



Growing Green Child Development Center

Parent Newsletter

January 12, 2018



Calm Classroom

This week we officially kicked off our Calm Classroom initiative in the preschool rooms. Calm Classroom is an enriching addition to our curriculum that teaches mindfulness, reflection, and relaxation. Rooms 3 through 6 will do a specific Calm Classroom technique three times each day. Room 1 and 2 will be focusing on using calming techniques on a smaller scale, maybe trying one method each week. Even our school agers have Calm Classroom time (with techniques adapted to older children).

We hope by doing these techniques each day, we can model ways for children to stay in control of their bodies and actions. These are potentially lifelong methods to teach reflection and mindfulness. Benefits include managing stress, academic success, improving executive functioning, and encouraging positive behavior. Check it out:

<https://calmclassroom.com/pages/try-it-free>

Amazing Athletes

We have a few spots open in Amazing Athletes! Coach Kara comes every Wednesday from 10:30 to 11 am to teach her group about a new sport each week. They do fun conditioning games, stretching, and skills related to the specific sport covered. This is a unique and fun opportunity for our students. If you would like to sign up, please visit their website. You can also grab information at our front desk!

<https://amazingathletes.com/>

CPR

We are holding a CPR class for staff on Monday, February 12th from 6 pm to approximately 7:30 pm. The cost of the class is \$22 per person. We have a 20-person minimum and we only have about 8 staff that need to attend. Therefore, we thought we could open the class up to our parents in case anyone would like to become CPR certified. Please let Erin know if you would like to attend!

Illness.... again

We are still battling a lot of illness around the center. We have had a lot of cases of fevers and general stomach ache. We are mentioning this again to make sure parents are aware of our policy on sending children home sick, which includes their absence from school for 24 hours being symptom free (not 24 from when they were sent home sick). As always, let us know if you have questions.

4K Informational Meeting

It is that time of year to start thinking about the 2018-2019 school year. If your child turns four by September 1st this year, they are eligible to attend our KUSD 4K program with Mrs. Hill in Room 6. We will be holding an informational meeting about 4K on Tuesday, February 6th from 6:30 to 7 pm. Please let Erin know if you will be attending.

