



Easterseals Newsletter

Notes from the Director

February 2023

Dear Families,

Thank you families for welcoming me back to Easterseals over this last month, I greatly appreciate your smiles and conversations! Hopefully, spring will be right around the corner (if the groundhog doesn't see his shadow). The winter season is a very busy one for our staff. We successfully completed our STAR 4 license inspection and are waiting for our renewal approval this month. During this month, we will have our annual state inspection to maintain our child care license; the inspector looks thoroughly at our building/classrooms to check that there are no safety issues and he ensures that the children are adequately supervised. Our inspector also reviews student files to ensure all paperwork is in order (thank you all for making sure to turn in your health forms and other paperwork!) and he reviews our staff files to make sure staff have their clearances and have attended the trainings. The yearly inspection is a rigorous process that I am eager to complete! I am very so proud of the center and staff for working so hard to make sure we are meeting the expectations each and everyday in our program. Please help us with our safety checks by not sending in medication, Chapstick, food, etc. in your child's backpack. If you need to send in any medication, lotion or Chapstick, please give this directly to the teacher.

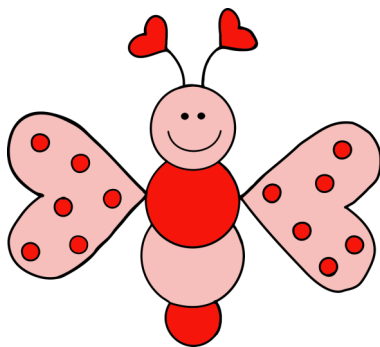
During this month we will be learning about different emotions, families and friendships. February is also dental awareness month, so we will be talking about how to keep our teeth healthy.

Classrooms will be celebrating Valentines this month and we welcome your child to bring in their own valentines to share with all of their classmates. We also invite parents and caregivers to attend Valentine's Day celebrations in the classrooms on February 14.

Marianna Hoagie orders are due by Monday, February 6. Orders will be delivered here by the afternoon on February 16.

Just a reminder that we are closed on Monday, February 20.

-Miss Carly



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Early Learning Standards



Family Bulletin Board by Miss Carolyn

Giraffes:

- ♥ 16.1 I.A Demonstrate an emotional response to the environment
- ♥ AL. 1 I.A Use the senses as a primary means to explore and learn about the environment

Hippos:

- ♥ 16.1 YT.A Use body to demonstrate emotions
- ♥ 3.2 YT.A.1 Use senses to explore

Lion Cubs:

- ♥ 16.3 OT.C Demonstrate empathy and compassion for others
- ♥ 10.1 OT.B Identify and locate basic body parts

Elephants:

- ♥ AL.1 PK.A Explore and ask questions to seek meaningful information about a growing range of topics, ideas, and tasks
- ♥ 16.1PK.A Distinguish between emotions and identify socially accepted ways to express them

Zebras:

- ♥ 16.1 PK.A Distinguish between emotions and identify socially accepted ways to express them
- ♥ 16.2 PK.C Engage in reciprocal communication with adults and peers

Words matter to children in language acquisition and the words we use to describe our children. Children absorb language by just being in the presence of adults and other children who are speaking. It is really amazing if you think about it. We don't sit down with our children and say, "I am speaking these words together- I want ice cream- because it is a sentence and we use it to get what we want." They just learn by listening. Children learn best from actual person-to-person interaction rather than from screens. So, my advice is to talk constantly to children, narrate your day, and don't dumb down your language. When you are cooking, talk about the steps, the ingredients and what you are doing. We call this a language rich environment.

When we use words to describe our children, make sure you are using positive adjectives and not categorizing them or to labeling them. Children are constantly changing and growing and can have shy moments one second and outgoing moments the next. If our child has a medical condition or a diagnosis, we want to make sure that we say, "my child has Autism" not my child is Autistic. We wouldn't say "Bill is cancer" as an adult. We would say "Bill has cancer." The words we use matter and we have the power to positively influence our children every time we speak!

Vocabulary

- | | | |
|------------|-------------|------------------|
| * Emotions | * See | * Listening ears |
| * Smell | * Calm body | * Valentine |
| * Taste | * Breathe | * Friends |
| * Feel | * hear | * Love |



Family Appreciation

- Thank you to the Cozad family for their donation of toys and books!
- Thank you Kreiser family for their donation of paper towels!
- Thank you McNeil family for their donation of Clothes and Bibs!



Volunteer Opportunities/Donations

Check out our Amazon Wish List!

<https://a.co/6yjF3Eq>

In addition to our Wish List we are also looking for donation of:

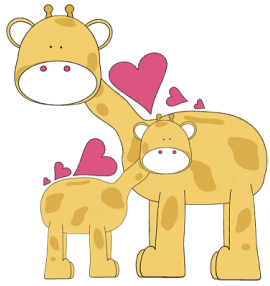
- * Valentine's Crafts
- * Boogie wipes and tissues
- * Emotion/Feeling books
- * 5 senses activities (science)

Upcoming Events and Fundraisers

- **Marianna's Fundraiser!** Marianna's orders are due to the front office by 2/6. Orders will arrive on 2/16. Please feel free to bring coolers in the morning to help keep your food cold.
- **URBN Fundraiser!** Join us Saturday or Sunday February 25/26 at URBN Flavourhaus in Bellefonte. Present our flyer and a portion of all proceeds will be donated to Easterseals Child Development Center! Flyers to come out later this month

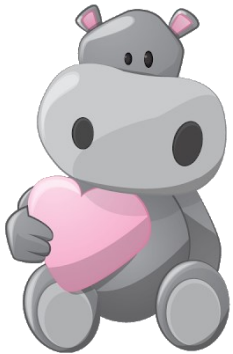


The Giraffe Giggler



Giraffes love February! This month we talking about emotions and the 5 senses. Learning emotions is a sweet treat all on its own. We will be learning about happy, sad, mad and so on. Then comes the senses we will be exploring all month long about sight, sound, smell, touch, and taste. We are EXCITED to SEE where this month goes!

Hippo Happenings



The hippos are looking forward to exploring our senses and feelings this month! Through kindness projects, fine motor activities, circle activities and art projects we will enjoy a fun month! Please join us for our Valentine's party on Tuesday, February 14 at 10:00! The hippos continue to work on communicating through words and sign language and are doing very well! Our intern Miss Maddie has been a great addition to our class! The hippos love her. 😊

Please reach out if you have any questions or concerns!

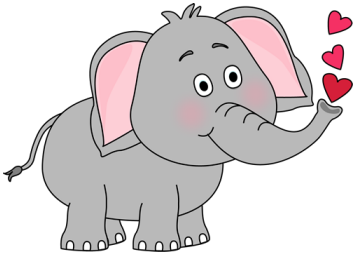
Miss Cheryl and Miss Olivia and Miss Maddie

Lion Cub Ledger

Happy February Lion Cubs! This month we are going to be learning all about our feelings and our 5 senses! We will start the month by learning what each of the 5 senses are and do fun activities to try and use those senses. We will also learn about our different emotions and try to make connections between our choices and emotions. This month we will also celebrate Valentine's Day. We invited friends to bring in Valentine's for their friends, we will send home a class list at the beginning of the month.



Elephant Express



This month we are going to dive deep into our emotions and senses! In the Elephant classroom we strive to spread kindness and encourage our students that they are allowed to feel what they're feeling. We are going to talk about the big emotions that we have and the safe and right way to express those feelings. We are going to learn some great ways to express these feelings using the Little Spot books and learning some sign language for these emotions too! We are also going to learn about our 5 senses by doing some really fun learning activities and experiences. We are planning on having a valentine's day party, so look for some more information to come!

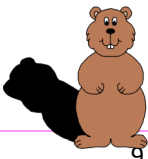



Zippy Zebra News

This month, we are working on feelings/emotions and our five sense! We will work on expressing feelings appropriately and spreading kindness in our classroom! We have started a Kindness Caldron that we are working to fill to earn special prizes for the rest of our Zebra Year. We will learn about our senses and how we use them everyday! Our Valentine's Party will be held on Tuesday, February 14th at 10am, please stop by to join us if you can! You will have get a list of first names for Valentine's cards and sign up genius link for our Valentines Day Party needs. Happy Valentine's Day!!



February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Groundhog Day! 	3	4
5	6 Marianna's Fundraiser Orders Due Today!	7	8 NON-IU	9 NON-IU	10 NON-IU	11
12	13	14 	15	16 Marianna's Fundraiser Delivery Date!	17	18
19	20 CLOSED	21	22	23	24	25 URBN Fundraiser
26 URBN Fundraiser	27	28				

Over the next few weeks, I will be completing our United Way application for the upcoming fiscal year so that Easter Seals can request some of these United Way funds. This money stays in Centre County and goes directly to benefit your child's program at the Child Development Center. As part of the application process, in early spring representatives from the Centre County United Way will visit our center to learn more about what we do. During their tour and presentation, we like to highlight feedback from families—if you have feedback/a quote that I can share in our presentation, I'd love to hear from you! ~ Miss Carly

Centre County
United Way

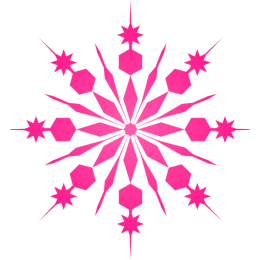


MEALS: Breakfast & Snack

Since we partner with the Food Bank and their inventory fluctuates, it varies what we have to provide for meals. From now on we will be giving a list of foods that will be available for breakfast and snack instead of specific menus.

BREAKFAST ITEMS INCLUDE:

- GRANOLA BARS
- CEREAL
- FRESH FRUIT
- APPLESAUCE
- YOGURT
- MUFFINS
- TOAST
- BAGELS
- OATMEAL



SNACK ITEMS INCLUDE:

- ♣ FRESH FRUIT
- ♣ VEGGIE CHIPS
- ♣ CRACKERS
- ♣ VEGGIES
- ♣ CHEESE STICKS
- ♣ GRAHAM CRACKERS
- ♣ GOLDFISH
- ♣ ANIMAL CRACKERS
- ♣ PRETZELS
- ♣ POPCORN (AGES OVER 2)
- ♣ PIZZA BITES



February 2023 Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Cheesy Rigatoni Green Beans Sliced Apples Milk	2 Chicken Taquitos Mixed Vegetables Pineapple Pieces Milk	3 Pizza Green Beans Clementines Milk	4
5	6 Pancakes Green Beans Peaches Milk	7 Meatball Sub Buttered Corn Pears Milk	8 Chicken Noodle Cas- serole Carrots Fruit Cocktail Milk	9 Beef Stroganoff Mixed Vegetables Applesauce Milk	10 Pizza Mixed Vegetables Blueberries Milk	11
12	13 Chicken Fries Sweet Corn Pineapple Pieces Milk	14 Pasta Primavera Applesauce Milk	15 Au Gratin Potatoes Green Beans Peaches Milk	16 Taco Casserole Mixed Vegetables Fruit Cocktail Milk	17 Pizza Sweet Peas Mixed Fruit Milk	18
19	20 CLOSED	21 Turkey Roll Ups Sweet Corn Peaches Milk	22 Chicken BBQ Cooked Carrots Fruit Cocktail Milk	23 Cheesy Broccoli Rice w/ Chicken Pears Milk	24 Pizza Corn Applesauce Milk	25
26	27 Stuffed Shells Sweet Corn Pineapple Pieces Milk	28 Swedish Turkey Meatballs w/ noodles Cooked Carrots Applesauce Milk				

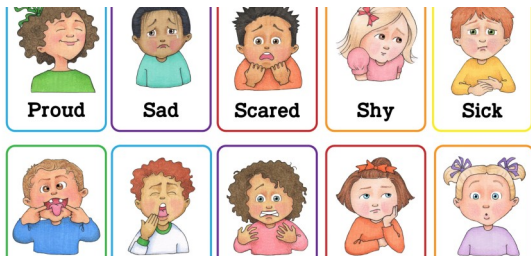
Healthy Habits

Here's a Heart Healthy (and very tasty) recipe to try this month:

Chocolate Sweetheart Parfaits

Mix yogurt (Greek yogurt is heart-healthiest), cocoa, and berries together.
Add chocolate shavings (dark chocolate to be super healthy!) to the top and
enjoy!





Positive Behavior Intervention and Supports (PBIS) Information

Staff Appreciation

- ♥ Thank you to Miss Edna for cleaning our Teacher room!
- ♥ Thank you Miss Olivia P, Miss Kristen, and Miss Maddie our interns for jumping right into the classrooms and being so helpful!
- ♥ Thank you Miss Shannon for always helping where needed!
- ♥ Thank you Miss Kaylee for always helping in Lobby!

This month as we dive deeper into emotions, we will be using a lot of resources from PBIS.

One resource the classrooms use that you can use at home are the set of books called “A Spot of Emotions” by Diane Alber.

These books help children identify different emotions they may be feeling that are hard to describe out loud.



Staffing Source --February

The following staff will be off or at trainings during the month of February:

- Feb. 7: Miss Anna (Giraffe) will be OFF
- Feb. 10: Miss Cheryl (Hippo) will be OFF
- Feb. 17-April: Miss Edna (Lion Cubs) will be OFF intermittently
- Feb. 22: Miss Amber (Elephants) will be OFF

