

September CDCB Newsletter



Welcome to fall and a new school year here at Child Development Center of the Bluegrass! As always, the CDCB team is working hard to ensure that children are receiving the best possible care while with us at their “home away from home.” Early childhood research has established that the following factors are critical to high quality care:

- Low adult to child ratios which allow for the development of meaningful and sustained relationships
- Warm, approachable staff with knowledge of child development who can sensitively tune into children’s needs
- open-ended play resources
- autonomy for children to lead their play and follow their interests
- Opportunities for children to take reasonable risks and evaluate the outcome
- staff who are reflective with a commitment to ongoing improvement
- Classrooms with a lot of language and conversation
- Staff who support young children’s development of attention and self-regulation
- cooperative partnerships with children’s families

Our staff receives ongoing training each year to continue to grow their craft of teaching. One of the most important programs we use here at the center is Conscious Discipline. Whether it is “I love you rituals” in our youngest classrooms, or breathing strategies in our oldest classrooms, Conscious Discipline is the foundation for our social/emotional practices here at the center. Its basic premise is that children must be able to self-regulate and connect with others in order to follow the rules of living as a part of a group. “Noticing” behavior and assisting children in being helpful is a strong part of what we do. Should you want to explore what Conscious Discipline would look like at home, the following link will take you to a version designed for parents at home. You won’t be able to do all of the suggestions but even choosing a few approaches to try may be very helpful at home. [Shubert's Home](#)

I wish you and your family a wonderful fall and look forward to building a strong community here at CDCB with you!

Annie 😊

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September Dates to Remember

Sept. 1: Labor Day- CDCB/UK Therapy Closed
Sept. 16 & 17- Bike Days (details coming soon!)
Sept. 27: 8:30am-10:30 am PJs & Pancakes Event



Upcoming CDCB Dates to Know:

October 3: PreK, Sunflower & Bluebell trip to Evans Orchard
October 7-9: School Pictures with Baby Boo Photography
October 17: CDCB Closed for Teacher In-Service Day
October 24: 4-5:30 Trunk or Treat at the CDCB
November 26-28: CDCB Closed for Thanksgiving holiday
December 23- January 2: CDCB Closed for Winter Break



Baby Boo Photography School Picture Times

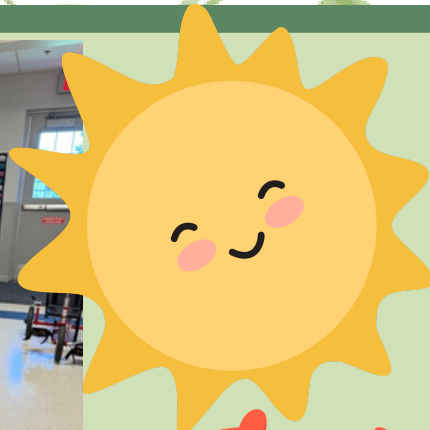
Oct. 7th - PreK Hallway, and All SIBLINGS will take sibling and individual photos.
Oct. 8th - All Toddler hallway classrooms
Oct. 9th - All Infant hallway classrooms
If you know your child will not be here on their scheduled day, please contact Nikki Sexton.



Who to Contact:

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Family Club News



Thank
you



Family Club is a parent driven committee that operates in conjunction with CDCB administration to promote the best experiences possible for our families, teachers, staff, and most importantly, kids! We meet monthly via zoom on the first Monday of each month at noon. Our first meeting for this school year will be held September 8th at noon due to the holiday. We welcome all parents to join the monthly meetings! A zoom link will be shared via e-mail and Brightwheel.

Shelli Hilton and Diane Lally will serve as the Co-Presidents of Family Club again this year. Please feel free to reach out to them with questions or if you are interested in volunteering at familyclubcdcb@gmail.com. Janet Luo and Bryce Goldbach will serve as Co-Chairs of the Family Club Social Committee again this year. The committee will meet the 2nd Tuesday of each month online at noon.

Over the summer, Family Club treated teachers to a Sunshine Cart in June with snacks and drinks. The remaining snacks were provided to the teachers during their staff training days. Family Club also sponsored the "Welcome Back" yard sign on the first day of school. We are looking forward to a great year ahead!



Our First Day of School

