



UNITED DAY NURSERY, INC.
PARENT NEWSLETTER
October 2009

*Sponsored by United Lutheran Church and a Participating United Way Agency *
WWW.DRAVES.COM/UDN

Children need new outdoor play apparel

Oh...the weather outside is changing....
before one knows it the days become even cooler (and shorter!) as fall has arrived. We are asking parents to make sure your child has **extra clothes on hand** in case of need – pants, shirts, underwear, socks, etc. It would be very helpful if you sent a jacket (or sweatshirt) with your child **everyday**. Your child does need gloves, mittens, and hats as it can be a bit chilly as October has sneaked upon us. Our teachers take the children outside to the playground or for walks every day – even if it is cooler out; please help teachers/caregivers by making sure your child is prepared for outdoor play!

Parents if you have extra pants or jackets at home .United Day Nursery would be appreciative of any donations.



Finger Play/Song: (tune of Five Little Ducks...)

Five Little Leaves

Five Little Leaves so bright and gay
Were dancing about a tree one day.
The wind came blowing through the town – whoosh,
And one little leaf came tumbling down.

When get to the end and

No little leaves so bright and gay
were dancing about a tree one day
The wind came blowing through the town - whoosh,
And the tree (or branch) came tumbling down!
(~a child made this ending up as this song was sung one fall!)

Quote of the month:

“Enthusiasm” finds the opportunities and **energy** makes the most of them!

MARK YOUR CALENDARS...



- Oct. 6th – 6:30 -8:00 p.m. A brief introduction to I Am Moving I Am Learning
- Oct. 9, 10th – NDAEYC Fall Conference in Bismarck; Sherry, Patty M., and Bri W. attending
- Oct. 14th – Caulfield Studios @ UDN; 9:00 a.m.
- Oct., 17th – NE NDAEYC Fall Extravaganza! Development, Movement, Games + Parent Concerns; YMCA; \$25.00; Time to be announced...
- Oct. 22nd – Board of Director’s Meeting; 7:30 a.m.; ULC Library
- Oct. 22nd – All Staff Meeting; 6:30 – 8:30; FISH Philosophy presented by Linda Jenkins, UDN Board member

Looking ahead...

- November 1st - Daylight-Saving Time ends; set clocks back 1 hour
- November 4th and 5th - Speech and Hearing Screening by UND
- November 11th - Veteran’s Day Holiday observed-**United Day Nursery will be open**
- November 19th - UDN Board Meeting; 7:30 am ULC Library
- November 26th - Closed for Thanksgiving Day
- November 19th - Staff Meeting 6:30-8:30: Ooey Gooey Sensory Experiences presented by Kathy A.

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**I am moving, I am learning”**

**3 UDN TEAM members** attended a Healthy North Dakota training sponsored by ND Dept. of Health on Fri., Sept. 25<sup>th</sup>.

Some of key concepts shared:

- \* Teaching kids about healthy choices & active lifestyles
- \* Inform/remind teachers that *kids like to and need to move* for much of the day.
- \* The importance of integrating movement in all aspects play/learning – for example incorporating with science, teaching letters,

**Andrea B., Laura McL., and Sabrina M.**

shared their knowledge with UDN staff Tues., Oct. 6<sup>th</sup>, 6:30 – 8:00 p.m.

**Some extra tidbits of information learned:**

In the last 30 years – preschool and adolescent obesity rates have doubled and childhood obesity rates have tripled. Society in general is to blame in part; due to the fact that we live in age of ease and convenience – t.v., computers, fast food, candy bars, and pop have become common place. We rush here and there to get there on time, then we stop for fast food because it’s quick and

~ Continued from front side...

easy. Once we do get home, we 'plop' as we're too tired to do anything else.

Children are not naturally fit just because they are young. In Pre-School more than 11% are at risk for becoming overweight and 10% already are. Children's fitness levels are low and their obesity rates are high because of adult decision making and we can (and need to) turn this around.

Obesity prevention should begin early in life when preferences are being formed. That is what I am moving, I am learning is all about. It's about changing the environment to build healthy preferences. It's about increasing the quantity and quality of movement. It's about promoting healthy food choices.



**To those United Day Nursery TEAM members**

who took time out of a Wednesday evening to volunteer at United Lutheran Church's **Party on the Black Top** on Wed., Sept. 9th from 4:30 – 7:30 p.m. It was an evening full of fun and greeting – getting to know members of the church and/or community.

***TEAM members participating were:***

Kathy A., Cindy H., Amie S., Laura McL., Michelle B., Pam O., Bill R., Sherry M.

**Tuition Memo**

United Day Nursery has many new families that have recently enrolled with us this fall and we would like to welcome them! Just a little reminder to all UDN parents that ***tuition is due on (or before!) the 1<sup>st</sup> of every month – prepayment is required!***

Statements are usually passed out to parents in their child's classroom before the end of each month for the upcoming monthly tuition owed.

If tuition is not paid by the 3<sup>rd</sup> of every month, a late fee of \$25.00 will incur and/or child care may discontinue until payment is made.

The \$30.00 supply fees were added on the Oct. child care statements. If you ever have questions about your statement please stop in the UDN office.

