

The Child Care Center in Norwich



March 2018

The Importance of Sleep -

"Across the world, children are sleeping less," asserts the article's author, Jenny Kleeman. "It's not just young children who can't switch off: from toddlers to teens, bedtimes are getting later and average sleep duration is falling..."

"There are a number of reasons for this, chief among them our increasing dependence on technology, a more child-centred style of parenting, poor diet and the example set by an older generation, who work longer hours, come home later, and constantly check their phones..."

It's well established that technology tells our brains not to go to bed. The blue light emitted from tablets, smartphones, computers and LED TVs [interferes with the production of melatonin](#), the hormone naturally released as the sun goes down that makes us feel sleepy. The blue light filters now available on many devices address only part of the problem: TV on demand, addictive games and fear of missing out on social media make it harder than ever to switch off. Even when we do, our brains are still in overdrive; technology that didn't exist 10 years ago has taken over our children's lives in completely unforeseen ways.

Kleeman reports that sleep specialist, Dr. Heather Elphick, "suspects many children are being misdiagnosed with ADHD when they are simply not sleeping properly. 'Sleep deprivation can lead to behaviours which mimic ADHD. In some cases we can intervene, improve their sleep and avoid that diagnosis,' [Elphick] says. 'Chronic sleep deprivation can also lead to mental illness – particularly in adolescents, where it can lead to depression.'"

Source: ["I'll go to school on two and a half hours' sleep': why British children aren't sleeping"](#) by Jenny Kleeman, *The Guardian*, March 2017

Classroom Updates



Nursery

We have been doing a lot of art projects in the Nursery recently. We've been drawing with markers, making dot paintings and we got new chalk for our chalk boards, which has been lots of fun. Reading has been popular as well, some of our current favorites are Olivia and 10 Minutes to Bedtime. We would like to say Happy Birthday to Roo, Everett and Felix! We would just like to remind parents to bring home any blankets or stuffies at the end of the week to wash for the following week.

Karla, Cindy, & Tom



Orange Room

The days are getting longer and there's a hint of warmer weather and spring ahead. The birds continue to visit our two feeders with great regularity. So far, the big gray squirrels haven't figured out how to get to either feeder. We continue to see the regular visitors to the feeders – woodpeckers, chickadees, titmice, nuthatches and lots of juncos. We've also seen an occasional goldfinch. Once the weather warms up, we will be watching for some different birds as they begin to migrate north. We will also be "tuning in" to the live D.C. eagle cam once the pair has laid some eggs. For Valentine's Day, we decorated a box for valentines. First we painted the box. We then added hearts and glitter. We made frosting to decorate the sugar cookies Everett's mom brought in. Thank you everyone for making it a fun day! We are continuing to do lots of imaginative play with the farms, the dollhouse and the housekeeping area. We are learning to recognize not only our names, but those of our friends. Painting at the table and playing with the cars continue to be daily favorite activities.

Karen



Red Room

Well, I think winter is in full swing. With the snow and ice that we have had lately we haven't had much outside time. Hopefully that will change soon. It's so nice to get some fresh air. We continue to learn "All About Me". Talking about our families and pets. We are also encouraging independence and there has been an increased interest in using the potty, so we will continue to support that. If you have any questions about your child and the potty training feel free to talk to us. Once they start to show interest, it is a good time to start. Some other things we are working on is children putting on their own shoes and pulling up their pants after toileting and washing their hands. We have a couple of birthdays in March, Julie's is on March 8th and Orla turns three on March 31st. If you see them then give them a big Happy Birthday! Some housekeeping notes – the flu has hit us here, so we need to remember to wash, wash wash! Nap stuff needs to go home for laundering every week, and think spring!



Yellow Room

February has been filled with friendship and helpful hearts. We have been having lots of discussions about what it looks like to be helpful, kind and friendly. The children have been working on filling up our kindness friendship tree with helpful hearts! The children's creativity has been full of heart filled ideas. We have been making heart kites, heart crowns, heart patterns, watercolor hearts, counting hearts, painting hearts.... The Yellow Roomers enjoyed passing out their Valentines, which was a great way to make literacy connections. With winter back in full swing for the moment and the groundhog seeing his shadow, we celebrated the recent snow with lots of sledding! Our winter wonderland has been great for creating snow sculpture art out of ice, snow and watercolor spray bottles. Check out the snow creatures on the playground. We have two cats, a penguin a dog and a bear so far. All this winter weather has been a great opportunity to highlight some winter vocab words. Please let us know if you have time to read a story or two to the class in the month of March or anytime. We can set up a time that works best with schedules. We send Happy Birthday wishes to Eleanor who will be turning 5 on March 4th, Happy Birthday! A few reminders, please take bedding home weekly for washing. Please check your child's classroom mailbox daily. Thank You. Mia & Jodie



Blue Room

Hello Blue Room families! We have been having lots of fun outside lately. There has been snowsuit sliding, sledding, building with different types of snow, and exploring underneath the snow. We also had fun decorating the classroom and making cards to celebrate Valentine's Day, as well as talking about how it is a holiday for caring and kindness. Olivia has joined us since Emily's last day, and we love having her in the classroom! Welcome to Breanna, a Dartmouth student who is with us three mornings a week. We are also noticing and looking forward to the days getting longer, and all that comes with spring!

Eleanor & Olivia



AfterSchool

K - 1 Playing Together

In a recent New York Times article, Perri Klass wrote that "Play is a universal, cross-cultural and necessary attribute of childhood, essential for development and essential for learning. Experts who study it say that play is intrinsic to children's natures, but still needs support and attention from the adults around them."

As our year passes the 100th day of school, our after school group has settled in to a remarkably fun and supportive groove. With a different set of materials each day, the kids have created so many ways to play together. We even made it through the weeks of icy, closed playground and full moon energy. Ask your child about the play dough color store - it was lots of fun.

- Mary and Kasey

Please return your summer/fall schedule forms
so that we can do enrollment planning.

Thank you!