



FCCC NEWSLETTER

Play to Learn, Learn to Love

Director News

Dear Families,

Teaching Gratitude to Our Children

In November, children throughout the center listened to stories and talked about being "thankful" for what they have. Our preschool children are in the process of collecting nonperishables and canned goods to donate to Philabundance. It's very touching to see such young children actively thinking and asking questions about why it is important to help others and why we should be grateful for the things we have. Can gratitude be taught? Yes, it can! Children learn so much by watching and listening to the adults in their lives. I hope the following 7 tips for teaching gratitude noted in an article written by Dr. Caron B. Goode is helpful to you as we work together to develop social awareness and empathy in our children.

Teaching our Children the Joy of Being Grateful

by
Dr. Caron B. Goode
www.acpi.biz

Seven Simple Ways to Teach Your Children Gratitude

Daily Dose. Take time each day to encourage your children to express gratitude. They can do this by making an entry in a

family journal or by simply talking about what they are grateful for.

Model Thanks. As with everything, modeling is the best way to teach your children to be grateful. Be lavish with your thanks. Thank your children for hugs. Thank the cashier for ringing up your groceries. Thank the bus driver for returning your students home safely. Letting your children see that you are grateful will encourage them to be so as well.

Establish Rituals. We all know the importance of family rituals. Establishing rituals that highlight being thankful is a wonderful teaching tool. Start dinner with each family member sharing what they are most grateful for. Say good-night by sharing what you were thankful for that day. Any ritual that is based on gratitude will reinforce its power.

Volunteer. Volunteering is a great way for your children to see gratitude in action. There are numerous chances in every community to volunteer. Homeless shelters, nursing homes, and mentoring programs are just a few. There may also be other opportunities closer to home. Perhaps an elderly relative or neighbor could use a

hand. It feels good to help others. Therefore, your children not only benefit from that, but they also get to experience the warmth of appreciation. Two things for which they can be grateful.

Assign Chores. Children learn by doing chores. They learn what it means to be part of a whole. They learn their contributions are important. They also learn that most things take effort. Simple household chores can help children learn to be grateful when they benefit from the efforts of others.

Thank You Notes. Writing thank you notes for gifts is a very literal way of teaching your children gratitude. Putting down on paper what they enjoyed about a particular gift, reminds your children why they are grateful for it.

Find Your Gratitude. Always be on the lookout for things to be grateful for and express your gratitude. When your children hear you say things like, "Buster is such a good dog" or "What a beautiful day", they realize they can be grateful for even the smallest of things.

New to our staff is Jacqueline Torres. Jackie comes to us with glowing references from former employers and after

FCCC

December 2012

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Care Bear News

The holidays are here; let's welcome December with a cheer. With the Holidays rapidly approaching, we would like to take the time to say Happy Holidays to all of our Care Bear families. During this season, the Care Bears will be traveling to see various holiday displays around Center City throughout the month. Some of our activities to welcome winter and the holidays will include making a classroom wreath; reindeer's

using footprints, menorahs, and painting with holiday colors.

Some of the accomplishments the Care Bears are making include: standing alone, pulling up, crawling, climbing, taking a few steps, and even walking.

Please make sure your Care Bear has winter appropriate clothes



which include coats, hats, shoes, and socks for all of our walks.

Thank you again to all the parents who participated in our Thanksgiving Feast. It was a great success.

Please remember to sign up for the Holiday Pot Luck which takes place on December 6, 2012.

Bear Cub News

The Bear Cubs theme for December is "Celebration of Lights". We have been practicing sharing, caring, taking turns and using gentle hands when touching our friends. Most of our children's language and social skills are developing well. The older Bear Cubs are able to say most of their friends' names, and they also can say their teachers' name. In light of the holiday season, we will be celebrating Hanukkah, Christmas and Kwanzaa. There will be lots of dancing and singing. We will also

read lots of holiday books, do many art activities and create a special gift for parents. If the weather permits us, we will visit Macy's and Comcast to see the Light Show (more information will follow at a later date). The Bear Cubs are going to have a blast this month.



The Bear Cubs staff would like to say thank you to all the parents for their con-

tributions to our Pot Luck in November.

Reminder: FCCC is closed the following days December 24th , 25th and January 1st.

Have a joyful holiday season and a happy healthy New Year !

Cuddle Cub News

Happy Holidays!!! During the month of December, the Cuddle Cubs will be working on projects celebrating Hanukkah, Christmas and Kwanzaa. We will make lots of holiday crafts, such as Christmas trees, ornaments and stockings, menorahs, dreidels and the Star of David, and kinaras too. We will bake cookies and

latkes. We will also go to see the light shows at Macy's and the Comcast Building, and we will be looking for parents to accompany us. We will learn some new songs and read holiday stories and even make a special present for mommy and daddy.

Birthday wishes go out to Shannon who celebrates her birthday

on 12/28.



The Cuddle Cubs wish all of you a happy, healthy and safe New Year!

Puddle Jumper News

December is a celebration of lights. Throughout the month, the Puddle Jumpers will look at how people celebrate Hanukkah, Christmas and Kwanzaa. We'll take walks around town to look at different holiday displays. We'll walk to Reading Terminal, LOVE park, Penn Center, 1234 Market Street, The Gallery Mall and Macys. Please be sure to dress your child warmly.

Our main activities for the month will include art, cooking, language and math.

Art activities will include making construction paper Menorahs, Kinaras and Christmas trees, weaving

mats, gluing stick Star of David and making pine cone ornaments. We'll also use different color paints to create a holiday scene.

We will celebrate the different holidays in the month of December by cooking several ethnic dishes. Cooking activities will include making latkes and marshmallow dreidels, for Hanukkah. Christmas theme cookies and homemade cinnamon apple sauce will be made to represent Christmas. Kwanzaa Slaw and Jollof Rice will be made for Kwanzaa.

Language arts will include learning new songs that relate to the upcom-

ing holidays, listening to stories and recalling information and following multiple instructions. We will also look at the colors associated with each holiday.

Math activities will include counting candles on the Menorah and Kinaras, counting the number of days each holiday is celebrated, looking at some objects relating to each holiday and their shapes, sorting and grouping objects for each holiday.



Preschool News

Happy Holiday's everyone! We can't believe 2012 is coming to a close. The Preschoolers will spend the month of December focusing on "The Spirit of the Season." The Quads and Triangles will be creating winter scenery to brighten up the "B" space. In addition, we will learn about the numerous celebrations this month, such as Hanukkah, Christmas, and Kwanzaa. We welcome your child to share any books or items you may have at home regarding these holidays. The Triangles and Quads will be making a menorah, kinaras, and Christmas trees, amongst other significant holiday items. We will learn the importance of each celebration, by reading an assortment of books. In addition, the preschoolers will visit Ma-

cy's to check out the annual Light Show, as well as walk to the Comcast Center and view their holiday show. We will even explore Christmas Village in Love Park.

The Triangles will focus on strengthening their fine and gross motor



skills, while the Quads practice writing sight words. All of us will continue completing journal

entries, counting, and utilizing our critical thinking skills.

Reminders: The Annual Bake sale begins December 3rd.

The Holiday Potluck dinner is December 6th from 5:00- 6:30.

The Triangles are representing Australia and the Quads are representing Antarctica.

FCCC will be closed December 24th and 25th.

Announcements & Reminders

Every Wednesday is **pizza day**.

Check children's mail slots every day.

Friends Child Care Center is now on **Facebook**. Check us out for upcoming Fundraising Events.

<http://www.facebook.com/pages/Friends-Child-Care-Center/197767671575>

Resource Library: CHECK IT OUT

Parents and teachers are welcome to borrow books from our resource

library in the B space alcove. Please complete the borrower's form and drop it in the right side slot. Please return borrowed materials in a timely fashion, so that others have an opportunity to borrow as well. Visit



www.librarything.com, Username: fccc, Password: 1501cherry for a list of books in our library.

Remember to show **ID cards** upon entering the Friends Center Lobby or stop and sign in if you don't have

your card. This is an important security measure for the safety of our children. Additional ID Cards are available in the FCCC Office.

Additional **Parking Placards** are available in the FCCC Office, 2nd Floor of the C space.

Director's News Continued (from page 1)

having completed the coursework for her CDA credential. She is bilingual and speaks, reads and writes Spanish fluently. Jacqueline will spend the next few weeks becoming familiar with our program and undergoing the required New Staff Orientation. We look forward to seeing our children benefit from Jacqueline's warmth and expressed creativity in caring for children.



Teacher Bobbie (Puddle Jumpers) will retire at the end of the month. She has given FCCC 10 years of dedicated service while working with



just about every age group. FCCC children and families have benefited tremendously from Bobbie's nurturing and her wisdom. We look forward to working with her in a new way as she intends to

sub when available.

Continuous Quality Improvement has been the driving force for the many changes taking place throughout our facility. There has been a steady progression towards quality improvement to meet Keystone STARS expectations and Environmental Rating Scale standards for infant/toddlers and preschool. FCCC was designated to STAR 3 back in October and we are awaiting a visit from state assessors to come in and observe in 2 randomly picked classrooms to finalize the process. We aim to receive a passing score of 4.25 and even higher. Many thanks to preschool families who gave valuable survey feedback last month that helped us to identify parent views of our program strengths and challenges. We've analyzed the data and used the feedback to inform decisions about professional development needs and program structure. I look forward to hearing from the full parent body sometime in January when a comprehensive survey is conducted.

If you've been looking for ways to contrib-

ute your talents, expertise or time at our school, please let me know. Please see the list of potential opportunities below and email or call me with your thoughts. Feel free to add an item that's more suitable to your ideas!

Painting areas needing touch up or a color change to compliment the new tiles and carpets.

Wood working repair to Cuddle Cub climber, cabinetry and play yard fencing.

Making curtains, pillowcases for large pillows in cozy areas, etc.

Donating non-poisonous plant clippings for science and nature compliments to classrooms.

Act as classroom parent in your child's classroom for special events and ongoing needs.

Organize next scheduled bake sale.

Plan spaghetti dinner for February/March.

I wish you all a safe, happy and healthy holiday season!

FCCC Website Information

Be sure to visit our website at www.friendschildcare.org to download forms, check out calendar events, and visit the classroom portal to see what is happening in your child's classroom. Par-

ent Login is 'letmein.'

We would love to hear feedback regarding our website and on how we can improve communication with our families.

Thank you for helping to make FCCC the best it can be.

Holiday Closings

Christmas Closing: Monday, December 24 & Tuesday, December 25.

New Year: Tuesday, January 1st.



Allergy & Health Alerts

Classroom Allergy Alerts:

NUT FREE CLASSROOMS:

CUDDLE CUBS, TRIANGLES, AND QUADS .

SHELL FISH/FISH FREE CLASSROOMS:

PUDDLE JUMPERS

Please be sure to wash your child's hands immediately upon arrival into your child's classroom.

Illness Policy:

It is in the best interest of the children and staff that everyone participates in reducing the spread of illness and maintaining a healthy environment. FCCC bases its health and wellness

policies in accordance with DPW Regulations and the American Academy of Pediatrics Caring for Our Children Performing Standards. Please call to inform us whenever your child will be absent due to illness. Your child may not be brought in for child care unless she/he is able to participate fully in all activities including outdoor play. You will need a back-up plan you can use when your child is sick.

Please be alert for pre-illness symptoms such as lethargy, glassy eyes, diarrhea, fever, etc., and keep your child home if

she/he seems to be coming down with something.



When a child has been diagnosed with an infectious (contagious) illness, FCCC issues an Infectious Disease alert via email to the affected classroom. If multiple cases occur throughout the Center, a center-wide notification will go out via email. The identity of the child will not be given and personal information will be kept confidential.

Fundraising at FCCC

Throughout the year, parents will be asked to support fundraising through volunteerism and participation. There are many ways in which you can be supportive.

Provide baked goods for bake sales.

Volunteer to work on planning committee for annual auction and social.

Actively seek donations and company sponsorship for annual auction event.

Volunteer to be a fundraising

cheerleader for your child's classroom.

Seek to meet minimum family participation levels for small fundraisers held throughout the year.



PNO; Bake Sales; etc.

If you have any suggestions on Fundraising ideas, please don't hesitate to let us know. Also, if you are interested in volunteering on the Fundraising Committee or Annual Auction Committee, please notify the office. We would love your help!

Fundraising Events:

Parents Night Out (PNO)

FCCC holds a semi-monthly PNO (Parents Night Out) for Parents to have a night for romance, fun or just a little time to get things done.

We provide the baby sitting service in a familiar and comfortable environment with staff that the children know, and you get to have worry-free fun with

your significant other or a fun time with friends.



Each bi-month has a theme and special activities planned for the children, along with a nutritional dinner.

This is a fundraiser for FCCC. All

proceeds go to support our Child Care Center and its programs.

Upcoming PNOs:

December 14—Frosty the Snowman!

February 15—Pajama Jam S'mores Night!

April 19—Things that Hop!

June 14—Sand Castle Magic!

Bake Sales

FCCC runs semi-annual bake sale fundraisers throughout the year to help offset programming costs. We look to our families to volunteer to work with these events.

Upcoming 2012-2013 Bakes Sale Schedule: weeks of

December 3-7

February 11-15

April 15-19

June 10-14

Families are asked to

sign up to bake goods to be sold in the Friends Center Lobby to building tenants and visitors.



Bakes sales run from 8:00am-3:00pm daily. Please provide a list of ingredients in order to maintain safe options for all those with food allergies.

Parents are also needed to help table-sit during these bake sales.

We appreciate your support.

Volunteering at FCCC

FCCC has many opportunities for families to volunteer their time and/or services to help improve life here at Friends Child Care.

If you have any skills, time and/or energy to participate in a family work day, sew or repair broken or torn items,

share your skills during show and tell, read stories to the children, chaperone field trips, help with fundraisers, work on the Annual Auction Committee or work on the Social Planning Committee to organize planned family events, we would love your help and ideas.



Please contact the FCCC Office and let us know how you would like to help by emailing or calling the FCCC office.

Baby News

The Stork has Stopped By...

And Delivered Josette Rose McCann

On November 21, 2012

A precious little bundle at 8 lbs. 9 oz.

Abe (in the PJs) is very proud of his new baby sister.

Amy & Chris are doing just fine.

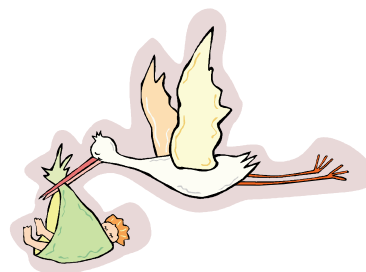
And Delivered Violet Symphorose Belles

On October 18, 2012

A precious little bundle at 7 lbs. 14 oz.

Luke (in the Quads) is very proud of his new baby sister.

Amber & Brian are doing just fine.



Meet Our Staff

Care Bears Teachers:

Markita, Kyra, Erica, Nathalie, Toni

Bear Cub Teachers:

Michelle, Linda, Carla

Cuddle Cub Teachers:

Shannon, Barbara, Lea, Vickie

Puddle Jumper Teachers:

Cordella, Grace, Bobbie, Meghan

Preschool Teachers:

Teresa, Susan, Missy, Bjay, Jamal, Jeanette

Floaters:

Laura Kirby, Robin Bell



Subs:

Gail Centola

Office Staff:

Raechel, Susan, Eileen



Friends

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Play to learn, learn to love

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Care Bears	(215) 241-7013	carebears@friendschildcare.org
Bear Cubs	(215) 241-7012	bearcubs@friendschildcare.org
Cuddle Cubs	(215) 241-7027	cuddlecubs@friendschildcare.org
Puddle Jumpers	(215) 241-7007	puddlejumper@friendschildcare.org
Triangles	(215) 241-7012	triangles@friendschildcare.org
Quads	(215) 241-7012	quads@friendschildcare.org
