



TUCKAWAY TIMES

Newsletter for TUCKAWAY-WEST



Sept 2010

TUCKAWAY'S 2nd ANNUAL

"DIVE-IN MOVIE NIGHT"

... RE-RE-RESCHEDULED!



One storm cloud came over just as we were about to show our movie. At the request of those that came out, and to give those that couldn't attend

last week another chance, we will be holding our "Dive-In" at Tuckaway-Barony, Wednesday, September 1st at 7:00pm. The movie will begin around 7:30pm.

If you have "Back To School" night at your elementary school, come on out afterwards! Bring your family, friends along with a float or chair, and enjoy "Madagascar: Escape 2 Africa" under the stars!



HOWILL'S EXCELLENT ADVENTURE CONTEST COMES TO AN END

During August, Howill met pirates, rock stars, a chef, a puppeteer and he is currently with master storytellers. Here are August's winners:

- Week 7: Pirates usually have a parrot on their shoulder, but this week Blackbeard had Howill! Although the Caribbean is thought of having pirates, Blackbeard spent most of his time off the coast of North Carolina. Sam M. of Tuckaway-Barony's Cardinals class guessed correctly that his ship was named the "Concord"
- Week 8: The Beatles had many hit records and albums, but Howill wanted to be a part of "Sgt. Pepper's Lonely Hearts Club Band"! Kara V. of Tuckaway-Barony's Eagles class guessed correctly... unfortunately, Howill was not able to find his way on the cover of the album.
- Week 9: Howill loves food, but usually the kind that scurries on the ground, so meeting Julia Child was a real treat. Sophi R. of Tuckaway-Barony's Falcon class guessed correctly that she wrote "Mastering The Art Of French Cooking". Howill was relieved that he wasn't on the menu.
- Week 10: Howill visited Jim Henson, creator of The Muppets. No one has correctly guessed correctly about what Howill learned, so check out his page and you may win movie tickets for your family!
- Week 11: Howill is currently visiting Brothers Grimm and hearing a lot of good stories. Check out his clues at his page to win!

These smart students won "Family 4 Packs" to Bow Tie Cinemas for correct answers.

Next week, Howill will pull a name out of his hat for the last summer winner. If you've guessed correctly, but haven't won, you're name is in the running!

FAREWELL TO SUMMER

Thank you to all the parents and friends who participated in our family events and field trips. Our summer kick-off party was a huge success and everyone had a fabulous time swimming, bouncing, dancing and getting to know each one another. Our World Famous Sleepover was both eventful and exhausting and we can hardly wait to do it all over again next year. Fried Chicken Friday was finger licking good and it was nice to visit with all of you. This has been an exciting and memorable summer and we hope that you have enjoyed it as much as we have.

HELLO TO FALL

Everyone is anxious for the first day of school as we prepare to meet our new teachers and classmates. We are excited about the return of Ms. Betsy. She will be here every Friday morning with songs, music and dance activities. We welcome the Fun Bus here every Wednesday morning at 11:00AM, for tumbling, climbing, and exercising. If you would like your child to participate on the Fun Bus, you can pick up a sign-up sheet in the office for the first 6 week session.

BELOW ARE SOME FALL REMINDERS

- Now that the older children are back in school, please don't forget to give us a quick call to let us know if your child will not be riding the van from school.
- Please be sure that your child has a spare change of clothing in his or her cubby. With the season changing, it may be a good idea to provide more appropriate clothing in case of any accidents.
- Your child will continue to need a set of clean linens for nap time every Monday. Soft toys for nap time are always allowed as well.
- Linens must be taken home at the end of each week to be laundered and returned on Monday.
- Always sign your child in and out every day.
- If your child is being picked up by someone other than a parent/guardian, please remember to give Ms. Linda written notice.
- Remember to check your child's cubby and hanging file every day.

HOW TO MAKE BEDTIME A GOOD TIME

With the return of fall also comes the return of routines. Is it possible to make bedtime pleasant? It may take some changes but with the investment of a little time and energy, bedtime can be a peaceful, quiet, and enjoyable experience for both children and parents. If bedtime is enjoyable, children will look forward to the event.

There are four essential keys to getting a baby, toddler, or a child peacefully to bed: (1) readiness, (2) relaxation, (3) routine, and (4) rituals. With the implementation of these four techniques, bedtime will be magically transformed from horrible to happy in no time!

READINESS

Most children have a difficult time going from energetic play to sleep without some time to quiet down so it is vital that young people have time to transition. It is essential to give children some time to adjust to the notion of bedtime. Fifteen minutes prior to bedtime, announce that bedtime is approaching. Concrete indicators like singing a familiar song, flicking the lights, or a simple clapping game may be good and consistent cues signaling the end of play. Some parents find a timer helpful for toddlers who have yet to conceptualize time. Providing soothing music is another way to move children into a state of quiet relaxation.

RELAXATION

Once a child receives appropriate notice of the impending bedtime, the next step is to help her relax and slow down. How do we help children unwind? We use all their senses to create feelings of calm. Research shows specific smells, sounds, lighting, touch and even tastes and nutrients can bring a sense of serenity and security. All children respond differently to sensory stimulation so it is essential that parents respond to the specific needs of a child as they develop their bedtime strategy.

While each child is unique and will require or desire, specific sensory experiences, it is beneficial to utilize all the available tools one's disposal. The more the body, mind, and emotions experience a sense of calm and comfort, the more the child will relax. Try utilizing some of the following ideas:

- Touch – A warm bath with a few drops of lavender essential oil; unrestricted clothing, a gentle massage with scented lotion, and comfortable, appropriate pillows and blankets are all possible ways to facilitate relaxation.
- Smells – Scents of lavender and vanilla are particularly good for promoting relaxation. Try placing a few drops of essential oils in a warm bath.
- Sounds – Gentle music or peaceful sounds of nature are particularly helpful for relaxation. Some babies benefit from simulated heartbeat sounds or even white noise.
- Sight – A dark room may be uncomfortable for some children, while bright lights promote alertness. A darkened room with a dim light may be most appropriate.
- Taste – The important thing here is, prior to bedtime, eliminate those foods that stimulate, and make sleep difficult for children. Avoid spicy foods as well as sweets, soda, and candy. Eating late at night will also make bedtime more difficult. Warm milk is a mild sedative and may be helpful.
- Routine- Human beings thrive on routine. This is particularly true for babies and toddlers for whom life is so unpredictable. To help with bedtime, it is important to create an individualized routine and stick to it. This is not always easy to start, but once a routine becomes habit it will make bedtime immeasurably easier!

Most importantly, find the particular calming and soothing activities that promote feelings of peace and comfort for each individual child. While it may take a few days to establish to perfect routine, the effort will be well worth it. What was once the most challenging time of the day will be a pleasant time filled with love, security, and emotional connection.

LOOK AT WHAT WE DID TODAY...

