

Stony Brook Child Care Services, Inc.



Fall

2003

NEWSLETTER

From Lucille

As we start a new academic year, I want to extend a warm welcome to **all of our families**, those returning as well as those who are new to Stony Brook Child Care Services (SBCCSI).

I also would like to take this opportunity to thank those of you who were able to make the **Parent Meetings**. The meetings provide the opportunity for **all** of us, including members of the Board of Directors, to come together to talk, to give a few updates, to answer some of your questions, and to hear what other items might be handed over to the various committees for follow up. It is, of course, also a chance for you to meet with your classroom's teaching staff to hear their plans for the coming year and, in many instances, to have a little fun yourselves. It is always our intent to make it a bit easier for you to attend, so we provide both child care and a pizza supper. We do appreciate the extra effort it takes on your part as well as on the part of the staff to make Parent Meetings a success.

One thing we did differently this year was to have a "committee fair" to give you a bit more of an opportunity to understand how you can join a committee and be more a part of SBCCSI. If you left thinking about it, or need more info, please contact the Administrative Staff. There are so many exciting projects and activities coming up, from new thoughts for Research, to a Swing Summit Playground for all children to utilize, to really making it big with Cash Bonanza, to the Facilities "Blood Sweat and Tears" group. Don't be fearful, many of these committees have tasks that don't take a big commitment, and what I know for sure is that parent involvement does factor greatly in quality child care. The by-product is that you will feel more ownership in the Center as well.

For those of you who were unable to attend the meetings, we discussed our many accomplishments over the very full, very short, very long, two years we have been in our new Center. This past year we have become fully staffed with all eight classrooms up and running. Enrollment is excellent, and our emphasis remains on maintaining our exceptional program. Human Resources conducted a class and Compensation survey for the teaching staff and recommended new salary ranges based on education, experience and tenure at SBCCSI. Faced with many budget constraints, the Board was able to fund 50% of the recommended increases, and teachers will realize this increase within the next few weeks, retroactive to September 8th.

The Center is in the process of being evaluated for National Reaccreditation for the 5th time, one of only 7% of centers in the nation. Board and Staff have begun a strategic planning process and have developed a concise philosophy statement to more clearly define the uniqueness that is SBCCSI.

Most importantly, take a minute as you rush in and out of the Center to be still and listen to the children and staff and the interactions that go on. As you hear the children talk and laugh, and even cry, listen to how the staff and children communicate and know that you have made a positive choice for your child by enrolling him or her in our Center. Each passing year reaffirms it more and more for me too!

Lucille

Fundraising at Home

Start saving your soup labels...Campbell's Labels for Education Fundraising Campaign is on again. We will redeem labels for items to be shared by all the rooms!



SBCCSI IS LOOKING AT INFO ON RECYCLING PRINTER/COPIER CARTRIDGES FOR \$\$\$ KEEP YOUR EYES OPEN FOR MORE INFO AND SAVE YOUR CAR TRIDGES!!!

! Our second annual fall festival is coming! Complete with apple pie, straw people, leaf room, apple prints & hay rides! Parents and family invited! Pajama party! Created flowers using paper plates & pipe cleaners! Activity stations for parent/ teacher night! We welcome Lisa Salvatore **1** to our Room!

We've added Susan Clark **8** to our team! Yes!

Keep an eye out for our footprinting! October potluck!!!!

We welcome our new families: **6** the Weisenbergs, the Lees, and Jaiden & family!

Infant - Toddler

! October 20-30th is Fall Festival!!!! We will celebrate the coming of fall by baking, collecting and examining leaves and acorns, and immersing ourselves in the colors. **5** smells and feelings of fall! Our potluck on Oct. 17th was a great success with great food and good company. Thanks to all who came. We will be planning another one for the future!

We Welcome New Staff Member Diana Small! Stop by to introduce yourself! This spring we had a very successful "International Friday-Feast." Thanks to all the parents who took part! Zahabiya & Elizabeth will be running a workshop titled "Situational Problem Solving" at the Suffolk Assoc. for the Education of the Young Child Annual Conference. Congrats to Allison Szema & Family on the addition to their Family: Austen was born Sept. 16th. **4**

PRE -K

3 Congratulations to the Angeles Family - Aaron & his mom & Dad, Annie & Carmichael, - on the birth of Jacob Matthew on 9/13/03-8 lb. 7 oz.

We went to Sweet Briar Farm & took a nature walk, did the 5 Senses program & saw the Butterfly House. We did fall tree & apple printing! Check out page 8 of the newsletter for our Fall Festival Reminder!

Our new playground has been completed! We went to Sweetbriar Nature Center Oct. 1st to see the Butterfly Vivarium! We enjoyed several visits with Sadie (Conky's Golden Retriever Puppy). We played shoe store and fruity playdough! Parent Conferences held on Monday & Wednesday In September & October. **2**

Welcome to our new Room **7** Kids: Tiiso, Christopher, Christian, Emily, Joseph...& Laurie. Hedi's staff replacement. We miss you Hedi! Congratulations Hedi & Mike! Max is here, born 9/21/03! Jane you are a big sister! Welcome to our

new SBU interns: Eleanor, Shania, Seth, Brad, Matthew, Tania, Theresa & Laura. From SSC: Sommer. From the North Country Learning Center: Felicia & Sarah and their work Coaches: Pat & Fran. Josefina Gallardo will be presenting at SAESYC! Topic: Multiculturalism in Early Childhood Education. We worked on projects like colored rice, tie-dye & applesauce!!

Dee's Craft



No Sew Fleece Blanket/Afgan

This craft will be on display in the ~~Front~~ ~~Office~~ Room The week of November 10th Workshop this ~~date~~ Thurs., Nov. 13th from ~~6:00~~ 6:30 Please bring materials.

Materials and Instructions

Diagram 1

Diagram 2

- ◆ 2 Yards Printed Fleece Fabric
- ◆ 2 Yards Solid Fleece Fabric
(preferably contrasting & br.
- ◆ Scissors
- ◆ 1- 3 1/2 Square Pattern
(Made of cardboard or oak t.

1. Match the two fabrics together
2. Cut 3 1/2" squares from all corners
3. Cut 1/2" tabs through both fabrics & tie into a ~~double~~ ~~loop~~ at all corners. See Diagram
4. Continue making 1/2" cuts & tying around entire edge of blanket. See Diagram

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HELP WANTED



Parent Representation on SBCCSI Board.

SBCCSI Board has two positions available on the Board of Directors a representative of GSO (Graduate Student Organization) and one for a representative from school rooms. Please consider serving in either of these positions. If you would like more information stop by the front desk 632930.



Parent reminders

4 WEEKS NOTICE IS NECESSARY FOR ELIGIBLE PARENTS TO UTILIZE VACATION CREDIT. FORM IS AVAILABLE AT THE FRONT DESK.



PLEASE DROP TUITION CHECKS IN OUR NEW MAILBOX WRITE CHILD'S NAME & ROOM # IN MEMO.
NO ENVELOPES NECESSARY.
PAYMENTS RECEIVED AFTER 6PM THE MONDAY AFTER TUITION IS DUE WILL BE CONSIDERED LATE.

Parent questionnaire: Questions and responses

- ? **What does SBCCSI do- as an organization- to take care of our teachers? E.g., raises, time off, opportunity for real input, fun activities, retreats, etc. They are so wonderful.**
SBCCSI requested that the Human Resources Department conduct a class and compensation study for the SBCCSI teaching staff this past year. Recommendations were made to create new salary hiring ranges and to adjust current staff salaries based on education, experience and tenure at SBCCSI. In a very tight fiscal year, the SBCCSI Board was able to budget for 50% of the recommended increases this year. We are about to put these in place, retroactive to September 8th 2003.
- ? All staff are Research Foundation employees and have a vacation /sick and retirement package equal to all other RF employees. The SBCCSI budget allows for some reimbursement for staff development, which includes educational courses, workshops and conference attendance. We have two on-site professional development days, usually with outside presenters, sometimes in retreat format, wherein all staff partake. We conduct weekly lead meetings and are beginning monthly teacher meetings for more input. Annually, staff has a holiday dinner provided by the Center.
- ? **Do you (and, if not, why not?) share the center's budget with the parents?**
Yes we do. All Parents were invited to serve on the committee that developed the budget - and two did. Prior to the budget being voted, on a letter was sent to all parents summarizing the proposed budget. That letter also included an invitation to have them contact their parent reps if they had any questions or concerns. In addition, it mentioned that they could attend the Board meeting, where the budget was discussed and voted on.
- ? **Will there be some (limited) childcare coverage between Christmas and New Year's?**
No, this is the one time each year that we are closed, but it is factored into your tuition payment as tuition is an annual rate, divided into 26 payments. Parents may approach support staff or students at the Center, with whom they and their child(ren) are comfortable, and ask them to provide in-home child care during this time for their children and one or two others from the group.
- ? **I would like some one to explain some of the logic behind the food rules. For example: chocolate is prohibited, but peanuts, strawberries and citrus (all common allergens) are permitted.**
Chocolate is not served at meals or snacks because of the high sugar (or artificial sweetener) content and because of the caffeine it contains. Foods that are allergens are permitted, in general. Allergies are treated on a case-by-case and room-by-room basis. In different rooms, there are different children with different allergies and various levels of severity. In some rooms, it is sufficient not to serve particular foods to individual children who are allergic. Other rooms are free of that food, for example, at least one room right now is peanut free.
- ? **If kids are "under the weather," but well enough to attend school (i.e., no fever or diarrhea), why can't we have the option for the baby/toddler to stay inside instead of going outside?**
If a child is under the weather, that implies that the child is not fully able to participate in all activities offered in the program. Outdoor play is a key component of our program for all age groups. This policy is based on literature utilized by the Health Policy Committee, which includes, and in fact is chaired by, medical professionals. The National Association for the Education of Young Children's Manual states, "children should play outside every day except in extreme weather conditions. Outdoor play is healthy on many levels -it provides open space to decrease spread of infections, a variety of opportunities for gross motor development, and balance in the children's play routine." It is healthy for children to be outside in warm or cold weather, even if they are recovering from an illness, as long as they are dressed appropriately for the conditions. If the recovery period requires them to be indoors or sedentary, then they are perhaps not ready to return to group care. In addition, we can never guarantee that one staff person can stay inside to supervise a child when everyone else is outside (adults inside may be involved in activities that preclude them from supervising that child: napping infants, diaper changes, cleaning, laundry, etc.).



**Influenza and Your Child:
Information for Parents
From the Department of Health and
Human Services and CDC**



FLU IS A SEVERE ILLNESS

Flu (or influenza) is caused by viruses that infect the nose, throat, and lungs. The flu usually spreads through the air from person to person when an infected person coughs, sneezes, or talks.

Unlike the common cold, the flu causes severe illness and can be life threatening

Each year over 114,000 people are hospitalized because of the flu

Each year over 36,000 people in the U.S. die from complications of the flu

THE BEST TIME TO VACCINATE IS OCTOBER OR NOVEMBER

Children under 6 months old can also get very sick from the flu. But they are too young to get the flu vaccine. The best way to protect them is to make sure that you, their family members, and their caregivers are vaccinated.

Influenza & its complications are the 6th leading cause of death among children 4 years & younger.

**FOR MORE INFORMATION
ASK YOUR DOCTOR
OR CALL THE CDC
IMMUNIZATION
HOTLINE:
8002322522
www.cdc.gov/nip/flu**

Some children are at high risk of having complications from the flu.

Flu could make them very sick or even kill them. *The following children need to be vaccinated to prevent the flu:*

- ⇒ **Infants 6-23 months of age**
- ⇒ **Children 2-18 years with chronic heart problems like:**
 - ? asthma or other problems of the respiratory system
 - ? heart disease
 - ? diabetes
 - ? HIV/AIDS
 - ? sickle cell anemia
 - ? immune suppression
 - ? chronic kidney disease
- ⇒ **Children 6 months to 18 years of age who are receiving long-term aspirin therapy**

By Anna Quindlen

If not for the photographs, I might have a hard time believing they ever existed. The pensive infant with the swipe of dark bangs and the black button eyes of a Raggedy Andy doll. The placid baby with the yellow ringlets and the high piping voice. The sturdy toddler with the lower lip that curled into an apostrophe above her chin. ALL MY BABIES are gone now. I say this not in sorrow but in disbelief. I take great satisfaction in what I have today: three almost-adults, two taller than I am, one closing in fast. Three people who read the same books I do and have learned not to be afraid of disagreeing with me in their opinion of them, who sometimes tell vulgar jokes that make me laugh until I choke and cry, who need razor blades and shower gel and privacy, who want to keep their doors closed more than I like. Who, miraculously, go to the bathroom, zip up their jackets and move food from plate to mouth all by themselves. Like the trick soap I bought for the bathroom with a rubber duckie at its center, the baby is buried deep within each, barely discernible except through the unreliable haze of the past. Everything in all the books I once pored over is finished for me now. Penelope Leach. T. Berry Brazelton. Dr. Spock. The ones on sibling rivalry and sleeping through the night and early-childhood education, all grown obsolete. Along with *Goodnight Moon* and *Where the Wild Things Are*, they are battered, spotted, well used. But I suspect that if you flipped the pages dust would rise like memories. What those books taught me, finally, and what the women on the playground taught me, and the well-meaning relations- what they taught me was that they couldn't really teach me very much at all. Raising children is presented at first as a true-false test, then becomes multiple choice, until finally, far along, you realize that it is an endless essay. No one knows anything. One child responds well to positive reinforcement, another can be managed only with a stern voice and a timeout. One boy is toilet trained at 3, his brother at 2. When my first child was born, parents were told to put baby to bed on his belly so that he would not choke on his own spit-up. By the



time my last arrived, babies were put down on their backs because of research on sudden infant death syndrome. To a new parent this ever-shifting certainty is terrifying, and then soothing. Eventually you must learn to trust yourself. Eventually the research will follow. First science said environment was the great shaper of human nature. But it certainly seemed as though those babies had distinct personalities, some contemplative, some gregarious, some crabby. And eventually science said that was right, and that they were hardwired exactly as we had suspected. Still, the temptation to defer to the experts was huge. The literate parent, who approaches everything: cooking, decorating, life, as though there were a paper due or an exam scheduled, is in particular peril when the kids arrive. How silly it all seems now, the obsessing about language acquisition and physical milestones, the riding the waves of normal, gifted, hyperactive, all those labels that reduced individuality to a series of cubby-holes. But I could not help myself. I had watched my mother casually raise five children born over 10 years, but by watching her I intuitively knew that I was engaged in the greatest and potentially most catastrophic task of my life. I knew that there were mothers who had worried with good reason that their children would have great challenges to meet. We were lucky; ours were not among them. Nothing horrible or astonishing happened: there was hernia surgery, some stitches, a broken arm and a fuchsia cast to go with it. Mostly ours were the ordinary everyday terrors and miracles of raising a child, and our children's challenges the old familiar ones of learning to live as themselves in the world. The trick was to get past my fears, my ego and inadequacies to help them do that. I remember 15 years ago poring over one of Dr. Brazelton's wonderful books on child development, in which he describes three different sorts of infants: average, quiet, and active. I was looking for a sub-quiet codicil for an 18-month-old who did not walk. Was there something wrong with his fat little legs? Was there something wrong with his tiny little mind? Was he de-

Continued on last page...

Food Program Q & A with Nancy

What is the CACFP (Child and Adult Care Food Program)?

It's a federal program funded by the U.S. Department of Agriculture, administered by the NYS Department of Health that provides partial reimbursement for food served to children and adults in licensed programs that meet the requirements. SBCCSI has participated since June 1, 1999.

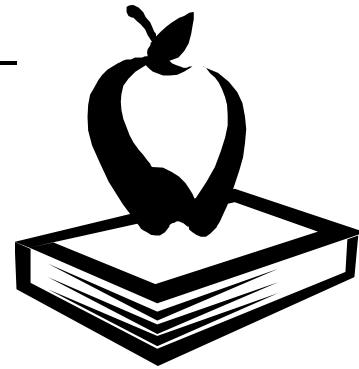
What is the purpose of the CACFP?

The program ensures that nutritious and safely prepared meals and snacks are available to children in childcare centers

and childcare homes, and adults in day care.

What are the Center's responsibilities?

- To prepare and serve healthful snacks that follow specified requirements, which include serving certain groups of foods in amounts appropriate to the child's age.
- To provide an environment where children learn and feel positive about food and eating.
- To follow record-keeping requirements, which are quite extensive and involve both administrative and teaching staff.



What does the Center ask of parents?

When parents first enroll in the Center, and annually after that, we ask them to complete "income eligibility" forms, which ask about income and family size. The amount of reimbursement we receive depends on this information.

KIDS' QUOTES

④ Amber: "You have DVDs, no VHS?"

Allison: "I have DVDs, no BS."

"Bills, bills, bills, they never stop."

"I'm getting a puppy. My mom said I could get one when I get my own house."

"I'm wearing green eggs and ham shirt. I don't like green eggs and ham shirt. I don't like eggs, but I like ham...& chicken too."

"I love baby Max."



②

Anthony: "You don't know how to get to my house."

"Tell me."

"You go round & round, then left & right, then up & down & you're there."

Taylor shared, "I have gas."

⑥

Wyatt shared "We have dog poo- poo on my mom's car."

When asked why, he replied, "Because it stinks."

"I like chocolate chip cookies. They're bad for you, but they taste good," said Wyatt.

Pre k 3 fall festival !!!!!

These are some of the activities we will be doing this month: baking bread, turning cream into butter, homemade apple sauce, pumpkin log, baked pumpkin seeds...

We look forward to a fun filled month!



reminders:

- * Please replace summer extra clothing with warmer items
- *Make sure all outerwear is labeled
- *Halloween is not celebrated at the center, please leave costumes and candy at home.
- *Donations for fall festival would be appreciated!

...Continued from page 5

developmentally delayed, physically challenged? Was I insane? Last year he went to China. Next year he goes to college. He can talk just fine. He can walk, too. Every part of raising children is humbling, too. Believe me, mistakes were made. They have all been enshrined in the Remember-When-Mom-Did Hall of Fame. The outbursts, the temper tantrums, the bad language, mine, not theirs. The times the baby fell off the bed. The times I arrived late for preschool pickup. The nightmare sleepover. The horrible summer camp. The day when the youngest came barreling out of the classroom with a 98 on her geography test, and I responded, What did you get wrong? (She insisted I include that.) The time I ordered food at the McDonald's drive-through speaker and then drove away without picking it up from the window. (They all insisted I include that.) I did not allow them to watch the *Simpsons* for the first two seasons. What was I thinking? But the biggest mistake I made is the one that most of us make while doing this. I did not live in the moment enough. This is particularly clear now that the moment is gone, captured only in photographs. There is one picture of the three of them sitting in the grass on a quilt in the shadow of the swing set on a summer day, ages 6, 4 and 1. And I wish I could remember what we ate, and what we talked about, and how they sounded, and how they looked when they slept that night. I wish I had not been in such a hurry to get on to the next thing: dinner, bath, book, bed. I wish I had treasured the doing a little more and the getting it done a little less. Even today I'm not sure what worked and what didn't, what was me and what was simply life. When they were very small, I suppose I thought someday they would become who they were because of what I'd done. Now I suspect they simply grew into their true selves because they demanded in a thousand ways that I back off and let them be. The books said to be relaxed and I was often tense, matter-of-fact, and I was sometimes over the top. And look how it all turned out. I wound up with the three people I like best in the world, who have done more than anyone to excavate my essential humanity. That's what the books never told me. I was bound and determined to learn from the experts. It just took me a while to figure out who the experts were.