

LEMAY CHILD AND FAMILY CENTER FAMILY NEWSLETTER OCTOBER 2011

Proud member of



United Way
of Greater St. Louis

UPCOMING EVENTS

Friday, October 14
Movie on the Lot
7:15 p.m.

October 17-21
Parent-Teacher
Conferences
5-7 p.m. Mon.-Thurs.
5 - 6 pm. Fri.

October 25—27
Parenting Class
6:00 to 8:00 p.m.

Saturday, October 29
Halloween Party
11:00 a.m. - 12:30 p.m.

November 4
Trivia Night
Maria Center
6:30 p.m.

November 12
Parent Café

November 16
Family Feast Potluck
6:15 p.m.

November 18
Picture Day

November 24 & 25
Center closed

November 30
Parent Meeting
6:00 p.m.

Mark Your Calendar: Fall Parent-Teacher Conferences

Parent-Teacher conferences provide a great opportunity for our teachers to partner with you in your child's early education. We encourage everyone to participate in the Fall parent-teacher conferences. Sign-up sheets will be posted in each classroom during the first week of October.

The conferences for infants, toddlers, and preschoolers include a review of your child's portfolio and a discussion of goals for the year. Because so many parents have expressed a desire for us to focus on children's social-emotional skills, we also use this time to assess this area of development with the child's parents or guardians. Conferences will also be available for parents of school-age children if you would like to talk about your child's experiences here at the Center.

Plan now to participate! Conferences will be offered on **Monday, October 17 through Thursday, October 20 from 5 to 7 p.m., and on Friday, October 21 from 5 to 6 p.m.** If you cannot find a time that works for you, please talk with your child's teacher to schedule an alternate date.



Don't Miss the Annual Halloween Party

Saturday October 29th, 11:00—12:30

The parade will start at 11:15 followed by Trunks of Treats!

Families are invited to participate in Trunks of Treats by decorating your car and distributing treats as children trick or treat in our parking lot. Bring your children in their costumes, because there will also be photo opportunities!

Children will also receive a treat bag and a free book!

We have two sign-up sheets in the front office: one for families who are planning to attend, and the second one is for families who will also be decorating their car and distributing candy.

Update on our renovation projects

We appreciate everyone's patience during our renovations this past summer. We have a few more projects coming over the next couple of months including construction and renovation in the school-age bathroom, some plumbing work in the Dream Catchers and Imagination Station bathrooms, additional soundproofing in the Discoverers room, and some roof repairs. These projects are being funded through a grant from the St. Louis County Community Reinvestment Fund.

Join us for Movie on the Lot

Friday, October 14
Movie time: 7:15 p.m.

Featuring the Disney Halloween movie "Spooky Buddies"

Bring your lawnchairs and blankets to watch a movie outside with other families from the Center. We will also be selling snacks and drinks. Please sign up if you are planning to attend.

This event will be canceled if it rains.

Welcome LCFC's Newest Staff Member!

Please join us in welcoming Amy McQuary to the staff at Lemay Child & Family Center. Amy will work part time as an assistant teacher in School-Age in the morning and with Imagination Station and School-Age on Monday and Wednesday afternoons. Amy has an Associate's Degree in Teaching. We are happy to have her!

"Nanny 911" Presents at LCFC

On Saturday, September 17, we hosted our bi-monthly Parent Café session, funded by the Daughters of Charity Foundation. We were thrilled to bring back parenting coach Mary Jo Corcoran to talk with parents about their questions, concerns and challenges in raising children. Parents who attended were treated to breakfast from the St. Louis Bread Company, and we provided childcare. Mary Jo, who is also known as St. Louis' "Nanny 911", discussed several common areas of concern including:

- The amount of control needed for kids and the amount of control needed by parents
- Sleeping routines
- How to teach children to be respectful and responsible

Mary Jo regularly appears on Channel 2 News and has been featured in the magazines Real Simple, Working Mother, and Rachel Ray .

Plan now to join us for the next Parent Café session, funded by the Children's Trust Fund of Missouri, on November 12. The topic and featured presenter will be announced soon!

Reserve your table today for our 8th annual Trivia Night

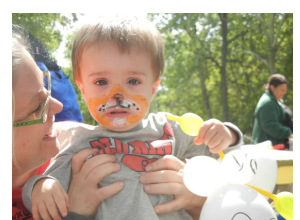
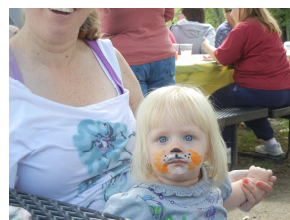
November 4, 2011 at the Maria Center

Doors open at 6:30 p.m.

**\$20 per person/\$160 per table of 8. Sign up at
the front desk or online at
www.lemaychildandfamily.org**

Families Enjoy Getting to Know Each Other at the Center's Picnic

Everyone had a great time at our annual family picnic on September 24 at Suson Park. The children enjoyed having their faces painted, and they were entertained by a balloon artist who created everything from bracelets and hats to spiders and penguins with balloons for the children. We lucked out on the weather and had a beautiful fall day for children to enjoy the playgrounds, farm animals and games. We offered information about nutrition and exercise, and everyone brought delicious food to share.



How Are We Doing? Upcoming Parent Survey Will Help Us Improve!

Each year in October we ask families to complete a customer satisfaction survey. It includes questions about our curriculum and activities; communication; and general environment. Parent feedback through this survey has led to several positive changes over the years.

In 2011, we have made the following improvements in response to last year's survey results:

- Continued offering of spring and fall Movie Nights and Parents Night Out.
- Increase in music as part of our curriculum.
- New partnership with Provident to provide counseling and therapy services on-site at the Center.
- Facility Improvements: safety and security, new floors, better lighting, new air conditioners, new perimeter fencing, and more!
- Addition of more materials to our Parent Resource Library

Your participation and feedback in our 2011 survey will help us identify our strengths as well as our areas of improvement. Surveys will be available on-line and in paper form beginning October 17 (the same day that Parent-Teacher conferences start). **Families who complete the survey by the October 28 completion deadline will receive a \$5 credit on their account.**

Survey results will be presented at the Parent Meeting on Tuesday, November 29.

Tina's Tidbits: Myths and Facts About Sugar

Are you convinced the reason for your son or daughter's rowdiness lies in a candy bar? You are not alone. Many of us have been taught that high-sugar foods like soft drinks, candy, cake and ice cream cause children to be "hyper." Scientific studies, however, show the exact opposite and conclude that sugar may have a slight calming effect.

Why then, do children act differently after too much Halloween candy or at a birthday party? It may be because of the situation. Attending a party or dressing up in a costume are not everyday events and are very exciting. This may cause your child to be more hyper. Some sweet foods such as chocolate also contain caffeine, which may change a child's behavior.

Even though sugar is not linked to specific behavior problems, you will want to limit the amount of high-sugar foods your child consumes for overall good health. Sugar can lead to tooth decay and cavities, obesity, and children who fill up on sugary foods may eat fewer healthy foods and miss out on essential nutrients.

With Halloween right around the corner, the Delta Dental Health Theatre is offering one way to limit how much sugar and candy your child eats. **On Saturday, November 5 from 9 a.m. to 3 p.m., they are having an event called "The Great Candy Exchange."** In exchange for your child's donation of Halloween candy, they are providing a fun day of games, face painting, shows and other free family activities. Plus, they'll pack up any candy you donate and send it to our Troops overseas.

The Delta Dental Health Theatre is located at 727 North First Street on Laclede's Landing downtown. A list of dental providers who are either free or use a sliding scale can be obtained at the front desk upon request.

2011 United Way Campaign

Please remember to support the United Way Campaign at your place of work or here at the Center.

At the Center, we will have a **Bake Sale** on October 13 with lots of goodies to be sold. Parents may also donate baked goods (look for the sign up sheet).

September 19 thru October 7, the classrooms will compete in the **Change Wars**. The classroom that collects the most money will win an ice cream party! The containers in the front office are labeled so you can contribute your change to help your child's classroom.

Finally, we will have a raffle for a TV with a built-in VCR. The TV is used, but is in good working condition. Watch for signs letting you know when the raffle tickets will be going on sale.

The United Way supports nearly 200 health and human service agencies in our community. As a proud member of the United Way, Lemay Child & Family Center is pleased to contribute to the efforts to support all of these great organizations. The funding we receive from the United Way supports our scholarship program that helps us to offer affordable fees.

New Partnership with Provident Will Increase Services Available to Families

Parents at Lemay Child & Family Center have consistently ranked their children's social-emotional development as a high priority. We have also received several requests to add more therapy services for children and families who are experiencing challenges which can affect children's emotional well-being and their social skills.

One of the first ways we addressed this concern was by adding the AI's Pals curriculum in the school-age and preschool programs in 2010. We also added a assessment tool so that we can partner with parents in determining a child's social-emotional level and set goals for continued growth and development.

As the next step in this process, we are pleased to announce a new partnership with Provident. Provident is a United Way agency providing counseling services to children and adults. A therapist from Provident will work here in our building at least one day each week providing direct services to children who have been referred and whose parents have authorized them to participate.

Watch for more information about this new partnership soon!

Flu Season is Right Around The Corner!

In a childcare center, the flu and other illnesses can spread quickly. To protect children from getting the flu, the CDC recommends a yearly flu vaccine for everyone ages 6 months or older. Other ways to prevent the spread of illness include frequent handwashing and covering your mouth and nose when you cough or sneeze, and staying home if you are experiencing flu-like symptoms. Please join with us in following these simple steps that can help keep everyone healthy as we enter the flu season.

Drop-Off and Pick-Up Reminders

- If you arrive at the Center before your child's room opens for the day, please go ahead and take their belongings to their classroom after you drop them off in the opening room. This helps us to keep all of their belongings together.
- Each person on your approved pick-up list has their own unique code. Please make sure each person who drops off or picks up your child uses their own code when clocking in and out.
- **Please do not park in the driveway in front of the main doors.** The safest place to park and walk with your children is in the big lot on the south side of the building.
- If you have more than one child at the Center, please keep them with you as you go from room to room, to ensure that the children are always supervised. If one of your children is in the infant-toddler rooms, please drop off the older child first in the morning and pick up the infant or toddler first in the afternoons. For the health of the babies, we cannot allow older children in the infant-toddler rooms.