



CHESTERBROOK

BULLETIN BOARD

279 Egg Harbor Road Sewell, New Jersey 08080

OCTOBER 2015

Dear Chesterbrook Parents,

The month of September flew by and the school year is off to a great success. By now, everyone has settled into their new classrooms and everything is running smoothly.

October is going to be a busy month. We have a lot planned and we are super excited to celebrate one of our favorite holidays... Halloween!! Here are a few reminders for the month of October.

- The Kindergarten and the PreK class will be going to Johnson's Farm on Thursday, October 15th. There, they will get to go on a hayride through a corn field maze and each get to pick out a pumpkin of their choice . Please pack a peanut free bagged lunch.
- Friday, October 2nd is the last day to turn in any orders for the SchoolKidz Fundraiser.
- The week of October 19th, Stacy will be away for a Principal's Conference. Any questions or concerns, please contact Maggie in Stacy's absence.
- Friday, October 30th will be our Halloween Party and Parade. At 3:30pm that day, each classroom will get an opportunity to show off their Halloween costume in our school parade, so please send in your child's costume that morning. We encourage all parents and family members to attend to see the parade. Please look on your child's classroom door for information and a party signup sheet.
- We have an ACH program that allows us to automatically withdrawal the tuition from your account every Monday night. If you would like to take advantage of this, please ask for the form.
- Please remember to sign your child in and out for every drop-off and pick-up. The book is located on the front desk and is labeled with each classroom name.
- For security purposes, please do not share the code to the front door with anyone other than the people named on your child's Authorized Pick Up List.
- Tuition is due every Friday for the following week. A mandatory \$25 fee, per our corporate office, will be charged if payment is not given by Tuesday mornings. No exceptions.

- You must give us four weeks' notice in writing prior to withdrawing your child from the School. If four weeks' notice is not given, please understand that you will be held responsible for four weeks' tuition.
- You must also give us two weeks' notice prior to changing your child's attendance schedule.
- In the state of New Jersey it is mandatory for children between the ages of 5 months to 5 years of age to receive the Flu vaccine. If you have not already done so, please provide the proper documentation that states that your child did receive the flu vaccine by Tuesday, December 1 st . Failure to do so may result in disenrollment.
- Please be sure that your child has an extra pair of weather appropriate clothes in their cubby. Also, make sure **EVERYTHING** (including clothes) is labeled with your child's first and last name.

We hope to see all our families at the Halloween Parade!

Maggie & Stacy



Inside this issue...

Fire Safety Tips

Infants

Hello, October! This month will consist of many fun Halloween projects. On October 30th, we will be dressing up in our costumes for our Halloween parade. Please come join us! Also, now that colder weather is approaching we encourage you to bring in a sleep sack for your child.

Toddler A

Welcome fall! This month we will begin our Color and Shape of the Month. Orange will be our color of the month and a circle will be our shape of the month. The skill we will be exploring is self-awareness of others. Every Wednesday will be book day! Looking forward to a busy month.

Toddler B

This month we start our Color of the Month (orange). The children are doing really well with sign language. Please continue to practice at home. Some of the LTL skills we'll explore this month will be counting 1-5 and 1-10. Puzzles, finger painting, and throwing a ball will be other skills we'll explore.

Beginner A

Welcome to October in Beginner A! This month we will learn new Spanish vocabulary such as "rojo" (red), "azul" (blue), "el mismo" (same) and "diferente" (different)! We will also focus on self-help skills. Our back to school night will be 10/6 @ 5:30. We hope you all can attend. The Halloween parade will be 10/30, Friday. Lastly, please check your child's cubby for weather appropriate clothing as the weather gets cooler. We look forward to a fun and spooky October! As always it is a pleasure teaching your children.

Beginner B

Welcome to October in Beginner B! The children are all settled into the room and know our classroom routines! This month the children will learn their new Spanish words like "rojo" (red) and "azul" (blue).

For Spanish this month the children will work on shapes and describing how they are the same and different. Fall is finally here and the children will explore our fall changes for a science project. The children will explore the size, shape and texture of leaves! This month we will celebrate a lot of birthdays! Happy birthday to Brody,

Matt, Gavin, Emily and Miss Brianna! We will also celebrate Halloween by having our Halloween parade on the 30th!

Intermediates

The first month of school has flown by. The children are feeling comfortable and doing a great job. For the month of October the children will be discussing Fire Prevention, Community Helpers, Pumpkins and the Holidays. In Math we will begin recognizing all letters and letter sounds, numbers, shapes and colors. We will be focusing on graphing. We will be working a lot with social-emotion skills as a class. We will be doing a lot of fall projects and working on communication skills. We will introduce October Spanish. The children will have a fun filled October with lots to look forward too.

PreK

We have had such a great start to the school year. September was full of fun and meeting new friends. October will be just as exciting. On October 15th, we will be going to Johnson's Corner Farm, more information will be given out at Back to School Night which will be held on Tuesday, October 6th. Also, in October we will have a Halloween Party and fun day. We are excited to see all of the children's costumes. We will continue having show and share on Fridays, look for Parent Share emails regarding the theme for each week. October will be a very busy month, however it will also be a very fun and exciting month! We are excited to watch your children continue to grow and succeed in PreK!

Kindergarten

We have had a great start to the school year! Our field trip to Johnson's Farm is on Thursday, Oct 15th-Please fill out your child's permission slip and send in the payment as soon as possible. I am looking forward to a great school year in Kindergarten!

Calendar of Events

10/2- Last day for School Kidz Fundraiser.

10/15- Kindergarten and Pre-K field trip to Johnson's Farm.

10/30- Halloween Parade will begin at 3:30 PM on our large playground in the back of school. Please send your child's costume in with them that morning. Parents can start arriving at 3:00.

UPCOMING EVENTS

11/7- Book Fair Family Day 10 am – 1 pm

11/11- Off for Veteran's Day (Professional Development Day for Teachers)

11/17-11/21- Scholastic Book Fair Week

11/26- Closed- Thanksgiving

Congratulations Teacher of the Month October 2015 Sharon Hall

Sharon Hall has been the Toddler B teacher for over 25 years now and has her Associate's Degree in Elementary Education. Sharon is known as our "Toddler Whisperer" because she is always able to communicate with her school children. Sharon is always thinking of new activities to get her toddlers excited to learn and participate.

Sharon is loved by her students- current and past, co-workers, family and everyone who is around her. We are very lucky to have you Sharon.... CONGRATULATIONS!

Don't forget to visit our website for the lunch menu, special event dates, reminders and so much more...

sewell.chesterbrookacademy.com



Your Child's Health...

Kid Nutrition: Quick Tips for Parents

Want your kids to grow up strong and healthy? These 5 super-nutrients will give them a great head start.

By Kathleen M. Zelman, MPH, RD, LD
WebMD Feature

Nutrition isn't kids' stuff. Good nutrition can help your kids fend off common illnesses and develop strong, healthy bodies. Include foods with these key nutrients every day so your children learn to enjoy the taste of eating right. And don't forget to help them exercise and get a good night's rest.

Calcium

Calcium is the super nutrient that helps make strong bones and teeth. It's most important during the growing years when bones are building. The best sources of calcium come from the cow.

1. Start your child's day with a bowl of cold or hot whole-grain cereal topped with skim or low-fat milk and sliced fresh fruit.
2. Serve low-fat yogurt, smoothies, or cheese after school and between meals for a nourishing snack.
3. Calcium-fortified juices and cereals are fine alternatives to help meet your child's daily requirement.

Snack idea. Boost your kids' calcium intake by blending low-fat chocolate milk, a banana, and ice into a delicious smoothie for a quick meal, dessert, or snack.

Fiber

Kids need fiber, too. Grandma called it roughage and everyone, kids included, needs plenty of it each day. Get your kids used to the delicious taste of fibrous foods.

1. A bowl full of high-fiber cereal is a great start to meeting your child's daily needs. Read food labels to find whole-grain cereals that provide 3 or more grams of fiber per serving. Usually, the more sugar in a cereal, the less fiber. Add sweetness to cereal with fresh, canned (unsweetened), or frozen fruit.
2. Have cut-up whole fruits and veggies on hand to help your child meet the recommended five-plus daily servings of fiber. Keep fruit juice to a minimum. Whole fruits and vegetables contain much more fiber and less sugar than most juices.
3. Beans are fun to eat and loaded with fiber and protein. Drain and rinse canned beans that you can toss into soups, stews, salads, scrambled eggs and omelets, and salsas.

Snack idea. Spread crunchy peanut butter onto celery sticks and top with raisins for a kid-favorite "ants on a log" snack.

Protein

Every cell in the body is made of protein, which makes this major nutrient essential for healthy growth and development. Protein is in animal products, such as dairy, eggs, seafood, and meats. In somewhat lesser amounts, it is also in beans,

nuts, vegetables, and grains. Boost your kids' nutrition with these protein-rich food ideas.

1. Even finicky kids love eggs. French toast, scrambled eggs, pancakes, and omelets are kid-pleasing dishes that contain plenty of protein, iron, and other important nutrients.
2. Branch out from fish sticks and try salmon dishes that kids will enjoy. Top salmon or other fish fillets with salsa or teriyaki sauce to give your child lean protein along with heart-healthy omega-3 fatty acids.
3. Add nuts to cereals, yogurts, or vegetables for added protein, fiber, and healthy fats.

Snack idea. Trail mix is a great portable snack that is also easy to prepare. Throw together a mix of dried fruits such as raisins, bananas, apples, or dried cranberries, nuts (soy nuts or peanuts), and high-fiber cereal.

Antioxidant Super-Foods

Antioxidants help defend the body against harmful substances that can damage the body's cells. Power up your child's diet with foods rich in antioxidants, such as almonds, berries, citrus, carrots, spinach, tomatoes, and bell peppers.

1. Bring orange wedges or 100% citrus juice, fruit, and nut granola bars to the next sports practice for a refreshing and energizing treat.
2. Pack school lunches with baby carrots, grape tomatoes, and red bell pepper slices for a fiber- and antioxidant-rich lunch or snack.
3. Add plenty of antioxidant-rich tomatoes or tomato sauce to pizza, spaghetti, meatloaf, soups, and stews.

Snack idea. Parfaits are beautiful to look at and fun to eat. Make one by layering low-fat yogurt, fresh or frozen blueberries, and toasted almonds into a tall glass.

Iron

Children's diets are often lacking in iron, an essential mineral that carries oxygen in the blood and helps keep kids energized. Boost the iron in your kids' diet with lean meats, eggs, fish, dark leafy greens, beans, dried fruits, and iron-fortified grains.

1. Pair eggs at breakfast with oranges or orange juice to boost the absorption of iron.
2. Serve spinach salads at mealtime, topped with strawberries, dried cranberries, and/or slivered almonds and light raspberry vinaigrette. This is a salad kids will devour.
3. When kids refuse a meal, offer iron-fortified cereal topped with low-fat milk or yogurt and fruit as a suitable meal substitute.

Snack idea. Wrap an iron-fortified whole-wheat tortilla with sliced turkey, low-fat string cheese, and dried cranberries for a healthy snack.

From the Education Department

Teaching Children Fire Safety

10 Home Fire Safety Tips

Every day Americans experience the tragedy of fire. Each year more than 3,500 Americans die in fires and approximately 18,300 are injured. One of the major leading causes of residential building fire deaths and injuries for children under age 10 is "playing with a heat source" which includes lighters and matches. Children under age 10 account for 93 percent of deaths and 38 percent of injuries where the cause of the residential building fire was due to "playing with a heat source".

The United States Fire Administration (USFA) encourages parents to teach children at an early age about the dangers of fire play in an effort to prevent child injuries, fire deaths and fire setting behavior in the future. Below are some facts about children and fire safety.

Curious Kids Set Fires

Children under five are curious about fire. Often what begins as a natural exploration of the unknown can lead to tragedy. Children age 14 and under make up 10-15% of all fire deaths. Fifty-two percent of all child fire deaths occur to those under age 5. These children are usually unable to escape from a fire independently.

At home, children usually play with fire in bedrooms, in closets and under beds. These are "secret" places where there are a lot of things that catch fire easily.

Too often, child fire setters are not given proper guidance and supervision by parents and teachers. Consequently, they repeat their fire setting behavior.

Practice Fire Safety in Your Home

Supervise young children closely. Do not leave them alone even for short periods of time.

Keep matches and lighters in a secured drawer or cabinet.

Have your children tell you when they find matches and lighters.

Check under beds and in closets for burned matches, evidence your child may be playing with fire.

Develop a home fire escape plan, practice it with your children and designate a meeting place outside.

Take the mystery out of fire play by teaching children that fire is a tool, not a toy.

Teach children the nature of fire. It is FAST, HOT, DARK and DEADLY!

Teach children not to hide from firefighters, but to get out quickly and call for help from another location.

Show children how to crawl low on the floor, below the smoke, to get out of the house and stay out in the case of fire.

Smoke Alarms – These are still a very important addition to your home. Smoke alarms are widely available and inexpensive. Install a smoke alarm on every level of your home and test it monthly.

Prevent Electrical Fires – Don't overload circuits or extension cords. Cords and wires should never be placed under rugs or in high traffic areas. Avoid loose electrical connections by checking the fit of the plug in the wall outlet. If the plug loosely fits, inspect the outlet right away. A poor connection between the plug and the outlet can cause overheating and can start a fire in minutes.

Keep Plugs Safe – Unplug all appliances when not in use. Follow the manufacturer's safety precautions and use your senses to spot any potential disasters. If a plug is overheating, smells strange, shorts out or sparks – the appliance should be shut off immediately, then replaced or repaired.

Alternate Heaters – Make sure there is ample space around any portable heating unit. Anything that could catch fire should be at least three feet away. Inspect your chimney annually and use fire screens to help keep any fires in the fireplace.

Fire Safety Sprinklers – When combined with working smoke alarms, home fire sprinklers greatly increase your chance of surviving a fire. Sprinklers are affordable and they can increase property value and lower insurance rates.

Create An Escape Route – Create and practice your escape plan with your family from every room in the house. Practice staying low to the floor and checking for hot doors using the back of your hand. It's just like a routine school fire drill – but in your home.

Position Appliances Carefully – Try to keep TV sets, kitchen and other appliances away from windows with curtains. If there is a wiring problem, curtains can spread a fire quickly. Additionally, keeping your appliances away from water sources (like rain coming in from windows) can help prevent wiring damage which can lead to a fire.

Clean Dryer Vents – Clothes dryers often start fires in residential areas. Clean the lint filter every time you start a load of clothes to dry or after the drying cycle is complete. Make sure your exhaust duct is made of metal tubing and not plastic or foil. Clean the exhaust duct with a good quality dryer vent brush to prevent blockage & check for lint build up behind the dryer at least twice a year.

Be Careful Around the Holidays – If you fill your home with lights during the holiday season, keep them away from anything that can easily catch fire. Check all of your lights prior to stringing them up and dispose of anything with frayed or exposed wires.

Conduct Regular Inspections – Check all of your electronic equipment and wiring at least once a month. Taking a little time to do this each month can really pay off.