

The Child Care Center in Norwich



September 2018

Think outside the (lunch) box!

This is a perfect time to start building healthy eating habits, so consider ALL types of food when packing lunch, not just the usual lunch box staples. For instance, instead of a sandwich, you could pack some bites of leftover chicken or pieces of hard-boiled egg. Don't think your child will eat veggies at lunchtime? I didn't think mine would eat leftover roasted broccoli until I packed it—and he ate it!

Sally Kuzemchak, MS, RD, is a registered dietitian, educator, and mom of two who blogs at [Real Mom Nutrition](#).

Classroom Updates

Nursery



A big Nursery welcome for Zephyr, Maddie and Lexie and their families, they are the newest additions to our Nursery community. We have some new toys in the Nursery. We have new wool balls to roll, toss and use in the ball chute and we have some wooden ramps that we are using with balls and trucks to explore gravity and force. Unfortunately, the garden hasn't produced anything thus far this season so we may need to improvise and purchase fresh veggies from our local farm stand. We can give back to the community while consuming healthy choices during snack time. Dempsey and Felix are practicing climbing and sliding using the outdoor climber. Trikes and sandbox play are still favorite outdoor activities. Enjoy the rest of your summer and back-to-school. The Nursery will be hosting a Fall Pot Luck soon. Be on the lookout for details and info posted in the Nursery.

Karla, Cindy, & Tom



Orange Room

It's so hard to believe that summer is almost over. It has flown by! Even with the heat and humidity, we continued our running. They have all come so far since our first run around the playground when we were only able to go three or four times around! The Orange Room has four monarch caterpillars in various stages of development. Everett brought us the first one a few weeks ago. It was the first one to form a chrysalis and will emerge very soon. We acquired the other three as we brought more milkweed in. Two out of the three are now in their chrysalis! We got to watch the last one pull it up over himself and shed its outer layer of skin. It was amazing! We're hoping to be able to observe one of the butterflies emerge. For our last cooking project before the current Orange Roomers moved up, we made chocolate chip cookies bars. They were delicious. They have become very good at taking turns while we cook. So, the happy/sad part. As we say goodbye to summer, we say goodbye to four Orange Roomers – Jacob, Everett, Sofia and Evie. They are all moving across the hall to the Blue Room, so we will still be neighbors. And welcome to four new Orange Roomers who will join Tyler, who is staying in the Orange Room to help welcome our new friends. We are looking forward to getting to know Harper, Charlie, Callum and Xander and their families. Coming up in October, we will have an Orange Room Pot Luck. It's a great way to meet all the families and there is always good food. More info to come. Also – please remember to bring a water bottle every day.

Karen



Red Room

Changes, changes! It seems that we blinked and summer is almost over. Move-ups are happening again and Hunter and Margaret are moving to the Blue Room. Virgil, Wes, Liam and Roxanna are going to the Yellow Room. Some new friends, Henry and Anna, are moving up from the Nursery, while Noah has joined us already and Theo, Charlotte and Lang will join us in September. We are going to start talking about "Friends and Families", which leads to our upcoming annual Pot Luck later in September. We will keep you posted for a date and sign-up sheet. It's a great time to get together for some food and fun! As we all settle in and get to know each other, we can learn about all the great and wonderful families and some different places that families might come from. Finally, it is still water bottle season. Also, please remember that lunches go in our fridge upon arrival each morning. Lastly, nap stuff goes home each week for laundering.

Julie & Shelly



Yellow Room

As we say farewell to summer schedules and summer days in the Yellow Room, we are gearing up to welcome new friends to the class. We send big warm greetings to Daniel, Ethan, Liam, Roxanna, Virgil and Wes. We are excited to get to know you all through playing, exploring, learning and growing together! The first few weeks of September will be getting to know you days. Learning the routines and schedules and enjoying as much outside time as possible. Please make sure your child has a water bottle daily and seasonal clothing stocked up in their clothing bin that is kept in the Yellow Room bathroom. Our weekly music class with music teacher Marcia, will be on Tuesdays at 11:15am. If your child does not attend that day you are welcome to join us for the half hour class as long as an adult is present. We look forward to an exciting and wonderful school year ahead!

Jodie & Mia



Blue Room

This month brought a lot of changes to the Blue Room. One being, we are now a Nut free room! This includes anything with nuts, not just peanut butter and peanuts, please be sure to double check lunches as this is a severe allergy! We would like to say goodbye and good luck to Sage, Bailey, Weston, Miriam, Maeve, Nash, and Malcolm, as they leave for kindergarten, also Asa and Archer, who left last month. We will surely miss you all, as individuals! We have enjoyed time with our new Blue Roomers, Violet, Milo and Jacob, and would like to welcome Hunter, Margaret, Everett, Evie, and Sofia, who will soon be joining us from Orange and Red! We have been enjoying a lot of time outside in the warm sun and will be doing some more water play before the warm weather slips away from us! Please remember to provide a water bottle for your child every day or bring one for the week. Children should also have a couple changes of clothes here! Thank you!

Olivia



AfterSchool

Our K-1 after school year got off to a great start on a hot summer day. We look forward to sharing afternoons of playing and relaxing, making things and enjoying stories, and building friendships. Parents and kids, please share concerns or ideas any time! - Mary

Hello Everyone in AfterSchool 2- 6,

This is a very exciting time of year! Children are going back to school, adjusting to new schedules and coming back to After School. Both Kate and I are very excited to be heading up the program this year. I would like to thank everyone for being so kind and welcoming me to Norwich and to After School. We have only completed a few days, but I have already see lots of creativity in the art room and tons of fun with board games and Legos in the main room. I cannot wait to hear about what your children loved to do in past years and add new ideas to make this a fun and exciting program! - Bill

Child Care Center Calendar

2018-2019

Labor Day Monday, September 3rd – Center is closed

Thanksgiving Thursday, November 22nd & Friday, November 23rd - Center is close

Holiday Season. Monday, December 24th and Tuesday, December 25th - Center is closed
Tuesday, January 1st - Center is closed

Martin Luther King Day/Staff Work Day

Monday January 21st - Center is closed to children so that staff can work in classrooms

Memorial Day Monday, May 27th - Center is closed

Field Day Friday, May 31st @ 3:30 pm

Staff Work Day

Thursday, June 20th, Center closes at 12:30 so that staff can work in classrooms

Friday, June 21st - Center is closed to children so that staff can work in classrooms

Independence Day Thursday, July 4th - Center is closed

The Center is open on a regular schedule on the following holidays: Columbus Day, Veterans' Day and President's Day.

In the event of inclement weather, check our website, www.childcarenorwich.org, our Facebook page or radio or TV websites for a delayed opening or snow closing announcement. It will be announced as "The Child Care Center in Norwich". An email message will also be sent out.

If Marion Cross School is closed for weather, the afterschool program will not run.

Act 166 program hours are 7:30 – 12:30 M – F. Based on availability, families may choose to spread their 10 hours over two or three days/week. The Act 166 funding will be in place for the 35 weeks that Marion Cross is in session.