



**JOYFUL CARE**  
CHILDREN'S CENTER  
WHERE EVERY CHILD FITS IN

## November Newsletter 2018

### Dates to Remember

**November 9, 2018:**

R.S.V.P. Deadline for Thanksgiving Luncheon

**November 12, 2018:**

School Make-Up Day (We are open)

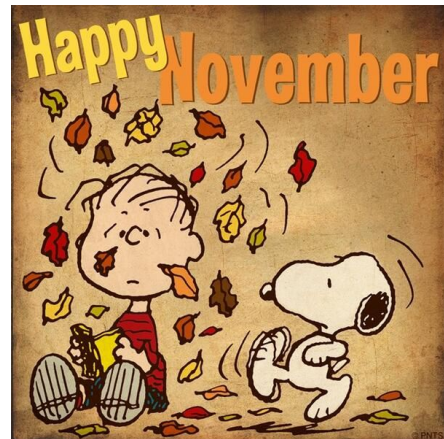
**November 16, 2018:**

Thanksgiving Luncheon

Time: 11am

Cost: \$5.00/adult early bird

\$10.00/adult after registration deadline



**November 22-23, 2018:**

Center Closed for Thanksgiving Holiday

**Note:**

Please remember to update your contact information with the front office. In addition, don't forget to turn in your child(ren) updated Physicals and Shot Records if you have been asked to. Physicals are due annually. We ask that everytime your child(ren) get shots that you bring in an updated shot record.

### Thank You Notes



### Special Offer

Getting your kids to write thank you notes can be a daunting task. It seems like writing them is becoming a lost art.

Gratefulness is a good quality to cultivate in your child. Studies show grateful kids tend to do better in school, are less materialistic, less depressed, and less envious of others. Their relationships are also much stronger and more supportive. Explain to your children that the “gift giver” would be delighted to know that their gift was enjoyed and appreciated. Writing thank you notes doesn’t have to be a chore! Here are a few tips and ideas to make the process easier:

Gather markers, pens, blank cards, envelopes, postage, return address stamps, and stickers.

Settle in with supplies and snacks and write several at a time after special occasions like Christmas or Birthdays.

Show them how to use your address book or contact list on your phone, and help them address envelopes correctly.

Teach kids to express their gratitude sincerely. For instance, if they’re not crazy about the sweater Aunt Lucy sent them, they could honestly say, The sweater must have taken you a long time to knit. It feels so soft,

In appreciation of your trust and confidence, we are excited to share our Parent Referral Program. You will receive a \$100 tuition credit forever new enrollment because of your referral. Each time a child is enrolled in our program because of your recommendation to other parents you will receive a \$100 tuition credit. To claim your special offer please pick up our Parent Referral Form.

## Mom Time



Laundry seems like a never ending chore, there’s always something to fold. If you’re looking for some help with household chores, put your kids to work. Matching up socks is something most preschoolers can do. If you ask sincerely, most kids are willing to help. Once they conquer matching socks, they can move on to folding small things like washcloths and kitchen towels. When they are a little older they can start folding their own clothes or make laundry stacks for each family member. Be sure to praise their efforts and thank them for their help. Getting your kids

and you remembered my favorite color is red! Thank you very much.

For kids that are too young to write, there are “fill in the blanks” thank you cards available on line. You could also make your own fill in the blanks version and use your home printer to make copies.

For children who have trouble constructing sentences, or are too young to write, have them dictate what they want to say while you write it down.

Take a photo of your child wearing or using the gift. The photo can be used as the front of the card. A picture truly is worth a thousand words, and any gift giver would be delighted to receive this personalized card !

“Thank yous” don’t have to be reserved for tangible gifts. Thanking Grandma for a fun day in the kitchen making cookies, fosters appreciation for special times spent together with family and friends.

Random “thank yous” make the best surprises ! Your child can send a Summer time note with a picture of him riding the bike he got for Christmas from Grandma & Grandpa. they will be delighted to see him enjoying his gift !

## Kids Sports Safety

involved in chores helps them to see how families help each other. It's also a great time for quiet conversations with your favorite little helpers.

## Science at Home



## Recycled Paper

There really is no better way to teach children the importance, and fun of recycling better than making your very own paper! You can take this opportunity to teach your child about deforestation and why we should do our best to save the environment . After your paper is completely finished you could help your child write a letter to their grandparents about this fun project! This project is messy, fun, and very rewarding!

### You Will Need:

Window Screen. A sliding window screen is economical and reusable.

Two Plastic Wash Tubs

Washcloth/rag/burp cloth/large piece of felt

Water



The

social, emotional, and physical benefits of sports for kids are undeniable, but no one wants to see their kids sidelined due to sports injuries. Here are some safety tips if your kids are involved in sports:

Make sure your child has a pre-participation physical exam including all pertinent medical history.

Meet with coach beforehand to share your contact info, doctor's phone number, allergy info, and any special conditions such as asthma that the coach should know about.

Make sure your child is well hydrated. Kids should drink water 30 minutes before a game or practice and every 15 to 20 minutes through out the activity. The coach should call mandatory drink breaks.

Make sure kids are wearing appropriate sports gear such as safety helmets, mouth guards, face guards, shin guards, knee and shoulder pads, spiked shoes, skates and gloves and safety glasses.

Kids should do some light jogging and a few minutes of stretching

Torn paper from newspaper, tissue paper, magazines, etc. Be sure that it's staple and tape-free  
Blender

### Method:

In a plastic tub, fill halfway with water, shred the paper up into little pieces (roughly 2" square)

Add paper to the blender, cover it with water, and run the blender on a low speed. Since you'll squeeze all the water out of the paper pulp, you can't really have too much water, so if the blender doesn't move easily, add more water.

Run the blender a little bit faster until you get the paper mixture into a nice, smooth pulp. Add more water if your pulp is still chunky.

Spread the pulp in a thin and uniform layer across the screen.

Cover this with a rag or cloth diaper to absorb the extra water, while also pushing the water through the screen into the tub.

Place one hand firmly on top of the cloth and then flip the screen over onto a work surface, you can use a rolling pin to flatten out the paper even thinner.

Remove the screen and put the cloth plus paper pulp in a spot where it could dry, undisturbed, for about a day. The thicker the

before each practice or game.

paper, the longer it will take to dry.

Check to make sure the coach is certified in CPR and first aid and knows the symptoms of concussions. Ask if he / she has attended the Safe Kids Sports Safety Clinic.

Ask if first aid kit or AED (defibrillator) is on hand at all games and practices.

Ask what emergency measures are in place in case of a serious injury, for example calling paramedics or transportation to the hospital.

The coach should rest all players alternately throughout the game.

Encourage your child to report any pain or injury immediately to the coach.

Kids should have 1 to 2 days off of sports practice per week.

Kids should take occasional breaks from sports to prevent over use injuries.

## Farwell

Mrs. Valerie Cruz  
(Preschool Lead Teacher)

Mrs. Valerie has left to finish her thesis in the Philippines for her Master's Degree. She is due to return December 3, 2018. We will miss her dearly.



---

### Children Birthdays

Emma Tercero:  
November 3rd

Ayla Weeks:  
November 12th

### Staff Birthdays

Ms. Ariannah Diggs:

November 23rd



**Joyful Care Children's Center**  
*Where Every Child Fits In!*

(757) 865-4035  
2 Kyle Street  
Hampton, VA 23666



[Curriculum](#) [Programs](#) [Virginia Quality](#) [Parents Corner](#) [Events and Updates](#)

