

Parent E-News



Greetings from the Directors

Warm Holiday Wishes from the Executive Director

As 2022 draws to a close, we are reflective of all the wonderful memories we have made with each other. You have given us the greatest gift by trusting us with your precious children day in and day out. We consider ourselves lucky to be able to spend our days doing what we truly love, helping children grow and learn! We can't wait to see your upcoming holiday pictures. Please feel free to print out some of your favorites so we can place them in the children's cubbies. Often times children enjoy looking at and talking about pictures you've sent in for them to display. They do love us but they love you far more. Sometimes just seeing your faces during a long day just makes them happier than any toy or activity.

Thank you to everyone who liked, shared and donated to our FLX Gives campaign in November! We appreciate your support. As a nonprofit, fundraising is critical to being able to meet the needs of the staff and children. I know childcare costs are staggering. We use every penny to pay for our greatest asset, our staff. Often times we hire new staff at minimum wage without experience because we recognize a passion for caring for children. We do offer valuable on the job training, online courses and scholarship opportunities to help these valuable members advance their career and earning potential. One day we certainly hope for local, state and federal support to care for the community's most valuable asset, our children. Until then we will continue to fundraise for program expenses like rent, utilities, program supplies and operational costs such as insurance. If your employer invests in community organizations please let us know as I'd be happy to connect with them about financial support.

Looking ahead to 2023, I'd love to see more opportunities for families to connect outside of the center. Parenthood can be a lonely journey. As a 27 year veteran of motherhood myself, I know that you're social life becomes ruled by your child's schedule but I also know that those fellow parents will become some of your most treasured friends. We will continue to promote family friendly events in the community and I'll likely see you there. We are also working on putting together a quarterly "My Place Meet Up" for families. If you have suggestions or would like to help organize these events please let me know!

As some of you may know, I remarried last spring. I have been slowly transitioning to my new last name, as of January 1 I will assume Brownell as my surname. My new email address will be Kristine.Brownell@myplace-aplc.org¹ and I will use this on all correspondence going forward.

Winter Weather Updates

Consistent care is important to children's development and your ability to financially provide for your family. Winter weather sometimes presents a challenge. We make every effort to open the center as scheduled. Occasionally, road conditions become treacherous for travel and we do make the decision to close the center on 2nd Street. I never take this decision lightly and will communicate it as soon as possible so you can plan accordingly. If we are closed you will receive a Procure message, SMS text alert and we will post on our Facebook as well. If you choose not to brave the roads on a snowy day to bring your child to the 2nd Street center, please send us a Procure message so we can staff accordingly. Our after school program cannot operate if Watkins Glen Schools are closed as it is operated within the school.

Greetings from the Assistant Director

Happy Winter!

What a time we have had over the last few months! Some of my favorite moments were Halloween and all of the leaf play. We have been greeting many new friends to our facility that is currently full. We practiced our second shelter in place drill this month and continue to do monthly fire drills which the kiddos do a marvelous job with.

December has been full of Holiday Cheer, lots of baking, holiday crafts, learning, and songs. Our preschool class will be going across the street for the second year to visit Jefferson Village to do some Christmas Caroling on December 22nd. Be on the lookout for those cute pictures and videos.

Thank you to everyone who has been participating in our family engagement projects, we really enjoy partnering with you and love the joy that your creations bring to our hallway. Below you will find out upcoming topics.

In our lobby you will find our staff shoutout board, please feel free to add a snowflake for some staff that you see go above and beyond. Your encouraging words put smiles on our faces!

¹<mailto:Kristine.Brownell@myplace-aplc.org>

We are 4 months in with Scholastic Book Clubs for this year and with your support we have earned many points and free books. Thank you to all of you that add to your order from our wish list, we greatly appreciate it!

We are diligently working on active communication with families, please be sure that all of your information is up to date within our ProCare app. It is important that you have an active and working app, please let me know if you are having any issues. Also, lots of cute and great information gets shared on our Facebook Page, be sure to give us a "Like" and follow!

All staff are now wearing badges with their pictures and names, you will also find those same pictures listed on a schedule outside of each classroom with the hours that they will be working. The staff update these daily. We hope that this helps understand who has been with your child throughout the day.

Friendly reminders:

- ProCare is your main source of communication with the teachers, please notify your child's teacher by 8:30am if there will be a change in schedule or attendance.
- Tuition is due at the beginning of each week for that week of care. If you have billing questions you can contact me via phone or email.
- If you have not done so, please visit our website www.myplace-aplc.org² and review our updated Parent Handbook.
- Be sure that you are sending in winter appropriate clothing and shoes. Per OCFS all children are required to go outside daily.

We will be working on learning and implementing Conscious Discipline in the coming months.

Conscious Discipline is an evidence-based, trauma-informed approach. It is recognized by the Substance Abuse and Mental Health Administration's (SAMHSA's) National Registry of Evidence-based Programs and Practices (NREPP) and received high ratings in 8 of 10 categories in a Harvard analysis of the nation's top 25 social-emotional learning programs. The Harvard study's authors say, "Conscious Discipline provides an array of behavior management strategies and classroom structures that teachers can use to turn everyday situations into learning opportunities."

More information on Conscious Discipline will come to you as we dive into it.

We are always looking for feedback, if you see something that you love that we are doing or don't love, please let us know. We want to be the best we can be for the kiddos, families, and community.

²<https://www.myplace-aplc.org>



I appreciate you all for your continued support. I am looking forward to a fun filled winter!

Stay Warm,

Noel Wheaton

Noel.Wheaton@myplace-aplc.org³

Greetings from the School Age Program Director

It's so hard to believe that winter is already here! We've had the best time celebrating fall and all that it had to offer. The children at the school age program enjoyed art projects with leaves, hammering golf tees into pumpkins, exploring different sensory bins, as well as getting their energy out during the last few warm days of the season. We've also implemented a student teacher of the day that the children are really taking a liking to. They're all so intrigued and love to help out when it is their turn to do so. Time literally flies by when you're having fun!

I truly enjoy looking back at where we were last year and seeing the growth within the program. We've doubled our enrollment, almost tripled. We've received a set of beautiful dividers to keep our younger children away from the older groups. Our group leaders create weekly lesson plans that are facilitated and keep the children engaged. It's refreshing to be climbing out of the "survival mode," that we all found ourselves living in the past couple of years.

Our school age program has three different age groups, Pre-K, K-2nd, and 3rd +. Our 3rd + group only operates on Friday's and there are available positions. Our other age groups have a full enrollment. In our upcoming months, we are going to take a dive into our monthly themes of Winter Fun and Friendship & Love. I look forward to a festive and successful season.

Happiest of Holidays!

³<mailto:Noel.Wheaton@myplace-aplc.org>

Cassandra Ball

cassandra.ball@myplace-aplc.org

Center Happenings



1 - Thank you to all the staff and families that donated nonperishable food items during our annual food drive. My Place was able to donate 258 pounds of food to Schuyler Outreach Food Pantry.



2 - Staff Halloween fun!



3 - Staff Holiday Party!



4 - Miss Amber

1 year of service as Assistant Teacher within our Infant, Waddler and Toddler Classrooms.



5 - Miss Tammy

1 year of service as our fabulous cook.

Thank you for your hard work, dedication, and love that you show daily for all the children at My Place. We are happy you are here!

Classroom Happenings

Preschool Team- Lead Teacher, Miss Tee

Assistant Teachers- Miss Jennifer & Miss Mattie

Hello Families!

Fall was a great season to make memories and get to know all the new faces in the Preschool room. We enjoyed activities to get to know each other along with; observing the leaves change and fall, going on scavenger hunts, visiting the lake, picture day (the pictures turned out so cute), and had some spooky fun with Halloween. Academically we have been focusing on tracing names, shapes, colors, sorting, and started to dive in on letters and their sounds. Also, each kiddo has their name on their chairs and cubbies, they have done a great job recognizing which one is theirs! Another focus in the Preschool room has been how to handle our emotions (problem-solving and using words).

This winter we are going to continue to learn through play and make some more amazing memories. We will continue to focus on personal goals, letters/sounds, and are going to introduce scissor use! Please make sure that your child has appropriate clothing for the cold, snowy days (hats, gloves, snowpants, etc.)!

Please reach out if you have any questions and/or concerns. The best way to contact me is ProCare, but my email is tristine.carocci@myplace-aplc.org.









Toddler Team- Lead Teacher, Miss Alexxa

Assistant Teacher, Miss Amber

Teacher Aide, Miss Kelly

Hello families! The toddlers have been enjoying the nice fall weather and crunchy leaves, but we are ready for the snow! Winter is coming and we have so many fun activities planned! In the past few months, we have been focusing on our emotions and how we express them. We have been learning to recognize our friends' emotions and how to comfort them when needed. We have done this through books, emotions cards, songs, and pretend play. In the upcoming months we will focusing more on our sign language. Sign language is incredibly important to us because it helps break down language barriers that can be frustrating for young kids. We will be doing this through songs, flash cards, a few games, and more! We will also be leaning into some more science activities! With the snow arriving sooner rather than later, this will be great opportunity to teach about water, ice, and snow, and how they are all related. We can't wait to see what the upcoming months will bring!





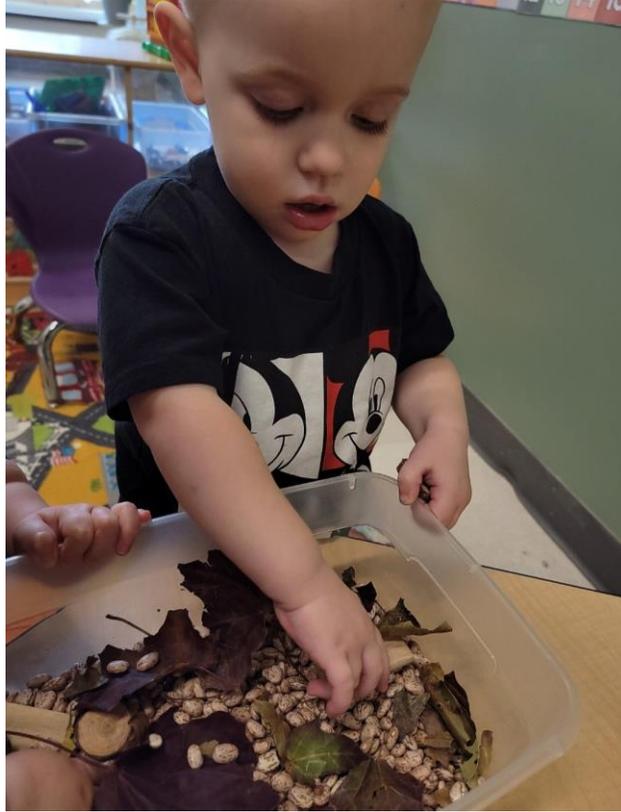
Tiny Tots Team- Lead Teacher, Miss Taylor

Teacher Aide, Miss Nikitia

Hello families,

We have had such a fun filled fall! We have adjusted well to the tiny tot's room and have been doing a lot of growing while having tons of fun! We enjoyed celebrating Halloween and Thanksgiving. We read lots of books and sang lots of songs to help our language development. We had lots of fun playing with all things pumpkin and the colorful crunchy leaves. We are ready for some holiday fun, and winter activities in the snow! Halloween was a great time to learn about emotions, especially being scared. November, we learned about food, nutrition, and what it means to be thankful! We will continue to work on emotions, and language development. We have lots of fun things planned to help us along the way. Can't wait to see what this next season brings us!







Waddler Team- Lead Teacher, Miss Jessica

Assistant Teacher, Miss Mady

Teacher Aides, Miss Lily, Miss Maddy & Miss Barb

Hi everyone!

Now that the winter months are here to stay, we will be focusing more on all that this season has to offer. I'm excited to teach about different holidays around the world and show what other cultures do, we will look at similarities and differences. We also will be looking at Weather related topics such as snowflakes, snowmen and hibernation! Other important skill we will be working on is helping the kiddos use their words more and more, all of them are starting to talk more and I love getting to see the progress they make! We will also be teaching them how to be a good friend- which leads us to February's plans of friendship and kindness. I can't wait to see everyone develop over the next few months; I know we'll have so much fun together!



Infant Team- Lead Teacher, Miss Kayley

Assistant Teacher, Miss Aimee

Teacher Aide, Miss Hannah

Hello families and Happy Holidays! We had such an amazing fall in the Infant Room. We said goodbye to some friends as they moved on to the Waddler room and made new friends as we welcomed them to our 2nd home here in the Infant Room.

We have been up to a lot of learning lately. Our favorite activity we've been doing recently is making suncatchers with the babies. The teacher (typically Miss Aimee, she's super artistic) makes a shape out of contact paper and construction paper, and then cuts up tissue paper for the baby to explore with. We really love this activity because not only do we have super cute sun catchers on our window, but we've allowed the children to express themselves freely through creativity, and we've provided them with a fine motor activity. It doesn't get much better than that! There are several tutorials on the internet if any of you are interested in trying this at home!

We have learned lots about leaves, pumpkins, turkeys, apples, and more. We are even more excited to learn about everything winter has to offer us! Some of the things you can expect to see us learning about are... snow, holiday baking, friendship, Kwanzaa, Christmas, Hanukkah, New Years, arctic animals, and so much more!

If you have any questions and/or concerns, please do not hesitate to reach out. The best way to contact me is through the ProCare app, or by email: kayley.potrzebowski@myplace-aplc.org

Have a fun and warm winter! :)







Important Dates



December 19-22 - Spirit Week

December 23rd - Center is Closed

December 26th - Center is Closed

January 2nd - Center is Closed

January 16th - Center is Closed

Holiday Spirit Week

- ❖ Monday, December 19th: Holiday Pajamas
- ❖ Tuesday, December 20th: Holiday Socks and/or Headwear
- ❖ Wednesday, December 21st: Red and Green Day
- ❖ Thursday, December 22nd: Ugly Sweater Day
- ❖ CLOSED Friday, December 23rd for the Holiday.



Important Information



With cold and flu season in full swing, please keep your child home when they aren't feeling well. Here are the common illnesses we see at the daycare this time of year and what symptoms to look for.

Respiratory syncytial (sin-SISH-uhl) virus, or RSV, is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious, especially for infants and older adults. RSV is the most common cause of bronchiolitis (inflammation of the small airways in the lung) and pneumonia (infection of the lungs) in children younger than 1 year of age in the United States.

People infected with RSV usually show symptoms within 4 to 6 days after getting infected. Symptoms of RSV infection usually include

- Runny nose
- Decrease in appetite
- Coughing

- Sneezing
- Fever
- Wheezing

These symptoms usually appear in stages and not all at once. In very young infants with RSV, the only symptoms may be irritability, decreased activity, and breathing difficulties.

Almost all children will have had an RSV infection by their second birthday.

Influenza (flu) is a contagious respiratory disease caused by influenza viruses that is more dangerous than the common cold for children. Each year, flu places a large burden on the health and well-being of children and their families. Annual flu vaccination offers the best protection against flu and its potentially serious complications in children. Parents can help children fight flu by getting themselves and their children vaccinated against flu each year.

Children younger than 5 years old—especially those younger than 2—and children of any age with certain chronic health conditions, like asthma and diabetes, are at higher risk of developing potentially serious flu complications⁴. Because these groups of children are at higher risk⁵, it is especially important that they get a seasonal flu vaccine to help prevent flu, and to reduce their risk of being hospitalized or dying from flu if they do get sick.

While not at higher risk, healthy children 5 years and older can spread flu to vulnerable family members like infants younger than 6 months and adults who are 65 years and older or people of any age who have certain chronic health conditions. It's important to vaccinate everyone 6 months and older against flu each year to help protect those most at risk.

Hand, foot, and mouth disease is common in children under 5 years old, but anyone can get it.

The illness is usually not serious, but it is very contagious. It spreads quickly at schools and day care centers.

Hand, foot, and mouth disease is contagious

Hand, foot, and mouth disease is caused by viruses. A person infected with one of these viruses is contagious, which means that they can pass the virus to other people.

The virus can spread to others through an infected person's

- Nose and throat secretions, such as saliva, drool, or nasal mucus
- Fluid from blisters or scabs
- Feces (poop)

⁴<https://www.cdc.gov/flu/symptoms/symptoms.htm>

⁵<https://www.cdc.gov/flu/highrisk/children-high-risk.htm>

People with hand, foot, and mouth disease are usually most contagious during the first week that they are sick. People can sometimes spread the virus to others for days or weeks after symptoms go away or if they have no symptoms at all.

Symptoms include

Fever and flu-like symptoms

Children often get a fever and other flu-like symptoms 3 to 5 days after they catch the virus. Symptoms can include:

- Fever
- Eating or drinking less
- Sore throat
- Feeling unwell

Mouth sores

Your child can get painful mouth sores. These sores usually start as small red spots, often on the tongue and insides of the mouth, that blister and can become painful.

Signs that swallowing might be painful for your child:

- Not eating or drinking
- Drooling more than usual
- Only wanting to drink cold fluids

Skin rash

Your child can get a skin rash on the palms of the hands and soles of the feet. It can also show up on the buttocks, legs, and arms.

The rash usually is not itchy and looks like flat or slightly raised red spots, sometimes with blisters that have an area of redness at their base. Fluid in the blister and the resulting scab that forms as the blister heals can contain the virus that causes hand, foot, and mouth disease.

Keep blisters clean and avoid touching them.

All this information and more can be found at www.cdc.gov⁶

⁶<https://www.cdc.gov>

Winter Menu



My Place Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: <ul style="list-style-type: none"> Cheerios Milk Apple/Orange Juice 	Breakfast: <ul style="list-style-type: none"> Whole wheat bagel with butter Strawberries Milk 	Breakfast: <ul style="list-style-type: none"> Rice Crispy Milk Apple/Orange Juice 	Breakfast: <ul style="list-style-type: none"> Toast with butter Scrambled Eggs Milk 	Breakfast: <ul style="list-style-type: none"> Oatmeal Bananas Milk
Lunch: <ul style="list-style-type: none"> Goulash with meat sauce Whole wheat spirals Mixed veggies Applesauce Milk 	Lunch: <ul style="list-style-type: none"> Soft Shell Taco Taco meat Vegetarian Beans Fresh chopped lettuce Shredded Cheese Diced Tomatoes Pears Milk 	Lunch: <ul style="list-style-type: none"> Baked Chicken Breast Brown Rice Corn Peaches Milk 	Lunch: <ul style="list-style-type: none"> Turkey and Cheese Sandwich on Whole Wheat Bread Peas Strawberries Milk 	Lunch: <ul style="list-style-type: none"> Spanish Rice Green Beans Mandarin Oranges Milk
Snack: <ul style="list-style-type: none"> Whole Grain Goldfish Cutie Orange Water 	Snack: <ul style="list-style-type: none"> Rice Cakes Milk 	Snack: <ul style="list-style-type: none"> Graham Crackers Milk 	Snack: <ul style="list-style-type: none"> Cauliflower Milk 	Snack: <ul style="list-style-type: none"> Blueberries Yogurt Water

My Place Menu Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: <ul style="list-style-type: none"> Cheerios Milk Apple/Orange Juice 	Breakfast: <ul style="list-style-type: none"> Whole Grain Waffle Melon Milk 	Breakfast: <ul style="list-style-type: none"> Rice Crispy Milk Apple/Orange Juice 	Breakfast: <ul style="list-style-type: none"> Whole Grain English Muffin with butter Strawberries Milk 	Breakfast: <ul style="list-style-type: none"> Whole Grain Toast with butter Hard Egg Milk
Lunch: <ul style="list-style-type: none"> Chili -Ground Beef -Kidney Beans -Black Beans -Diced Tomatoes Corn Muffin Pears Milk 	Lunch: <ul style="list-style-type: none"> Pulled Pork Whole Wheat Bun Broccoli Peaches Milk 	Lunch: <ul style="list-style-type: none"> Chicken & Biscuits Mixed Veggies Applesauce Milk 	Lunch: <ul style="list-style-type: none"> Meatloaf Mashed Potatoes Corn Mandarin Oranges Milk 	Lunch: <ul style="list-style-type: none"> Pizza -Crust -Pizza Sauce -Cheese -Ham -Pineapple Carrots Milk
Snack: <ul style="list-style-type: none"> Whole Grain Pretzels Strawberries Water 	Snack: <ul style="list-style-type: none"> Celery Wow Butter Milk 	Snack: <ul style="list-style-type: none"> Hard Boiled Egg Bell Peppers Water 	Snack: <ul style="list-style-type: none"> Banana Milk 	Snack: <ul style="list-style-type: none"> Cucumber Slices Wheat Thins Water

My Place Menu Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: <ul style="list-style-type: none"> Cheerios Yogurt Apple/Orange Juice 	Breakfast: <ul style="list-style-type: none"> Whole Grain French Toast Sticks Bananas Milk 	Breakfast: <ul style="list-style-type: none"> Rice Crispy Milk Apple/Orange Juice 	Breakfast: <ul style="list-style-type: none"> Breakfast Wrap -Egg -Cheese Mixed Berries Milk 	Breakfast: <ul style="list-style-type: none"> Oatmeal Blueberries Milk
Lunch: <ul style="list-style-type: none"> Sloppy Joe Whole Wheat Bun Green Beans Pears Milk 	Lunch: <ul style="list-style-type: none"> Chicken & Cheese Quesadilla Brown Rice Corn Mandarin Oranges Milk 	Lunch: <ul style="list-style-type: none"> Wow Butter & Jelly Sandwich on Whole Wheat Bread Peas Strawberries Milk 	Lunch: <ul style="list-style-type: none"> Meatball Sliders Sweet Potato Fries Peaches Milk 	Lunch: <ul style="list-style-type: none"> Mac & Cheese -Sharp Cheddar -Ham Whole Wheat Pasta Broccoli Applesauce Milk
Snack: <ul style="list-style-type: none"> Wow Butter Apples Milk 	Snack: <ul style="list-style-type: none"> Whole Grain Triscuits Cubed Cheese Water 	Snack: <ul style="list-style-type: none"> Cauliflower Milk 	Snack: <ul style="list-style-type: none"> Whole Wheat Mini Bagel Cutie Orange Water 	Snack: <ul style="list-style-type: none"> Blueberry Muffin Milk

My Place Menu Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: <ul style="list-style-type: none"> Cheerios Milk Apple/Orange Juice 	Breakfast: <ul style="list-style-type: none"> Pancakes Bananas Milk 	Breakfast: <ul style="list-style-type: none"> Rice Crispy Milk Apple/Orange Juice 	Breakfast: <ul style="list-style-type: none"> Breakfast Sandwich -Egg -Cheese Blueberries Milk 	Breakfast: <ul style="list-style-type: none"> Oatmeal Mixed Berries Milk
Lunch: <ul style="list-style-type: none"> Scalloped Potatoes with Ham Stuffing Green Beans Peaches Milk 	Lunch: <ul style="list-style-type: none"> Grilled Cheese Tomato Soup Pears Milk 	Lunch: <ul style="list-style-type: none"> Ravioli with meat sauce Peas Applesauce Milk 	Lunch: <ul style="list-style-type: none"> Chicken Spiedie Brown Rice Corn Mandarin Oranges Milk 	Lunch: <ul style="list-style-type: none"> Ham & Cheese Wrap Broccoli Strawberries Milk
Snack: <ul style="list-style-type: none"> Whole Grain Ritz Crackers String Cheese Water 	Snack: <ul style="list-style-type: none"> Broccoli Milk 	Snack: <ul style="list-style-type: none"> Hard Boiled Egg Carrots Water 	Snack: <ul style="list-style-type: none"> Cottage Cheese Pineapple Water 	Snack: <ul style="list-style-type: none"> Cucumber Slices Wheat Thins Water

Upcoming Family Engagement



6 - January we will focusing on the "Power of Routines".



7 - February our focus will be Dental Hygiene.



8 - March is National Nutrition Month.

We look forward to partnering with you in the coming months. Be on the lookout for more information.