



Bucksport Early Care And Education Center

April 2010



Center Updates

April is Child Abuse Prevention month.

Ten Ways to Help Prevent Child Abuse www.preventchildabuse.org

Be a nurturing parent.

Children need to know that they are special, loved and capable of following their dreams.

Help a friend, neighbor or relative.

Being a parent isn't easy. Offer a helping hand take care of the children, so the parent(s) can rest or spend time together.

Help yourself.

When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control – take time out. Don't take it out on your kid.

If your baby cries...

It can be frustrating to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby – shaking a child may result in severe injury or death.

Get involved.

Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.

Help to develop parenting resources at your local library.

Promote programs in school.

Teaching children, parents and teachers prevention strategies can help to keep children safe.

Monitor your child's television and video viewing.

Watching violent films and TV programs can harm young children.

Volunteer at a local child abuse prevention program.

For information about volunteer opportunities, call 1.800.CHILDREN.

Report suspected abuse or neglect. **1-800-452-1999**

If you have reason to believe a child has been or may be harmed, call your local department of children and family services or you local police department.

2010-2011 Applications are here!

If you know of families with 3 and/or 4-year-olds... please encourage them to apply. Applications are located in the folder, on the bulletin board just outside of the office, or on our website www.childandfamilyopp.org

Thank you!

Parent Group

Hi Everyone,

We are still hoping to get a Parent Group together for the Bucksport Center and are looking for Parents/Guardians to participate! Meeting dates for the remainder of the year are: **April 14th and May 12th from 10:30-11:30AM.**

Everyone is welcome to attend!

Possible Opportunities for Parent Group:

- Time to connect with other Parents
- Work on projects for the classroom
- Organizing volunteers for the classroom

Possible Trainings/workshops:

- Nutrition / Health topics
- Child development / developmental delays
- Behavior Management
- Fatherhood / Male involvement
- Volunteering

If you have any other suggestions for topics, please let Paula Webster (Center Coordinator) know.

Policy Council

Policy council meeting will be held on Monday, April 26th. **Arrangements can also be made for parents to call in via telephone.** For more information, call Ellen Savage at the central office 1-800-834-4378.

Our Center may have 2 Parent Representatives (and 1 Alternate) per classroom. If you are interested in joining Policy Council or finding out more about Policy Council, please see Paula Webster, Center Coordinator or call our Main Office 667-2995 and talk to Pam Gagnon or Ellen Savage (our Health and Family Partnership Managers).

April 2010



Miss Kelly and Miss Rose (A)



Paper Mache

Just a reminder, you can take the children's snow clothes home as we no longer need them! With all the rain we've had, our playground is wet and muddy. Please be sure your child has an extra change of clothes. We all know how children and wet, muddy areas are like magnets and attract each other. You may want to check your child's cubby for a change of clothes, many of the children have used those and no longer have a change, or they are too small due to growth.

We have been learning about nutrition, this month. On Tuesday, March 30th we tried nectarines, plums and mango. Most of the children liked everything. We plan to try fresh pineapple, star fruit and other exotic fresh fruits we can find at the grocery store. We will be moving to planting next. We have sun flower and mixed colored pepper seeds to plant and take home to watch grow and harvest in the fall. We are hoping to start a container garden in the classroom for the children to observe.

Having spoken with most parents it seems the 8:10 outdoor time seems to be working well for everyone, so you can drop your child off in the classroom until then. If this presents a problem for anyone please let one of us know.

As always if you have any questions or concerns please feel free to speak to either one of us. Thank you!

Rose and Kelly



Miss Joyce and Miss Gina (B)



It is hard to believe that April is upon us. Spring showers have made their appearance bringing with them one of a child's favorite things.....MUD puddles!! Our playground can be very messy this time of year. Please be sure that your child is dressed for the mess and also has a spare change of clothes here at school. This time of year is a good time to check on the bag of clothes that you brought in at the beginning of the year to make sure they still fit. Many children have grown significantly during the short time that we have been in school.

The children have been learning about estimating. We have a "guessing jar" that objects are placed in. Each child is given the opportunity to "estimate" how many objects they think are in the jar. We are seeing great improvement in these skills and already have some expert estimators.

Kindergarten transition activities will be continuing. A visit to the Kindergarten wing will take place later on this month. We will keep you posted on this as plans are finalized. ***Reminder: on April 12th there is a Kindergarten Parent Information Night at the Miles Lane School from 6:30-7:30. All families are encouraged to attend! Childcare is provided on site, if you sign up ahead of time.***

As always, feel free to contact us with any questions or concerns!
Miss Gina and Miss Joyce



Miss Betty and Miss Christine (C)



We built a castle!

We had fun “visiting” Hawaii, Africa, and Ireland in our classroom this month. Now we are enjoying a new classroom construction site project. If you have a moment, stop in and take a look!

We are expanding our vocabularies by learning the names of construction vehicles and tools. We built tall block towers, counted the blocks, and then recorded our findings by drawing pictures of the towers. We traced round objects to make wheels. Soon we will learn to measure using measuring tapes, rulers, etc.

We hope that you are enjoying all of the great artwork your children are creating. We plan to change the bulletin board soon. We are going to make a big truck collage. **Please bring in any colorful scraps of paper, cloth, or other materials you may have on hand to decorate the bulletin board.**

It is hard to believe that this school year is nearly over. Soon we will begin activities for children and families to transition to kindergarten. We will keep you posted.

It has been wonderful having parents, grandparents, and siblings join us at school. **Please spend a day with us. Your children love it when you visit, and their teachers enjoy the extra help!**

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Heidi's Kitchen

Homemade Sloppy Joes

1 Med. Onion
1 Med. Stalk of Celery, Chopped (1/2 c.)
1 Small Green Pepper, Chopped (1/2 c.)
1 Clove Garlic or 1 Tb. Minced
3 Tb. Butter
2 Lb. Ground Beef
1 ½ c. BBQ Sauce
½ c. Tomato Sauce
¼ c. Brown Sugar
1 Tb. Vinegar
1 Tb. Worcestershire Sauce
1 Tsp. Salt
½ Tsp. Dry Mustard
½ Tsp. Pepper
12 Hamburger Buns

- Cook onions, celery, green peppers, & garlic in butter, in a Lg. skillet until tender.
- Stir in cooked ground beef, BBQ sauce, vinegar, Worcestershire sauce, salt, dry mustard, and pepper; bring to a boil. Reduce heat, cover and simmer for 20 mins. Serve on hamburger buns.

Health Corner

(From TopHealth – April 2010)

Oral Cancer Quick Check

The American Cancer Society recently reviewed its detailed guide to oral and oropharyngeal cancer (cancer of the mouth and throat). While tobacco use, in smoke or smokeless form, and alcohol use top the list of culprits, HPV infection (human papilloma viruses) is now on the radar as budding concern, particularly among younger people. HPV is the group of viruses mainly associated with cervical cancer in women. *The facts?* The current estimate is that HPV may be a factor in about one-fourth of oral and oropharyngeal cancers. Developing oral cancer easily goes unnoticed until it spreads, so a dental checkup may be one of the best ways to catch it early.

Monday

Tuesday

Wednesday

Thursday

Friday

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April Calendar of Events

12 Kindergarten Parent Night 6:30-7:30 at Miles Lane School	13	14 <i>10:30</i> <i>Parent Meeting</i>	15	16
19 <i>Center Closed</i>	20 <i>Center Closed</i>	21 <i>Center Closed</i>	22 <i>Center Closed</i>	23 <i>Center Closed</i>
26 <i>Policy Council</i>	27	28	29	30