



Educare Newsletter

Monthly Family Newsletter

December 2011

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December Highlights:

Unit of Study: *Celebrate!*

- December 3—Holiday Festival (EFA), 2-4 p.m.
- December 6—FCPL Bookmobile
- December 7—EFA Meeting, 6:30-8:30 p.m.
- December 15—Quarterly Tuition Due (Jan-Mar 2012)
- December 17—Parent's Night Out (EFA), 4-9 p.m.
- December 22—FCPS dismiss 2 hrs early
- December 23—FCPS Closed/**PS4 Closed**
- **December 26—ELC CLOSED (Christmas Day Observed)**
- December 27—FCPS Closed/**PS3 Closed**
- December 28—FCPS Closed/**PS4 Closed**
- December 29—FCPS Closed/**PS3 Closed**
- December 30—FCPS Closed/**PS4 Closed**
- December 30—Popcorn Trolley
- January 2—**ELC CLOSED (New Year's Day Observed)**



December "A-Thon" Fitness Focus

This month's "a-thon" will be a twist-a-thon. Classrooms will be integrating their twisting exercises during their daily schedule and throughout the month. Teachers will record the number of completed twists weekly on the hallway bulletin board. Families are encouraged to pick up a calendar from the hallway bulletin board to record the number of twists completed at home. We will include family totals on the bulletin board as well. Thanks for your participation in helping us to keep ELC children healthy and moving all month long! October's Jump-a-thon center-wide total was 3074 jumps!

December Cooking Fun

This month's center-wide cooking fun projects will be favorites selected by each room with keeping nutrition in mind (i.e., veggie dips, cereal-based treats). Families are invited to send in favorite family recipes for classrooms to make during this season of celebration.

Family Conferences

Thanks to all families who scheduled a conference with their child(ren's) teachers in November. We had a record number of families participate. It shows great commitment to a child's education when parents attend conferences. Spring conferences will be held in Spring 2012.

Veteran's Day Parade

Congratulations to the EFA and ELC families who participated in the Veteran's Day parade on November 6. ELC received the First Place prize for the most "Patriotic Float" and the EFA received a \$150 prize check!

Holiday Festival

The EFA is sponsoring a holiday festival for all ELC families on Saturday, December 3, 2011 from 2-4 p.m. Activities include a holiday family photo session, wreath-making station, crafts (ornaments, winter scenes), and holiday goodies to enjoy. Families can complete some holiday shopping by visiting local vendors (Scentsy, Valley Soap/Vintage Jewelry, ititbit.com and Bling and a Prayer Jewelry) and the Scholastic Book Fair. Sign up at the front desk.

Holiday/Early Closures

ELC will be CLOSED on Monday, December 26, 2011 (Christmas Holiday Observed) and Monday, January 2, 2012 (New Year's Day Observed). Please let the front desk know of any planned absences during the month of December.

Scholastic Book Orders and Book Fair

Thanks to all families who participate in the monthly classroom scholastic book orders. Sales and points from the orders help classrooms purchase books for libraries. The EFA will host a center-wide book fair during the last week in November. Books will also be available for purchase at the EFA Holiday Festival on December 3, 2011.

Quarterly Tuition

Are you interested in making quarterly tuition payments? We are now in the process of generating quarterly invoices for January-March 2012. Educare is offering families a 6% discount if quarterly payments are made in full by 6:30 p.m. on **Thursday, December 15, 2011**. Interested families are requested to contact Kim Rokos, Executive Director by **Friday, December 9, 2011** via phone (301-834-9007) or email (krokos@educatewithcare.com) to request an invoice reflecting the 6% discount.

Holiday Celebrations

We will be celebrating all month long in classrooms. Activities will explore Christmas traditions, Hanukkah celebrations, Kwanzaa activities, and celebrations from around the world. Children will talk about how all families celebrate in special ways and that we are alike and different in our celebrations. We wish all families a wonderful and safe holiday season!

Reminder: Inclement Weather Policy Update/Emergency Closings

"Educare makes every effort to stay open for scheduled program hours. When it is necessary to close during the day of operation due to weather, emergencies, or world events, parents/guardians will be contacted to pick up children. In the event of inclement weather conditions existing prior to the center's daily opening, parents/guardians may contact the center or check the website for information regarding closure or delays." An email will also be sent to the Educare email list to inform of any delays or early closures due to weather conditions.



Tips for Handling the Holidays ~ Susan Mogard, ELC Owner

Don't Underestimate the Importance of Routines

Because holidays bring so many exciting activities to enjoy, children may find it difficult to experience their needed predictable schedules. Focusing on keeping routines in tact as much as possible while on the go can make the difference between having a meltdown or enjoying a family excursion.

- Don't skip normal naptimes.

- Keep bedtime routines.
- Make sure children's diets have the mainstays (favorites that focus on good nutrition)

Focus on Giving Rather than Getting

During this season of giving, make sure children experience the act of giving of themselves to others.

- Encourage children to make cards for others

- Invite children to help prepare food items to give to others
- Have children participate gift-wrapping and decorating

Avoid Over-stimulation

Excitement can be exhilarating and exhausting. Make sure to pace activities to avoid fatigue and to lessen children's stress which often leads to challenging behaviors.

