



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

| | |
|---------------------------------------|-----------------|
| Fall Break- TLC Closed | October 15 & 16 |
| Spring 2016 Enrollment | October 19-23 |
| Halloween Parties | October 30 |
| Thanksgiving Break- TLC Closed | November 25-27 |
| Christmas Parties | December 17 |
| Last day of Fall Session | December 18 |
| Winter Break- TLC Closed | Dec. 21-Jan 4 |

October Birthdays

| | |
|-----------------------|--------------|
| Elijah Harmon | 10/4 |
| Lucy Cagigal | 10/11 |
| Saleem Wilson | 10/17 |
| Pope Van Cleef | 10/18 |
| Peter Zanotti | 10/18 |
| Kaiden Dunn | 10/25 |

Correction does much, but encouragement does more.

-Johann Wolfgang von Goethe



Weekly Calendar of Events for Fall Session

| Mondays | Tuesdays | Wednesdays | Thursdays | Fridays |
|---------------------------|------------------------|------------------------|--------------------------|-------------------------|
| Tippi Toes Dance* 10:30 | Children's Chapel 2:45 | Children's Chapel 9:45 | Children's Chapel 9:45 | Amazing Athletes* 10:00 |
| Spanish 10:00 (2s and up) | | Munchkin Music 10:15 | Amazing Athletes* 10:30 | |
| | | Spanish 10:30 | | |
| *cost extra \$35 monthly | | | *cost extra \$40 monthly | |





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 Elyse, 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. Monthly tuition for dance is \$35 per child and there is an enrollment fee of \$35. Boys and girls enjoy creative movement.

Amazing Athletes

Amazing Athletes 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 is FUN! Classes are \$40 a month and lessons are each Thursday and now a class on Fridays, too. The program is for Zebras, Jaguars and Cheetahs. This program is a year round activity. Enroll today for just \$20 (enrollment fee) and get your tee-shirt for Amazing Athletes.

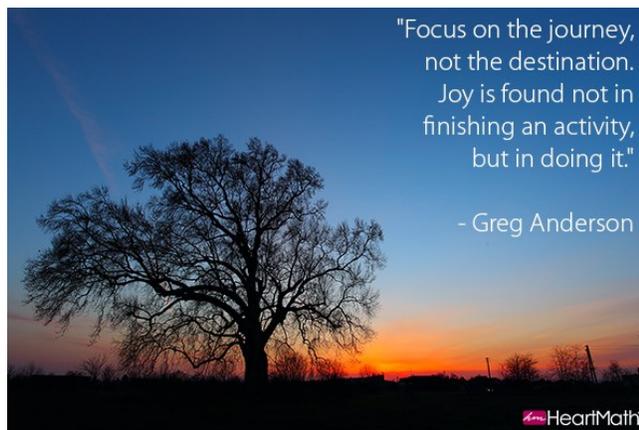
Spanish & Music Classes

We are happy to announce the addition of Spanish classes to our regular weekly program. Your monthly tuition already includes Music class each Wednesday and now we are adding Spanish class twice a week for Zebras (2 years old), Jaguars (3 years old) and Cheetahs (4 year olds.) On Mondays and Wednesdays Senora Catalina will visit the classrooms for a lesson that will be interactive and fun. Planting early seeds of language will help to wire the brain for future acquisition of more languages. Also on Wednesdays we will continue to have Miss Andrea from Munchkin Music bring her expertise to the Cubs (infants) through Cheetahs (4 year olds.) All of the children enjoy their music time. We have a program in May to share what the children have learned. Each month we send out songs, finger plays and key concepts that Andrea is working on with the children. Watch for this information each month in an email from our Parent Advisory Committee classroom Representative.



"Focus on the journey,
not the destination.
Joy is found not in
finishing an activity,
but in doing it."

- Greg Anderson



Monthly Fire Drill



The last fire drill was conducted September 10, in the morning. The children exited the building promptly and went straight to the outdoor BIG playground. Teachers take roll and talk to the children about the process so they can learn about safety. Make sure you practice what to do at home as well.



Good News About Skyping



Grandparents, take heart! Research suggests your little dumplings know they're interacting with you in a way that's more profound than watching *Sesame Street*. This is the good news from Adriene LaFrance in her **Atlantic** article, "**Do Babies Know When They're Skyping?**" Here are a few key excerpts from her most interesting article:

"Babies who are pretty young are able to pick up, in particular, whether or not an adult is actually responding to them in real time,' said Elisabeth McClure, a researcher who focuses on children and media at Georgetown University. 'Some television shows try to imitate this. You see, for example, with Elmo, or on Blue's Clue's, they look directly at the camera and pretend to interact with the child. There's evidence that babies can tell the difference as early as 6 months old.'

"This is meaningful for a few reasons, not least of which is cultural. Extended families are increasingly spread across greater geographic distances. Video calls are how many babies first meet their grandparents, their aunts and uncles, and other people who love them. Video-chat technologies, then, have major implications for how humans perceive key relationships...."

Children's Chapel Time



Our children are enjoying their time learning about God in our Sanctuary on Tuesdays, Wednesdays and Thursdays. We have a prayer, song and quick bible story. As part of the Nichols Hills United Methodist Church's mission we are committed to leading children into faith for the transformation of the world. Wednesdays and Thursdays our chapel time is 9:45 to 10 a.m. Tuesdays we have chapel 2:45-3 p.m. We will have birthday blessings once a week too! Families are always welcome to join us.

Focused Portfolios

Our staff uses a process of documentation called "Focused Portfolios" to record children's growth and development. Through photographs, anecdotes and children's work samples, teachers put together a visual account of each child's accomplishments. This process recognizes and celebrates that all children develop at different rates and with various strengths. Collections are completed in fall and spring and are kept in a folder for the year, after which the portfolio becomes a keepsake for the child and family. This collection is a representation of your child as an individual with distinct interests, background, skills and desires. We will offer family conferences twice a year to share these special collections and to celebrate the accomplishments of your child. Families are invited to participate in this portfolio collection process in whichever special way you choose. Here are some suggestions:

- ⇒ Create a photo collage of your immediate or extended family
- ⇒ Write about a special family event or trip and include a photo
- ⇒ Share how your child's name was selected
- ⇒ Describe a family hobby or typical weekend past time





Staff Development

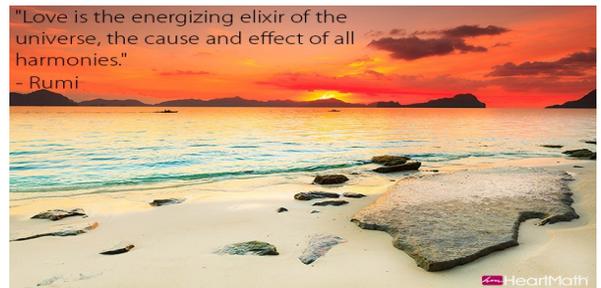
We are so fortunate to have so many staff members currently attending college or technical training programs. Four of the staff are completing their Child Development Associate Certification at Francis-Tuttle Technology Center and Moore-Norman Technology Center. They must complete 140 hours of training, prepare a portfolio and then be interviewed, observed and tested. Three of the staff members are attending Oklahoma City Community College and Rose State College. Their education and classes take place after they work here at The Learning Center. Denise is teaching a three hour course: Intro to Early Childhood Education at Oklahoma City Community College. We are all plugged in to higher education!



Parent Advisory Committee (PAC)

Our Parent Advisory Committee (PAC) will meet **October 5** in the Parlor at 1:45 p.m. This group typically meets the second Monday of each month. Any family members who wish to participate are welcome to join us. The PAC will serve as feedback for the management team, help to distribute information, assist with special celebrations and so on. We would welcome your input as to how to involve families in our program or any other suggestions. So far the communication has worked well. Your involvement is always appreciated! The following people who represent the classrooms are:

Cubs—Jennifer Hanna
 Pandas—Kristi Pointer and Ashley Wilson
 Monkeys—Rachel Huchton and Paige Woolbright
 Zebras—Marina Williams
 Jaguars—Sarah Lausen
 Cheetahs—Jeri Lunsford, Chairwoman of the PAC



Getting Enough Sleep?



Did you know that children need 10-12 hours a night to help them grow, stay healthy and enjoy school? You can make it easier for your child by sticking to a nightly bedtime routine. Your child might take a bath, brush his teeth, and listen to a story, for instance. Repeating the routine each night helps them to recognize it's time for sleep. Also, research shows that watching TV or playing video games close to bedtime can get children wound up and keep them from sleeping. If your child is using any electronics, have them turn it off at least one hour before bedtime. Finally, encourage the rest of the family to read or do other quiet activities after the

child says good night. Children may have an easier time going to bed—and staying there—if they don't feel like they are missing out on the fun.

A **Huffington Post** article, "[What We've Learned About Kids And Sleep In 2015](#)" provided these observations: Sleep is when the brain flushes out, which is especially critical for kids — during sleep the brain cleanses itself, essentially flushing out its own waste. Uninterrupted nighttime rest is particularly vital for kids, because the growth hormone needed for tissue and muscle development is produced mainly overnight, especially from midnight to 6 a.m. the National Sleep Foundation's guidelines on how long children of different ages should snooze are clear: 10 to 13 hours per day for preschoolers, nine to 11 for kids between ages 6 and 13, and eight to 10 hours for teens. Lack of sleep can lead to misdiagnoses of ADHD. Sleep debt puts kids at higher risk for obesity and diabetes. Sleep debt can make kids more likely to get sick.

~OCTOBER 2015~

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---------------------------------|---|--|---------------------------------|
|  | |  | 1 Animal Crackers & water | 2 Gogurt & water |
| 5 Bananas & cheese | 6 Turkey sandwich & water | 7 Applesauce & Water | 8 Vanilla wafers & water | 9 Fresh fruit & Water |
| 12 Apple slices & water | 13 Pretzels & Cheese | 14 Craisins & Grahams | 15 Fall Break  | 16 Fall Break |
| 19 Dole Fruit cups & water | 20 Cheese toast & water | 21 Veggies & ranch dip | 22 Cooking project | 23 Muffins & water |
| 26 Veggie Straws & Water | 27 Deli meat & cheese | 28 Cereal bars & Water | 29 Mandarin Oranges & water | 30 Halloween Parties 1:45 |

FALL BREAK FOR SCHOOL-AGERS



Oklahoma City public schools will have their Fall Break from October 12-24. Some of our former students may join us during the time we are open. It is always a treat to visit with our former students to hear how they are enjoying school. When they visit with us during the breaks or holidays our current children are excited to see them. Just the other day we heard a Cheetah say to a returning student "Hey, I remember you!" Isn't that a kind thing to hear? So to you families that had your child in our summer program please remember we love to have them join us as drop-ins. Check with Denise or Christie for availability.



FALL FIELD TRIP TO CHESTER'S PARTY BARN

We have scheduled a fall field trip to Chester's Party Barn for the Jaguar and Cheetah classes. We need four parents to join us and help chaperone (drive) the children to the Piedmont location. The Cheetah classroom will ride the shuttle bus. This is scheduled for Tuesday, October 13. We will leave promptly at 10 a.m. and return by 2:15 p.m. Chester's is such a child-centered experience with pony rides, a petting zoo, a maze run, tractor ride and more. The children will get to pick out a pumpkin (that they can carry) to take home. Doesn't that sound fun? We just need to pray for decent weather. October is tricky month weather-wise.

"Play is the highest form of research."

-Albert Einstein