

August 2010

FIRST PRESBYTERIAN CHURCH OF SANTA FE

The Child Development Center

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Director's Corner

Dear Parents,

I am pleased to be able to write to you that the Child Development Center is extremely stable at this time, and that we have the strongest teaching staff that the school has ever had. Our teachers all work well together, and there is harmony in the school. Teachers are also involved in ongoing professional development classes to increase and maintain high standards of early childhood education. At present, we are working with mentors Annabelle, and Mary Ann from the Santa Fe Community College AIM High Program on utilizing developmental checklists for each child. These tie into curriculum planning for the teachers, and will be utilized as a reference at our parent/teacher conferences in November. Besides this, the checklists are useful in the elementary schools for Kindergarten teachers that receive our students.

In other news, please note that the **Pre-K student's graduation** will happen on **August 20th in the Dragonfly Room**. Their teachers, Ms. Sarah and Ms. Sylvia, join us all in wishing them

the very best in Kindergarten, and their new elementary school. We will dearly miss all of these students.

PLEASE NOTE THE FOLLOWING IMPORTANT DATES:

On August 16th fall class lists will be posted.

On August 26th and 27th we will be **CLOSED** for an in-service, and to prepare classrooms for the **new Fall School Year** which commences on:

Monday, August 30th, when we will be welcoming many new families to our community!

Please mark on your calendar that there will be a **"Meet and Greet"** on **Tuesday, September 21st at 8:30 a.m.**

On Friday **November 5th Parent/Teacher conferences** will be held. Please disregard the previous scheduling of this on **December 17th**.

Last but not least **Photo Day** will be on Thursday, **November 11th**.

Thanks for being part of this wonderful community.

Andrea Williams

Classroom Corner

1's – Butterflies

Teachers: Nicol, Lourdes & Miriam

This month our class will be learning about people and their occupations. Our Butterflies will be exploring different tools and props for many different jobs. We will also slowly start to transition our two-year olds to the Lady Bugs class.

2's – Ladybugs

Teachers: Lorena & Vera

During August, some of the Lady Bugs will transition out of our class and we'll be welcoming new friends as well! Our focus for this month we'll be learning to say goodbye to old friends and greeting new classmates. We will be making friendship cards to say farewell and welcome.

3's – Caterpillars

Teacher: Trish & Jen

Greetings coming from our wonderful Caterpillars. We've been having lots of summer fun! We have enjoyed water play outside; learning lots of different art activities; and putting our aquarium together. The children love our new friends, the "goldfish."

4's – Busy Bees

Teachers: Anna & MaryJane

Our summer has been busy. We have our planned activities for each day—with many opportunities for learning. The children are growing in all aspects. We look forward to the rest of the summer and we are thinking ahead towards the fall program. Thanks to all who are donating to our Recycle, Reuse Wish List. *Thank you to the Kaschner's for the toaster!*

5's – Dragonflies

Teachers: Sarah & Sylvia

This is it! All of our awesome dragonflies will be heading out to kindergarten at the end of the month. To celebrate, the class chose our final theme. We will be exploring the wonderful world of animals, from armadillos to zebras. Our potluck graduation will be August 20th from 11:30 to 1:00 p.m. We have truly enjoyed teaching and learning with each unique child and their families.

Adventures in eating



by Cullen Curtiss,
Parent Volunteer

The other day, my son and I were enjoying a piece of Whole Foods pizza and the store's brand of "fizzy" water in one of those sunny booths near the front, and this li'l card on the table caught my eye. As well as I can recall, it listed the nutrient density of about 30-40 fruits. Not knowing much about what nutrient density meant, my son and I were thrilled, however, to discover that his fave fruit—strawberries—had the highest nutrient density of ALL the fruits listed. I've since learned that the magic behind the density number is a system devised by Dr. Joel Fuhrman called ANDI (Aggregate Nutrient Density Index), which ranks foods based on their ratio of nutrients to calories. And the very cool chart on this web page informed me even further:

<http://www.drfuhrman.com/library/article17.aspx>

So, do I just feed my son kale, collards, and bok choy morning, noon, and night if I hope for him to be a giant in brain and body? Uh, no. While I might want to

consider a dinner plate that always includes one or two items from the first column, items from the second and third have the higher caloric content and valuable fats he needs for the energy required to be Superman.

And on a related note, here's some troubling research I have not yet shared with my 4-year-old, but may think of a creative way to do so soon: Of those high-nutrient density foods in the first column of the ANDI list, the kale, spinach, strawberries, blueberries, and peppers have been placed on a not-so fantastic list called the Dirty Dozen. Research uncovered by the Environmental Working Group has determined that if we eat five of these foods (grown with pesticides) a day, we're ingesting 10 different pesticides into our bodies. Of course, it's not news that pesticides are harmful to human health, especially the health of our li'l humans, but our beloved strawberry?! Say it isn't so! The good news? There's also a list called the Clean 15—these foods have tested the lowest in pesticides. I sincerely hope you find your child's faves there or get in line to buy organic strawberries with me! For more information, please visit www.foodnews.org.

September

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3	4
5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28
29	30	October 1	October 2	October 3	October 4	October 5	October 6

■ Closed - Holiday

The content of this newsletter is compiled and formatted by staff and volunteers of the preschool for the benefit of all who interact with the CDC. For any comments, errors or issues please contact parent volunteer Cristina Arnal via email at cristina@arnaldesign.com or by phone at 983-6942.

SantaFeChildren.com by Josh Gonze, Parent Volunteer

A new website, www.SantaFeChildren.com, was launched recently as an online resource for families with young children in Santa Fe.

The site maintains up-to-date lists of local daycare facilities, kid-friendly restaurants, after-school programs, theater and dance programs, and other information for parents with young children. Users can post comments on their experiences with schools, programs, and anything else they wish.

A local mom, Janine Pearson, runs the site. She writes on the About Us section:

When I was looking for preschools for my son. I quickly realized that there was not a central location to find all the information new parents need. Then after a few calls to my "mama" friends, I realized that word-of-mouth information from other parents was just as important as a list of all the schools out there. So I thought someone should compile the school info in one place and allow parents to comment and rate the schools. Then I thought, hey, why not add afterschool programs...and toy and book stores...and kid-friendly restaurants...and things to do with kids indoor and out...and...and...and. So this is how and why Santa Fe Children was created.