnings, they will get a

discounted rate and you will as well. It's that simple!

Additional Programs

Adventures Unlimited and Bright Beginnings After Dark are alive, well and available to you! Adventures Unlimited is a school-age trackout camp for children ages 5 to 14 years old. The camp, which is \$150 per week, has been a huge success this past summer as the children have gone on field trips to the movies, museums, the library, the swimming pool and more every day!

Bright Beginnings After Dark is our version of drop-off care on Saturday evenings from 6pm to midnight. For a flat rate of \$35 (\$25 for the 2nd child and \$20 for the 3rd), children ages 3 months to 14 years old, receive dinner, a snack, games and a movie. We consider Bright Beginnings After Dark to be a trusted, reliable and safe alternative to babysitters, so if you .

Again it is time to fill out our annual food program enrollment and eligibility forms. We will distribute them soon. When you do receive them, we would appreciate it if you could fill them out and return them to our office as soon as you can.

would like to bring your little one to Bright Beginnings After Dark or if you know of someone who could benefit from the program, we ask that you let us know by the Thursday prior to your "Date Night" so we can schedule appropriately

Carnival

We are currently making plans for our annual Fall Carnival! This year's carnival promises to be the best one yet!!! We will share the date of the carnival, as well as, more information about the rides and games with you shortly. So, Stay Tuned!!!

Classrooms — What's Goin' On?

All of Bright Beginnings is excited about the "unofficial" beginning to the school year! Below is a brief summary of the goings-on in each class:

INFANTS	
September Theme Welcome New Student(s)! September Birthdays!	"Friends" JADEN GAYLES None
TODDLER 1	
September Theme Key Activities in September Welcome New Student(s)! September Birthdays!	"I, Me, Mine" Reading books, imitating sounds, face puppets NICOLE CLAMANN None
TODDLER 2	
September Theme Key Activities in September Welcome Returning Student(s)! September Birthdays!	"I, Me, Mine" Discovering our Favorite Things to Do, Let's Paint Together, Sharing is Fun with Lego's and Blocks DAVIS GRIFFIN None
PRESCHOOL 1	
September Themes Key Activities in September Welcome New Student(s)! September Birthdays!	"Me, Myself and I"; "Alphabets"; "Colors"; "Shapes" First letter of your name, Recognizing Colors None BAILEY THOMPSON

Classrooms (cont'd)

PREȘCHOOL 2	
September Theme Key Activities in September Welcome New Student September Birthdays!	Safety; Me, Myself & I; Scratch & Sniff; Shapes Classroom rules, Name writing AMIYA POWELL None
KINDERPREP 1	
September Theme Key Activities in September Welcome New Student(s) September Birthdays!	Me, Myself & I Family member graph, "Me" Silhouette, Diversity DEVANTE HARRIS, JOYAH HORTON BELLE STEED, JOYAH HORTON

Now that summer is winding to a close and Fall will be here shortly, the H1N1 influenza virus is a growing concern everywhere, especially here at Bright Beginnings. Below is a reprint of an article originally published on August 7th by the Centers For Disease Control entitled, "Action Steps for Parents to Protect Your Child and Family from the Flu this School Year"

The Centers for Disease Control and Prevention (CDC) recommends 4 main ways you and your family may keep from getting sick with the flu at school and at home:

1. **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
2. **Cover your mouth and nose** with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
3. **Stay home if you or your child is sick** for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.
4. **Get your family vaccinated** for seasonal flu and 2009 H1N1 flu when vaccines are available.

If flu conditions become MORE severe, parents should consider the following steps:

- **Extend the time sick children stay home** for at least 7 days, even if they feel better sooner. People who are still sick after 7 days should continue to stay home until at least 24 hours

H1N1 Action Steps (cont'd)

after symptoms have completely gone away.

- **If a household member is sick, keep any school-aged brothers or sisters home for 5 days** from the time the household member became sick. Parents should monitor their health and the health of other school-aged children for fever and other symptoms of the flu.

Follow these steps to prepare for the flu during the 2009-2010 school year:

- Plan for child care at home if your child gets sick or their school is dismissed.
- Plan to monitor the health of the sick child and any other children in the household by checking for fever and other symptoms of flu.
- Identify if you have children who are at higher risk of serious disease from the flu and talk to your healthcare provider about a plan to protect them during the flu season. Children at high risk of serious disease from the flu include: children under 5 years of age and those children with chronic medical conditions, such as asthma and diabetes.
- Identify a separate room in the house for the care of sick family members.
- Update emergency contact lists.
- Collect games, books, DVDs and other items to keep your family entertained if schools are dismissed or your child is sick and must stay home.

For more information:

- Visit www.flu.gov
- Contact CDC 24 Hours/Every Day
 - 1-800-CDC-INFO (232-4636)
 - TTY: (888)232-6348
 - cdcinfo@cdc.gov



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