



Remember to sign your child in and out daily—required by DHS. Thank you—



THE LEARNING CENTER

Management Team

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CALENDAR OF EVENTS

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|------------------------------------|-------------|
| Valentine's Day Parties | February 13 |
| Spring Break (<i>TLC closed</i>) | March 16-20 |
| Summer Enrollment | March 23-27 |
| Good Friday (<i>TLC closed</i>) | April 3 |
| Show & Sing | April 29 |
| Teacher Appreciation Week | May 4-8 |
| Muffins for Moms | May 8 |
| Last Day of Spring Session | May 22 |
| Summer Break (<i>TLC closed</i>) | May 25-29 |
| Summer Session begins | June 1 |
| First Day of Summer Session | June 1 |

February Birthdays

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|--------------------------|-------------|
| Gannon Guffey | 2/4 |
| C.J. Wright | 2/6 |
| Jack Thomas | 2/11 |
| Gracie Bell Smith | 2/12 |
| Pierce Whelan | 2/18 |
| Gage Lunsford | 2/20 |
| Bex Dewey-Benda | 2/22 |
| Christie Palmer* | 2/23 |
| Rosie Chappell | 2/27 |

* denotes staff member



Children are the true connoisseurs. What's precious to them has no price — only value.



Tax Statements available upon request. We have your amount paid from August to December. Let us know if you would like a statement. Takes just a second to receive one—



Tippi Toes

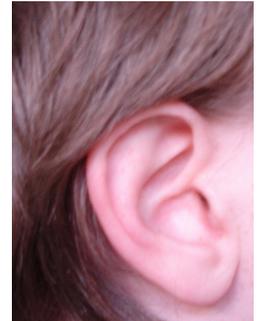
Tippi Toes Dance Company is our dance program at TLC. Children, ages two and older, are eligible to participate in this elective activity. Dance promotes self-confidence and healthy habits! Each Monday our dance instructor, Miss Kylie, gathers the children for a 25 minute lesson. There will be a spring recital held for families and friends to see the unfolding development of our children. You are welcome to try a class for free before enrolling. It is \$35 a month per child. Boys and girls enjoy creative movement.

Amazing Athletes

Our new program that we launched in September is called Amazing Athletes. It is an introduction into the basic fundamentals and mechanics of nine different sports and focuses on self-confidence, practicing teamwork, and improving seven key areas of motor development. Young children need guidance in building their balance, agility, strength training within a non-competitive, learning-based environment. Each class will focus on two different sports and incorporate activities proven to increase children's overall cardiovascular fitness, muscle tone, hand-eye coordination, reaction time and more! Teaching children life skills through sports. FUN! Classes are \$40 a month and lessons are each Thursday.

Speech-Hearing Screenings

Our scheduled speech-hearing screenings for February 3, have been postponed. The audiologist who was performing the screenings is currently on medical leave. We are looking for an alternative agency to provide this service. Sorry for the delay in getting the screenings, but they will come sometime this spring.



Good schools, like good societies and good families, celebrate and cherish diversity.

- Deborah Meier

Monthly Fire Drill



The January fire drill was held on the 20th. We had the drill in the afternoon when the temperature was 62 degrees. Not bad for January! The children exited the building in less than two minutes which is always our goal.

Mastering Self-Control



"The need to delay gratification, control impulses, and modulate emotional expression is the earliest and most ubiquitous demand that societies place on their children, and success at many life tasks depends critically on children's mastery of such self-control," reports James J. Heckman in his February 15, 2011 [PNAS](#) article, "A gradient of childhood self-control predicts health, wealth, and public safety." The article noted...

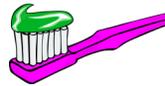
"Policy-makers are considering large-scale programs aimed at self-control to improve citizens' health and wealth and reduce crime. Experimental and economic studies suggest such programs could reap benefits. Yet, is self-control important for the health, wealth, and public safety of the population? Following a cohort of 1,000 children from birth to the age of 32, we show that childhood self-control predicts physical health, substance dependence, personal finances, and criminal offending outcomes, following a gradient of self-control. Effects of children's self-control could be disentangled from their intelligence and social class as well as from mistakes they made as adolescents. In another cohort of 500 sibling-pairs, the sibling with lower self-control had poorer outcomes, despite shared family background. Interventions addressing self-control might reduce a panoply of societal costs, save taxpayers money, and promote prosperity."

Source: ExchangeEveryDay, 1/13/15



Curriculum News

The Jaguars (3-4 years old) theme this month is "In the Mail" and "I Am Healthy." Valentine's Day is the perfect time to show our friends and family that we love them. The children will share their love by doing kind things for each other and making cards and gifts. Groundhog Day is also part of the fun. February is national Dental Health Month. This is the perfect time to reinforce healthy dental and hygiene habits. This will be done through fun activities and games. We will have a special guest on February 5, 10 a.m. A pediatric dentist is coming to share information with the children (2 years old and up.) It is never too early to start check ups. Some home activities include saving promotional, unwanted, or "junk" email for your child to open and examine. Point out the stamp and address areas of each piece of mail. Take your child to the post office, if possible.



The Cubs, Pandas, Monkeys and Zebras have similar themes with "Visit the Post Office" and "Terrific Teeth." To find up-to-date information to help keep your child's teeth in tiptop shape you can visit www.mouthhealthy.org, a site from the American Dental Association.

Some books to support our themes are:
Bunny Mail: A Lift-the-Flap Book by Rosemary Wells
Germs Are Not for Sharing by Elizabeth Verdick
Never Mail an Elephant by Mike Thaler
A Day With a Mail Carrier by Jan Kottke
The Post Office Book by Gail Gibbons
Clarabella's Teeth by An Vrombaut
Take Care of Your Teeth by Don L. Curry
How Many Teeth? By Paul Showers
How Kind! By Mary Murphy



TEE SHIRTS FOR SPRING

A new tee shirt has been created with our new logo. It is a light gray shirt with our colorful hands and tree trunk. This shirt is a Gildan ultra-cotton tee shirt. We have sizes from children extra small to adult 4X. Each shirt is \$15 with \$2 extra for the plus sizes. We are accepting pre-paid orders until February 16. Checks need to be made out to TLC. Beat the rush and order your spring tee shirt before the deadline. Order forms available at Front Desk.



Book Reading with Parents

We have sign up sheets for our parents to come and read aloud to the children in the Zebra and Jaguar classrooms. The time slots will be Monday through Friday at 10 a.m. and Tuesday and Thursdays at 3:15 p.m. You may read your child's favorite book or yours. This is a great opportunity to join in the children's classroom experiences and share how enjoyable books are to us all. Sign up today for a reading experience that your child will remember for years to come.



FROZEN NIGHT WITH FRIENDS on February 11th

Join us for a fun filled evening as we watch the movie "Frozen" and have a hot dog dinner on **February 11**. We will eat around **5:30 p.m.** and begin the movie shortly thereafter.

Everyone is encouraged to bring a blanket for the picnic style viewing. Chairs will be available for those that prefer to sit in a seat. Popcorn and lemonade will also be served. Bring your friends and family for this cozy get together and sing along. Mark your calendars for this evening!



Staff Development



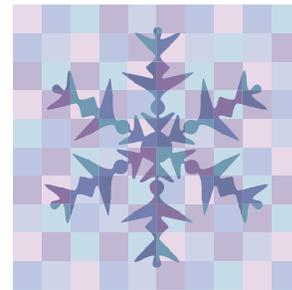
We had a wonderful training January 24, about making emotional connections with children. Using what we know about brain development we can now provide experiences that help children to develop trust, feel validated and worthy. This four hour training came from a national trainer and has definitely wet our appetite for more knowledge in this area. We will continue to learn more about Conscious Discipline and employ these proven techniques in our classrooms.

~FEBRUARY 2015~

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|--------------------------------|------------------------------------|------------------------------------|--|--|
| 2 FRUIT CUP WATER | 3 BANANA & CRACKERS Water | 4 TURKEY & CHEESE | 5 GRAHAM CRACKERS & APPLES | 6 VEGGIE STRAWS WATER |
| 9 YOGURT & STRAWBERRIES | 10 NILLA WAFERS & PUDDING | 11 APPLESAUCE WATER | 12 CEREAL BAR WATER | 13 VALENTINE'S DAY PARTY @ 1:30 |
| 16 JELLO FRUIT CUP WATER | 17 CHEESE STIX & CRACKERS | 18 VEGGIE STRAWS WATER | 19 STEAMED CARROTS & BROCCOLI | 20 CHEX MIX WATER |
| 23 FRUIT SNACK WATER | 24 GOLD FISH WATER | 25 MANDARIN ORANGES WATER | 26 ANIMAL CRACKERS WATER | 27 YOGURT GRAHAM CRACKERS |
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INCLEMENT WEATHER PLAN

Please watch for OKC school closings when we have ice or snow. The Nichols Hills United Methodist Church will come up as closed when this plan is in effect. Watch the main news channels 4, 5, or 9 to see the list of closings. We will text and email you all to the best of our ability. The phone line should have a message declaring a snow day as well. When in doubt you may always text your teacher, Christie or Denise. We hope to eliminate the confusion or inconvenience when the inclement weather arrives. It looks like it is going to be an active winter weather wise. Let us know if you have any questions.



Work, love and play are the
great balance wheels of man's
being.

—Orison Swett Marden

