



Parent Pages



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Healthy New Year's Resolutions for Kids

The following New Year tips are from the American Academy of Pediatrics (AAP). Please feel free to use them in any print or broadcast story, with appropriate attribution of source.

Preschoolers

- I will clean up my toys and put them where they belong.
- I will brush my teeth twice a day, and wash my hands after going to the bathroom and before eating. I won't tease dogs or other pets – even friendly ones.
- I will avoid being bitten by keeping my fingers and face away from their mouths.
- I will talk with my parent or a trusted adult when I need help, or are scared.
- I will be nice to other kids who need a friend or look sad or lonely.

Kids, 5 to 12 years' old

- I will drink reduced-fat milk and water every day, and drink soda and fruit drinks only at special times.
- I will put on sunscreen before I go outdoors on bright, sunny days. I will try to stay in the shade whenever possible and wear a hat and sunglasses, especially when I'm playing sports.
- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!
- I will always wear a helmet when riding a bike.
- I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- I'll be friendly to kids who may have a hard time making friends by asking them to join activities such as sports or games.
- I will never encourage or even watch bullying, and will join with others in telling bullies to stop.
- I'll never give out private information such as my name, home address, school name or telephone number on the Internet. Also, I'll never send a picture of myself to someone I chat with on the computer without asking my parent if it is okay.
- I will try to talk with my parent or a trusted adult when I have a problem or feel stressed.
- I promise to follow our household rules for videogames and internet use.

- See more at: <http://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Healthy-New-Year-Resolutions-for-Kids.aspx#sthash.VnmCKx9F.dpuf>

Advice for a Smooth Transition Back into the Classroom

The following are a few suggestions for parents to help make the transition back to regular child care just a little easier for children. After the hectic holiday season, with all its excitement and the changes from daily routine, returning young children to child care settings is just like starting all over again. So, for the sake of family harmony and less stress to all concerned:

Take it slow. Get up a bit earlier the first few days and avoid rushing.

Be patient. There will be whining and crying in the classroom. Children will quite often be clingier and reluctant to return to routine. Help the teacher by reminding children that you love them and will be back for them just as soon as you possibly can. Keep your word to them and do just that. Make your exit loving but brief.

Make sure you remember to send the bedding, pillows and sleepy-time stuffed toy with them. This is especially important after them not being in child care for a time. It will give them a sense of continuity and security.

Greet the teacher with enthusiasm and affection. Show your respect and children will do the same. Hang up your child's belongings in the appropriate place, or better yet, have your child take charge of their own possessions. Alert the teacher to new blankets or backpacks, so they recognize them when nap- and home-time come. Remind your children of the classroom and safety rules.

Be on time. It's the teacher's return to routine, too, and it's no easier for them than it is for you. They may also have their own children who are pulling their strings with going back to school.

Keep the routine after school as stable as possible and make bedtime as early as you can for your child. This will help make the transition easier and will make sure your child is well rested and in a good frame of mind the next day. You may want to consider doing the same yourself.

Sunbeam Clipboard

January 2018

Celebrating 38 Years

- 3rd - Center reopens from Holiday
- 12th - Book Order Due (Online Activation Code is GTDNN)
 - Marion County Schools Early Release
- 15th - **Center Closed (Martin Luther King Jr. Holiday)**
- 18th - Marion County Schools Early Release

Sunbeam History Time Line:

1980- Sunbeam Nursery School named after the song, "Jesus wants me for a Sunbeam."

1986- Sunbeam Child Care Center-Sunbeam expanded into a fully licensed child care center.

2012- Sunbeam Early Learning Center: www.sunbeamearlylearningcenter.com

As we have evolved through the years with the quality of our programs and the expertise of our staff our name needs to signify that growth. We are an early learning center that offers many diverse programs to the children and families in our community.

2016- We earned our re-accreditation from the National Association for the Education of Young Children (NAEYC) once again. We have been nationally accredited since 1998!

2018- Celebrating 38 years of service.

****Snow Days:** The center is OPEN ON ALL UNSCHEDULED HOLIDAYS. This includes any day Marion County Schools are called off or delayed because of the weather. We offer a variety of activities for all aged children to do on those days.

UNDER VERY EXTREME WEATHER CONDITIONS CHECK WITH THE CENTER BEFORE COMING. (Extreme conditions would be a blizzard or massive electrical outage)

We will post any closings on our Facebook account, so please log on and "like" us!

Scholastic Book Club: The Scholastic Book Order is available at the front desk. Ordering books from Scholastic's is a wonderful way to add educational books to your child's library. Go to <http://www.scholastic.com/parents/>. Then click on Book Clubs and follow the online directions. Sunbeam's Activation Code is GTDNN. Books will be delivered to Sunbeam. The orders are **due by Friday, January 12, 2018.**

Worth Quoting- "Play is the highest form of research." -Albert Einstein

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