



August 2010 Newsletter



UPCOMING EVENTS:

- **Open Mouse
August 12th**

INSIDE THIS ISSUE:

Weekends with Club Y	2
Open Mouse	2
Facilities Improvements	2
Dance Classes	2
Curriculums at the Y!	3
Food Program	4
Book of the Month	4
Monthly Calendar	4

Back to School!

There are basic supplies that kids need for their first day of school—paper, pencils, crayons, etc. However, there are also some basic pieces of information children should know before the school year starts!

Here are few tips for the new school year, as many of our VPK children will be going to Kindergarten at different schools we want everyone to feel a bit more prepared!

- 1.) **Teach your child contact information**— Children should know how to reach their parents. It's important that kids know not only their home addresses and cell phones, but also how to reach their parents at work in case of an emergency.
- 2.) **Review your child's route to school**— If your child walks to school and you will not be walking with them every-day, make sure he/she knows the safest and most direct route. Walk with your child several times before school starts, so he/or she is completely comfortable with the route. Teach them to avoid vacant lots, fields, and other secluded areas. Also, make sure he/or she knows relevant traffic rules and signals.
- 3.) **Review Bus Safety**— If your child rides the bus make sure he/or she knows the correct bus number or name, many schools name their buses animals or colors to assure children remember the correct buses to ride. It is also important to go over with them what will happen if they miss the bus.
- 4.) **Plan for After-school**— Discuss with your child what he/or she will be doing after school, whether this coming home (depending on age), going to an after-school program like the "Y" offers!
- 5.) **Know the difference between strangers and trusted adults**— It is

important that children know the difference between trusted adults and strangers with whom they should talk to, ie.) police officers, teachers, firefighters, etc.

In addition to knowing this important information, a little preparation in the weeks and days leading up to the first day can make the transition easier for everyone.

- 1.) **Start a sleeping schedule**— Get into a routine of going to bed earlier a few weeks before school begins; early to bed, early to rise.
- 2.) **Prepare the night before**— Help your child feel prepared the night before by picking out his/or her outfit, packing his/or her lunch, and discuss the morning routine. Preparing those things the night before can help eliminate some hassle in the morning.
- 3.) **Prepare a healthy breakfast**— It may seem like a cliché, but breakfast is the most important meal of the day. Research shows that children are more attentive and alert when they have had breakfast in the mornings. Many counties now offer breakfast for free to all children if they arrive by a certain time, check with your child's school to make sure.

The YMCA of Central Florida is the largest provider of afterschool care, with more than 2,500 children daily at 40 different locations across the Orlando area. If you would like to contact the Y in regards to if the school your child goes to you can email Nancy Bryant, Director of Operations at nbryant@cfymca.org.

Summer with Club Y!



Club Y is a fun and interactive summer program built with your child in mind. Being a part of Club Y means learning new things and making new friends!

The Club Y program is closing out the summer with a blast of special events and activities, especially the last weeks, we will have a science fair, a re-creation of a city with recycled materials, and finally homage to the best activities done throughout summer with a party acknowledging some of our most inspired campers!!

The Club Y program continues over the school year on holidays and weekends! Applications are available on the HUB and may be printed, com-

pleted and dropped off at the front desk at the center of choice.

Month of Themes!

Aug. 2-Aug.8: Make it, Break it, Fix it!

Aug. 9-Aug. 15: Planet Heroes

Aug. 16-Aug. 22: Best of the Best!



What can you do to save the planet?

1 2 3...

Child Development Fair Open Mouse

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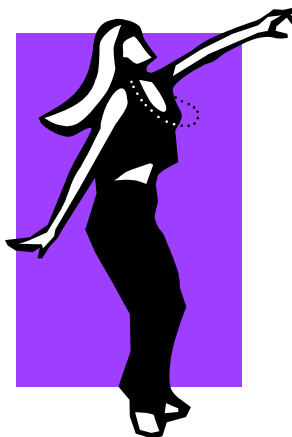
Summer is already coming to an end and as your Co-Cast Member's are talking about their children's plans for the fall, why not invite them to come grow with us at our **Open Mouse**? They can visit the centers on **August 12 from 5 PM-7 PM** and learn about our curriculum and tour the centers as well as receive information about homework assistance, YMCA Safe Start, the food program, and other information that supports busy working families during the school year.



Facilities Improvements

For the month of July, Carlos at Sherberth is work on re-painting the classrooms and common areas for the new school year!

Jose at Lake Buena Vista is replacing counters in some of the classrooms due to normal wear and tear of being open 365 days a year!



Join us this year for Dance!

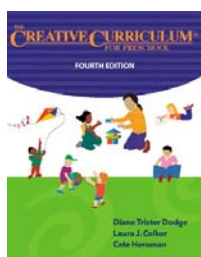
Dance classes will be starting on September 1st!

Please see your center for details do not miss out on this years recital!

Curriculum and Programming at the Y!

The new school year is fast approaching and we are honored that you have chosen us to provide your child/(ren) with the type of education that will help them reach their highest potential.

The YMCA Family Centers provide our children with an enriching and diverse background of educational programs! In this article we would like to take the opportunity to share some of the great programs your child is participating in while they are in our care.



Creative Curriculum, is the curriculum used for Infants thru Preschool. *The Creative Curriculum*® helps teachers plan and implement a developmentally appropriate program that promotes children's social-emotional development and learning in the core areas of literacy, mathematics, science, and social studies. It combines the latest research and the freshest ideas into a forward-thinking approach to learning--one that honors creativity and respects the role that teachers play in making learning exciting and relevant for every child in their classrooms. Nationally known for its forward-thinking, comprehensive, and rigorously researched model, this unique approach helps teachers successfully plan and implement a content-rich, developmentally appropriate program that supports active learning and promotes children's progress in all developmental areas.

Developmental Learning Material, also known as **DLM**, is the curriculum used for VPK. Is a comprehensive, research-based program created according to state and national early-childhood guidelines. The program links language and early literacy, math, science, social studies, fine arts, health and safety, personal and physical development, and technology. Materials include lessons plans with 36 engaging and relevant

weekly themes complete with activities that help children make connections, expand on experiences, and build new knowledge of a variety of topics.



Imagen facilitada por entbanguas en www.ato.es

Muzzy, is the Spanish curriculum used in the centers for ages three thru VPK. MUZZY's multisensory teaching technique appeals to all types of learners. The more ways in which your child is engaged with MUZZY, the more quickly and naturally a child can absorb the new language. MUZZY employs a natural immersion approach, surrounding learners with visual, aural and contextual language, modeled on the way we learned our first language. The Early Advantage family of programs, which includes MUZZY, a BBC Language Course for Children, focus on the inborn abilities of all young children to receive, process, and learn by leaps and bounds.



Melody Hounds, is our music emersion program for two year olds Melody Hounds® is a Licensed Educational Outreach Provider for the Curriculum-Based PBS Children's Series, Lomax: The Hound of Music™. Melody Hounds Music Classes provide a delightful and joyous way for children to develop their musical intelligence, while participating in various education settings. The program engages children in songs and rhythmic games that let them explore all of the core musical elements-pitch, rhythm, and timbre-with their voices, bodies, and minds. Makes full use of folk music's wonderful tactile component-the clapping, snapping, stamping, and moving that reinforces and deepens children's musical experience. Helps children develop greater sensitivity to the expressiveness in music as they listen to classic American folk songs.

USDA FOOD PROGRAM

Lake Buena Vista and Sherberth Family Centers are preparing for the new Fiscal year of the USDA Food Program. Please allow for some extra time at pick up to fill out paperwork.



If you have any questions or concerns about why or how to fill out the forms you may contact:

Marimar Rodriguez at Sherberth 407-396-3001 ext. 106.

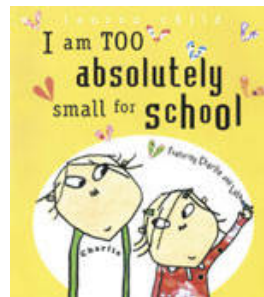
Victoria VanSicklin at the Sherberth at 407-396-3001 ext.106.

Carmen Rodriguez at the Lake Buena Vista at 407-938-0680 ext. 104.

Book of the Month

Is your little one showing signs of being nervous about starting school?

I Am Too Absolutely Small for School, is about a girl named, Lola who is sure she is "too absolutely small for school," but her older brother Charlie patiently convinces her otherwise by presenting a series of imaginative and



funny reasons she needs to go to school. For example, when Lola tells Charlie that she can already count to ten, he counters with, "What if eleven eager elephants wanted a treat. How would you count up how many treats that would be?" Little by little Charlie is able to convince Lola to go to school, and she finds a friend there.

This is a light-hearted approach that not only results in an entertaining story but also in a story children concerned about starting school will find reassuring. After all, if Charlie has a response for every reason Lola gives, maybe there aren't a lot of good reasons not to go to school!

August 2010 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Friendship Day!	2 Club Y: Make it, Break it, Fix it!	3	4	5	6	7
8	9 Club Y: Planet Heroes	10 LBV VPK Orientation 6-7 pm	11 LBV VPK Orientation 6-7 pm	12 OPEN MOUSE at both centers 5-7 pm	12	14
15	16 Club Y: Best of the Best Week	17 Sherberth Open House for 0-3 years	18 Sherberth VPK Orientation at 6:30 pm	19 Special CLUB Y End of Summer Recognition @ both centers!	20 First Day of school for Lake County!	21
22	23 First Day of School for Osceola, Polk, and Orange Counties!	24	25	26	27	28
29	30	31				