

SAVE THE DATES

Dec. 18th - VPK Christmas Show 9am and class parties

Dec. 21st - Jan. 4th - THERE IS NO VPK – CAMP AVAILABLE \$155!

Dec. 24th & Dec. 31st - Center closes at 12pm

Dec. 25th & Jan. 1st - CLOSED

CURRICULUM THIS MONTH

CREATIVE

Week 1: Holidays in Germany

Week 2: Holidays in Mexico

Week 3: Holidays in the US

Week 4: Holidays in Sweden

Week 5: End of Year

SPECIAL LEARNING

Week 1:

Everyone Needs Food with Mr. C

Week 2:

Exercise Keeps Us Healthy with Ms. E

Week 3:

Rest Keeps Us Healthy with Ms. Y

DID YOU KNOW YOU CAN PAY TUITION ONLINE?

www.tuitionexpress.com



DON'T KNOW WHAT TO REQUEST FOR A BIRTHDAY OR SPECIAL OCCASION GIFT?

How about a GIFT CERTIFICATE for use at our center! Great for tuition, camps, aftercare, evening care... Ask at the front desk for more information!

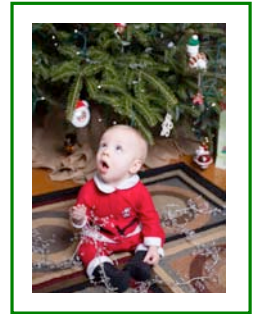


Holiday Safety Tips

<http://www.safekids.org/holiday-safety-tips#sthash.xyD9sfyF.dpuf>

Decorate Your Tree With Your Kids in Mind

Kids are curious and will want to play with the ornaments on the tree, so you might as well prepare. Move the ornaments that are breakable or have metal hooks towards the top of the tree. That makes room at the bottom for the ones that are safer for young kids.



Water the Tree Regularly

Natural trees look beautiful and smell great, but if they're not watered regularly, needles can dry out and pose a potential fire hazard. Make sure your tree has plenty of water by checking it regularly.

Check the Lights

Lights are one of the best parts of holiday decorating. Take a look at the ones on your tree and in and around your home for exposed or frayed wires, loose connections or broken sockets.

Blow Out Candles and Store Matches Out of Reach

Keep holiday candles at least 12 inches away from anything that can burn, and don't forget to blow them out when you leave the room or before you go to sleep. Make a habit of placing matches and lighters in a safe place, out of children's reach. Avoid novelty lighters or lighters that look like toys.

Keep Harmful Plants Out of Reach

Plants can spruce up your holiday decorating, but keep those that may be poisonous out of reach of children or pets. This includes mistletoe berries, holly berry, and Jerusalem cherry. In a poison emergency, call the national **Poison Control Center** at **1- 800-222-1222**.

Find the Perfect Toy for the Right Age

Consider your child's age when purchasing a toy or game this holiday season. It's worth a second to read the instructions and warning labels to make sure the gift is just right. Before you've settled on the perfect toy, check to make sure there aren't any small parts or other potential choking hazards.

Keep Button Batteries Away from Young Kids

Keep a special eye on small pieces, including button batteries that may be included in electronic toys. While these kinds of games are great for older kids, they can pose a potential danger for younger, curious siblings.

Prevent Spills with Pot Handles

Kids love to reach, so to prevent burns from hot holiday food or liquid spills, simply use the back burner of your stove and turn pot handles away from the edge.

DID YOU KNOW WE OFFER AFTERCARE?

AGES 5-12 YEARS OLD!

Our aftercare is available 5 days a week. We DO provide pick-up service from most area schools.

We offer:

- Teacher assisted homework
- Arts & crafts
- Enrichment activities & more
- Computer room
- Games
- Snacks provided

To register or get more information, ask at our front desk or call us at 561-629-8005.



DID YOU KNOW YOU WE OFFER EVENING CARE?

Mon. thru Fri. 6pm to

11:30pm. We offer drop-in, babysitting services, date night, night shift hour care. Dinner and snacks included! Ask at the front desk to see how we can provide your child great care that fits your schedule – at great rates!



HAVE YOU "LIKED" US ON FACEBOOK?

Take a minute to "LIKE" us on Facebook so you will get the latest news, event info, center information and more!

[Facebook.com/BrightBeginningsFlorida](https://www.facebook.com/BrightBeginningsFlorida)



NOVEMBER BIRTHDAY CORNER

A special **HAPPY BIRTHDAY** goes out to...

Gianna G. – 12/3

Grace D. – 12/6

Sebastian S. – 12/11

Ella A. – 12/17

Angel F. – 12/19

Jiovanny C. – 12/25

Johan A. – 12/4

Nicole G. – 12/9

Ms. Ligia – 12/12

Brandon B. – 12/17

Sidney W. – 12/119

Abigail C. – 12/27

Omar U. – 12/4

Santiago Q. – 12/9

Brooks V. – 12/15

Alexander F. – 12/17

Lea S. – 12/20

Josiah J. – 12/28

Parenting Tips To Help Your Child Get More Exercise

<http://childdevelopmentinfo.com/>

So as parents how can we get our kids moving?

"The American Heart Association recommends that children and adolescents participate in at least 60 minutes of moderate to vigorous physical activity every day." The great news is exercise comes in many forms and can be a lot of fun! With a little creativity you can easily add some fun physical activity into your parenting style.



- **Lead the way** You need to set a good example. Kids, especially younger children, naturally follow their parents. So make sure you are looking after your own health and making physical activity a priority in your life.
- **Do it together** In today's overscheduled world, we need to make sure we are spending quality time with our children. What better way than to be active together. Since kids can't be alone roaming the neighborhood, parents need to play with them.
- **Make it fun** Put on some music and dance. Play tag. Roller blade. Basically just play. Provide them with toys and equipment that encourage them to be active while having fun. Bikes, scooters, hockey sticks and baseball bats will get your kids moving and active. For preschool children, ride on toys that get them exercising like pedal cars, big wheels and tricycles are always a great parenting decision.
- **Cheer them on** Create positive reinforcements with encouragement and support. Help them find sports and activities that build their self esteem. Attend their sporting events and let them know you are their biggest fan whether they win or lose.
- **Turn it off** Of course, we need to limit the time our kids watch TV and play video games. But make sure you do it in a positive way. If they are angry that you just turned off their favorite show, they might not be too excited about going out rollerblading with you. Allow screen time during designated hours, preferably after homework is done and when physical activity is finished, like in the evening or on Saturday morning when tired parents might need to catch a few extra minutes of sleep.

Adding more physical activity into your family's routine will help you all feel better and get you having more fun together. Most importantly, as you model a healthy lifestyle you will help instill in your children lifelong habits and healthy attitudes toward exercise and physical activity.

Get info about our school at: www.brightbeginningsprep.com