



FCCC NEWSLETTER

Play to Learn, Learn to Love

SEPTEMBER 2013

Director News

Dear Families,
If at the end of the day you pick up your toddler or preschooler and their response to "What did you do today?" is "I played" then rest assure your child had a very productive day! Very commonly, grownups differentiate between play and learning but the actuality is they go hand in hand. Children learn best through play and hands on experiences that invites them to ask questions, problem solve, develop friendships and learn about the world. It is with great intentionality that our team of caring, experienced teachers work together to provide developmentally appropriate, creative experiences that keep your children moving, exploring and socializing all throughout the day. Here's to another great year of "Play to learn, Learn to love"!

During the summer months there was breaks in some of our cultural arts programming but we are now back in full swing! David Brodie will return to teach rhythm and movement, Teacher Jeanette will con-



tinue Spanish classes, Gwendolyn Bye will teach creative movement to Puddle Jumpers and Triangles while Teacher Charles will teach Hip Hop to Quads. Teacher Maureen will pick up yoga classes for Bear Cubs through Quads in October. As you can see, there is always something to look forward to at FCCC!

Keeping children active and eating healthy is the best way to decrease the risks of childhood obesity and adolescent diabetes which are major health concerns according to the Academy of Pediatrics. Last year, FCCC updated its nutrition policies and added more whole grains, fruits and vegetables to snack offerings. We ask that families refrain from bringing in well intentioned "special treats" outside of birthday celebrations. Teachers will model healthy eating by avoiding to eat or drink foods that aren't nutritious in the presence of

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Care Bear News

The Care Bears had a wonderful summer, we are so sad that it has to end. We are truly going to miss our families that are leaving, but we are ready for the new school year. We would like to say farewell to Evelyn Poor (Katie & Alex), Ethan Crawford (Kristin & John), Elijah (Veronica & Jason). I know that you guys will do great in your new room. XOXO

We would like to welcome our new families that will be starting throughout this month. Aisling Wilk (Tara & Matthew), Olivia Matlin

Bear Cub News

Welcome to the Bear Cubs class! The Bear Cubs will welcome several new families to FCCC. Dev Juneja and Maya Rao will join us on September 3 and Riley Gallo-way will join us on September 6. Our theme for the month is "Getting to know you" (family, friends, me and body parts). The teachers will be spending a lot of time nurturing the children, helping them to adjust to their



(Samantha & Nathan), Grace Barber (Bridget & Kevin), Adelaide Nevitt (Alacoque & Brian), Mabel Kavanagh (Jessica & Ryan) and Vivienne Rhule (Julie & Matthew). It is our pleasure to have you all become a part of our family. WELCOME!!!



new environment as well as helping them feel safe and happy. We will introduce and reinforce the new expectation of the children in the bear Cubs class such as staying at the table with food, washing hands at the sink and sitting at for circle time. Aside from all of this we will be working on projects that will help us to identify our body parts and help us to get to know each other. Parents, please bring in family photos. We would like to place the pictures around the classroom so the children can see their family during school hours. For example Mommy, Daddy, Grandparents, Aunts, Uncles Cousins and Pets. No more than four pictures.

Our reminder for parents: Please label your child's belong-

ings with their name (cups, bottles, food containers, jackets, hats, blanket, sheets, etc.) It will help us keep trace of your child's things.

We said good bye to Max, Calvin, Charlotte, Harry and Zoe they all move-up to the cuddle cubs class. We will miss them but wish them the best of luck.

Again welcome to the Bear cubs class.

Cuddle Cub News

It's a new dawn, it's a new season and we're off to a new school year.

The Cuddle Cub teachers have worked hard cleaning, updating materials and getting our room in tip top shape for our new students.

We would like to welcome the following Cuddle Cubs and their families:

Calvin Waddle
Charlotte Peskin
George Wetmore
Harry Anderson
Max Epstein
William Grimshaw
Zoe Ricks

We know that transitions can be difficult and confusing but rest assured that we will do our very best to ensure that the acclimation and adjusting process is as pleasant as possible. Please feel free contact us with any questions or concerns. The Cuddle Cub teachers are chatty bunches so don't be shy!

We love to share the daily goings on with parents through email updates;

texts and one on one conversation at drop off and pick up. We tend to take advantage of adorable photo opts during the day so that we can share them with you. We understand that it is difficult to be away from your children all day and this is our way of trying to ensure you don't miss a thing. If you do not want to receive texts or photos, please let us know. Also, it is understood that NONE of these photos are shared on any social media site for any reason at anytime.

The theme for September is "Getting to know you and me!" We encourage all Cuddle Cub families to bring in family photos so that we can make collages that will be hung throughout the classroom so that the Cubs feel more at home.

We have a slew of art projects and activities planned going with this theme as well as with all things autumn. All of which will be hung throughout the classroom for all to admire.

September is also national honey, rice, apple and children's good

manners month. We will be working all of these themes into our lesson plans via art projects, discovery walks, sensory play, song and story-telling.

Be sure to bring in the following items. We will distribute reminder slips whenever these things are running low and need to be replenished.

Spare clothes (size and season appropriate)

Diapers

Wipes

Diaper Rash Creams and Powder

Sun-block

We will be celebrating a few birthdays throughout the month of September.

Happy birthday to:

Betty Rankin 9/14

Marco Barreto 9/17

Vickie Fernandez (teacher) 9/26

Abigail Furber 9/29

Best of wishes for this fall season from all the Cuddle Cub teachers!

Puddle Jumper News

This month's theme is getting to know you. Throughout the month the PJs will learn one another's first and last names and their parents' first name. We will also look at and display photos of families. In addition, children will be given opportunities to take a few photos of their classmates and give their take on the caption. Activities for the month will include art, cooking, science, math and storytelling and large and small motor activities.

Art activities will include painting and drawing pictures of families, creating a 'me' and gluing collages of good foods and junk food.

Cooking activities will include making mini bagel pizzas, cooked play dough, mashed potatoes, apple sauce, mini circle and square sandwiches and a

fruit salad

Science activities will include using food color, celery and water to show that plants 'drink', observing a refrigerated and unrefrigerated cut piece of fruit for 3 days, and mixing colors to create a new color

Math activities will include counting parts of the body, sorting by shape and size and measuring ingredients in recipes.

Language will include using the flannel board and drums to tell stories in 'your own words', listening to various books about the body and families and answering simple questions about these stories. In addition, we will name some healthy food and junk food and discuss how eating these foods affect our body.

Large and small motor activities will include walks to various parts of town



(free library, Reading Terminal market, Love Park and Logan circle), running, walking and riding tricycles around the court yard and play yard, lacing shapes and stringing beads and filling and dumping containers.

Welcome to all of our new Puddle Jumpers and their families.

Well wishes to all of the Puddle Jumpers who have transitioned to the Triangles.

Parents, please label all of your child's personal belongings. Also, please bring in a few family photos. We will display them around the classroom

We look forward to a wonderful year of fun and hands on learning.

Happy Birthday Maya on 9/23 and Cassidy on 9/24!

Director's News (continued)

children. We encourage family style meals where children and teachers eat healthy foods together. Mealtimes are great opportunities to extend conversations about healthy eating. Please share simple and creative snack and lunch ideas with us so that we can put together a recipe book to be used as a resource tool. Simply email a photo and or a brief description to the Office.

If your child has an epi-pen, or uses a nebulizer or inhaler while at school, please be mindful to check

expiration dates and make sure we have up to date care plan instructions. Care plans should be dated annually or as changes occur.

Cherry Street will be closed the week of September 9, 2013 so that the Streets Department can do utility work. There will be reserved parking spaces for child care drop off and pick up at the back of our school on Race Street. Friends Center will staff the Race Street gates throughout the child care operating hours during that time. A reminder will go out via email as the closure

date gets closer. Thank you in advance for your patience and understanding.

Welcome to the 2013/2014 school year!

Raechel O'Neal Coats

Raechel O'Neal Coats
Director

Triangle News

As we begin our exciting school year, we would like to welcome our new Triangle friends. We have many great things to look forward to achieving as we jump right into our theme "Getting to Know Each Other." We will focus on name recognition and creating our own self portraits. The Triangles will have the opportunity to have their

bodies traced on long paper, and then be able to decorate them. Also, we will draw our own self-portrait using a variety of art supplies. This will enhance our fine motor skills. We will practice counting and sorting, as well as using a scale. So get ready as we look forward to a fun and productive school year.

Please label all your child's personal belongings.

Also, please send in a family photo and we will display them around the room.



Quad News

We would like to welcome our new and returning families to the Quad class! All of us cannot wait for a year filled with excitement and memorable learning experiences. Our theme for the month of September is "Our Favorite Things." We will be getting to know one another, by learning about our favorite colors, animals, and food. In addition, we will have the opportunity to bring in our favorite toy, game, and books to share with everyone. Also, the Quads will practice sort-



ing and counting a variety of manipulatives. We will have the opportunity to mix colorful substances and make delicious snacks! We will learn the key components of a book, as well as writing our name. All of us will practice being self-confident by presenting our show and tell to our peers. Spanish class will continue to take place with Teacher Jeanette. Hip-hop class with Teacher Charles will take place every Thursday, beginning this month. We cannot wait!

Kiyana Leonard will be joining the Quad team this year. We are looking forward to seeing everything she has to offer!

Reminders: -Please bring in weather appropriate clothing to keep in your child's cubby.

-The B-Space is Peanut Free

- Show and Tell is every Wednesday and Thursday

Camp Farewell

So as the Summer comes to an end, we would like to say Thank You and Good Luck to the Campers and their families. Nora (Steve & Kelly), Andrew (Denis & Liz), Kaylah (Kyra & Donny), Aidan (Erica and Bobby), David (Ben & Laura), Logan (Alex & Amy) and Hunter (Andy & Faye).

On a personal note, this year the Campers did an excellent job listening, while having loads of fun.

Thank you for a great Summer!

Upcoming Events



The *FCCC Board Annual Meeting & Back to School Night* will be held on Wednesday, October 9th at 5:00p.m. in the Cherry Street Room. All parents are asked to attend. Free child care is available. Light snacks will be provided.

Photo Days: Care Bears, Bear Cubs and Cuddle Cubs will have photos taken on Tuesday, October

15. Puddle Jumpers, Triangles and Quads will have photos taken on Wednesday, October 16.

Parent/Teacher Conferences will run from October 21-October 28.

Announcements & Reminders

Every Wednesday is **pizza day**.

°Check children's mail slots every day.

°Friends Child Care Center is 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 availa-

ble in the FCCC Office.

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

Just a reminder: There is no parking on Cherry



Street. Please do not use it for drop-off and pick up.

Allergy & Health Alerts

Classroom Allergy Alerts:

NUT FREE CLASSROOMS:

CUDDLE CUBS, PUDDLE JUMPERS, TRIANGLES, AND QUADS .

»Please be sure to check the expiration dates on your child's epi-pens (and all other medications). All medications should move with a child into their new classroom when they transition.

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

Illness Policy:

It is in the best interest of the chil-

dren 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.



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. Parent Login is 'letmein.'

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

Meet Our Staff

Care Bears Teachers:

Markita, Toni, Erica, Kyra, Nathalie, Robin

Bear Cub Teachers:

Michelle, Linda, Carla

Cuddle Cub Teachers:

Shannon, Barbara, Lea, Vickie

Puddle Jumper Teachers:

Cordella, Grace, Jeanette, Zakiyah

Preschool Teachers:

Teresa, Susan, Missy, Jacqueline, Kiyana

Floater:

Laura Kirby

Subs:

Gail Centola

Administration:

Raechel, Susan, Eileen



School Closings:



Friday, **August 30, 2013** for In-service Day

Monday, **September 2, 2013** for Labor Day

Monday, **November 11, 2013** for In-service Day.

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.

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.

Fundraising Events:

PNO; Bake Sales; Annual Fund Appeal, 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!



T-shirts are now available in the FCCC Office for \$10.00/each.

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:

October 18—'Once Upon a Time'

December 20—'Frosty the Snowman'

February 21—'Pajama Jam'

April 18—'Spring has Sprung'

June 20—'Planes, Trains & Automobiles'



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 help with these events.

Upcoming 2013-2014 Bakes Sale Schedule: weeks of

November 18-22

February 10-14

April 7-11

June 23-27

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.





1501 Cherry Street
 Philadelphia, PA 19102
 Primary Business Address
 Address Line 2
 Address Line 3
 Address Line 4

FRIENDS CHILD CARE CENTER

Office	(215) 241-7011	fcccoffice@friendschildcare.org
Director	(215) 241-7108	fcccdirector@friendschildcare.org
Finance	(215) 241-7011	fcccfinance@friendschildcare.org
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
Camp	(215) 241-7000	camp@friendschildcare.org
Office	(215) 241-7011	fcccoffice@friendschildcare.org
Director	(215) 241-7108	fcccdirector@friendschildcare.org
Finance	(215) 241-7011	fcccfinance@friendschildcare.org
Care Bears	(215) 241-7013	carebears@friendschildcare.org
Bear Cubs	(215) 241-7012	bearcubs@friendschildcare.org