

ACCC Newsletter July 1999

Thank You

Earthling:

Brad – donating a new toy
Koga – food donation
Korsmeyer – toy donations

Pioneer:

Woo – for donating towels to be made into new bibs
Koga - for towels for bibs
Dominguez – For sewing/making bibs

Viking:

Jobe – for a large filing box

Gemini:

Balboni – paper
Kolyer – berries and a plant
Ilene – balloons

Vanguard

Ken Kono and Leslie Berke for a regular supply of delicious donuts and Hobee's coffee cake!
Moudy – extra clothes

*Thanks to all the parents who joined for our Summer of Love Picnic Lunch. It was fun!

Thank You to the following parents for covering classrooms during our July staff meeting, from 12:30 to 1:30 on July, 14. Your time was greatly appreciated!

Earthling: Linda Zimmer
Myriam Berge
Linda Jensen

WISH LIST

Earthling:

*Colored pens
*Children's tapes or CDs (Raffi)
*Batteries – C, D, AA

Pioneer:

*2 Pillows
*2 Push Toys
*4 Playtex Cups (2 purple & 2 pink)

Mercury:

Viking:

*Old/used calendar w/ animal pictures – big ones please!
*Old /used paint brushes

Gemini:

*Dress-up clothes
*Story Tapes
*Cardboard toilet paper rolls
*Paint trays
*Extra clothes: pants and shorts (2T-5)

Vanguards:

*Small tablecloth for pretend center
*Posters – ocean scenes, flowers, people

Pioneer: Benton Lau
Tom Maier
Mercury: Susan Cheng
Deb Wood
Viking: Joan Walton
Gemini: Rick Zelenka
Apollo: Kim Jobe
Vanguard: Karen Triacoff

Classroom Happenings:

Earthling

As the days warmed, the Earthlings were able to go for a walk. They spent time enjoying the weather on the deck as well. The babies had a new sensory experience when they explored a turtle pool full of cornmeal in the classroom. As the Earthlings wished their long-time friend Jordan farewell on his move to the Pioneer Room, they are busy welcoming Grace, Meghan, and Paul.

Pioneer

The Pioneers turned into Picasso's as they painted the fence in their yard. With large brushes and some tempera paint, they let the creative juices flow! The Pioneer Room made \$175 on their t-shirt fundraiser. Thank you to all of the parents who supported the room by purchasing a one of a kind, homemade handprint t-shirt. The Pioneers would like to welcome Jordan to their fold, and send best wishes to Christian, Clarence and Kyle as they move to the Mercury Room.

In the coming month the Pioneers hope to take advantage of some summer weather by having a picnic or two. They will also be busy painting some fruit shapes to decorate their room.

Mercury

The Mercuries would like to say a sad good bye to their teacher, Liberty who moved to the Apollo Room.

The Mercury Room is VERY busy with some classroom "remodeling" these days. Some of the plans include an "aquarium" in the changing room, an art gallery wall, and a birthday balloon

bouquet. Peek your head in every once in a while to see the progress!

Viking

To build and enhance the children's self-concept, they had "scented paints", where they used their sense of smell to detect cinnamon and vanilla in the paint. They played a ball game in which they called out one another's names as they passed a ball around. This lent to feelings of belonging, importance, and ownership in their names. The Vikings spent some time baking this month. While making cookies out of a cake mix, they practiced mixing, pouring, cracking nuts, and clean-up, of course it was a yummy treat as well! Another fun activity in the Viking Room was "block center match game". All of the children participated and all were successful!

Nest month the Viking calendar is full of exciting activities. The children will be learning about their feet. After tracing their feet, they will use paint, string and buttons to make faces! They will also be using new vocabulary and concepts when they have "Where's the Rabbit". They will be using over, under, top, behind, etc. There will be lots of cooking, painting, and clean up activities along the way so that the children have plenty of practice in hand/eye coordination and sensory experiences.

Gemini

The Gemini Room stayed busy experimenting with new ways of painting. One of these was some very cool feather painting. Another fun painting project was painting with red and blue paint on white tiles to take home for the Fourth of July.

The Geminis stayed busy saying good bye to Marie and Sarah. They welcomed Anna Claire, Taylor and Leslie to the room. All are busy learning new routines and faces.

sheet. The kids are having a great time using real flashlights in their pretend camping. Related upcoming activities include learning new words associated with camping, making real S'mores, setting up a real tent, and doing some "fishing" in our classroom!

Apollo

Welcome Liberty! The Apollos are happy to have her and look forward to many exciting, fun filled days of learning ahead.

They Apollo Room began their "camping" interest center recently and are having lots of fun with it. They have created a "tent" out of a table and a

Vanguard

The summer is going along great in the Vanguard Room. They have older children and some younger ones who are doing well together. The children that will be going to kindergarten soon are excited and seem ready to go!

July Birthdays!

<i>Maile Hooten</i>	<i>1 year</i>	<i>7/24</i>	<i>Alisa Staggs</i>	<i>7/3</i>
<i>Katharine Woo</i>	<i>1 year</i>	<i>7/20</i>	<i>Liberty Camat</i>	<i>7/4</i>
<i>Rithwick Narayan</i>	<i>2 years</i>	<i>7/21</i>	<i>Rowena Sales</i>	<i>7/4</i>
<i>Aras Scimemi</i>	<i>3 years</i>	<i>7/20</i>	<i>Nilda Tecson</i>	<i>7/26</i>
<i>Ilene Finn</i>	<i>3 years</i>	<i>7/26</i>	<i>Homa Tay</i>	<i>7/30</i>
<i>Austin Duniphin</i>	<i>4 years</i>	<i>7/2</i>		
<i>Michelle Parks</i>	<i>4 years</i>	<i>7/25</i>		
<i>James Berke</i>	<i>5 years</i>	<i>7/7</i>		
<i>Christina Parks</i>	<i>5 years</i>	<i>7/25</i>		

DON'T KNOW THE TEACHERS IN THE NEXT ROOM??? MISS YOUR CHILD'S FRIENDS WHO HAVE MOVED UP??? VISIT THEM!!! STOP BY ON YOUR WAY IN OR ON YOUR WAY OUT AND SPEND SOME TIME WITH YOUR CHILD IN THE NEXT CLASSROOM. THIS WILL HELP THEM (AND YOU) GET USED TO NEW SURROUNDINGS AND FACES, AS WELL AS REMEMBER THE OLD. GET TO KNOW THE TEACHERS IN THE CENTER IN AN INFORMAL WAY WITHOUT THE ANXIETY OF A PENDING MOVE UP. THIS WAY WHEN THE TIME COMES FOR "OFFICIAL" MOVE UPS AND VISITING, IT WILL NOT BE SO MUCH OF THE SCARY "UNKNOWN" FOR EITHER OF YOU!

ACCC September, October Calendar 1999

September 6, 1999	ACCC Closed – Labor Day Holiday
September 10, 1999	ACCC Family Picnic – Rengstorff Park
September 1999	Gemini Room Parent Meeting – TBD
October 11, 1999	ACCC Closed – Columbus Day Holiday
October 29, 1999	Halloween Festivities – Preschool Playground

A Note From the Executive Director

The ACCC has been working on the self-study process of the NAEYC Accreditation for quite some time. Many of you had the opportunity to fill out the parent questionnaire in January and thanks to your responses we have made or are in the process of making changes to better meet your needs as a parent. Soon we will be distributing these questionnaires again and ask for 100% participation. This will give the parents who filled them out before a chance to let us know if we have improved on things and will give new parents an opportunity to let us know how they think we are doing. It is my goal that by mid-September we will be recommended for NAEYC Accreditation. Thanks in advance for your participation.

The summer is a time of transition. Many of our children leave the Center. Some to go to Kindergarten and it never fails, some leave because the fall brings about many other changes like moving, new jobs, etc. It's this season, that I always reflect back and think about how quickly the time has passed and at how many opportunities I have missed to thank each of you for your continued support and love of the ACCC. So as to not pass up another opportunity – THANK YOU TO ALL OF YOU, LEAVING OR STAYING – you have made a difference in my life!

New Feature

The Internet Connection

Following are a couple of web sites that were found to have good information or entertainment value for parents and families.

/Please note that the ACCC does not endorse, or claim knowledge of the advice or products on these sites. As with any internet information check out these sites before sharing them with your children./

If you have found a web site that has been useful to you or your family and want to pass it along to others, please give the address to our office and we will be glad to include it in future newsletters.

www.drpaula.com

- free online pediatric advice
- recalls
- links
- new parent quick tips
- list of childhood illnesses – symptoms & cures

www.kinderplanet.com

- the internet playground for families with little kids
- children's software download library
- arts & craft activities
- online games
- music
- book club

Bubble Mix for Big Bubbles

Yield: 1 Bucket

Ingredients:

2 cups Joy or Dawn Liquid dishwashing soap

6 cups water

3/4 cup light corn syrup

Other items you will need:

1 gallon bucket with handle
(or a sturdy flat container)

Mixing Spoon

Large bubble wands, or plastic coffee lids with large circles cut out of the middle

1. Shake the ingredients together, then let solution settle for 3-4 hours.
 2. When settled and at room temperature, it is ready to use!
 - bubbles are happiest on humid days
 - store in refrigerator, and allow the solution to return to room temp. before use
 - keep bubble solution free of foam. Foam interrupts the bubbles wall and weakens it.
-
-

Meet the ACCC Staff

Renee Sabugo has been a teacher at ACCC since February 2, 1998. She graduated from SFSU in 1996 with a B.A in Psychology. Currently she is very busy working on completing her A.A degree in Child Development from De Anza Community College. Over the past few years Renee has had many experiences working with children from infants to school-age. Her long term goal is to continue working as a teacher. She would also like to try teaching in the public school system. Her short term goals include finishing her A.A and completing a teaching credential for working in public schools. Renee comes from a large family and is the oldest of 5 children. She currently lives in San Francisco with her elderly grandparents, mother, teenage sister, and preschool aged brother. Renee's outside interests include spending time with family and friends, and reading. If she had a free day off with no responsibilities she would just like to be by herself to do what ever she wanted. It would consist of no planning, no time restrictions, and not having to worry about anything or anyone!

Leslie Capello was born in Oahu, Hawaii and moved to Fremont when she was two years old. She is the youngest of four children and proudly boasts of being "aunty" to five nephews and one niece. Leslie joined the ACCC staff in mid June and has been working as a floater. She comes to us with experience working with children in a variety of environments. In the early nineties she spent time working in centers at sports clubs, and at that time she completed 10 units in early childhood education. She moved on to teach swimming in a water babies swim school, teaching a wide range of people from infants to 65 year olds. Before coming to us Leslie was working for Head Start and gained another 4.5 ECE units at Ohlone College. She is currently enrolled at West Valley college for more general education units and three more ECE units. Leslie's plans for the future include completing a Liberal Arts A.A and transferring to SJSU where she hopes to complete a B.A by 2002. Her major is English. She has a strong interest in biographical writing and children's literature. Leslie's special interests include a love of State, National, and Regional Parks in California and the U.S. She enjoys the thrill of seeking out exciting and challenging hiking trails. She has recently taken up in-line skating and is enjoying that. In her free time she likes to write – poetry and inspirational works. If Leslie had a day off with out responsibilities, she would drive along Highway 1. The coast is a place she has grown to appreciate. She would stop off at all of the beaches from Santa Cruz to San Francisco and enjoy the beautiful ocean.

Juice Abuse

By Susan Aronson, MD, FAAP
A pediatrician in Philadelphia, Pennsylvania

Some caregivers offer fruit juice and fruit drinks instead of water as a routine beverage. While many juices are a healthy source of vitamin C, drinking more than four to eight ounces of juice daily can cause problems. Products marked 100% juice are better than fruit drinks that are mostly sugar water. Children can easily receive their recommended milk and juice portions at meals, leaving water the beverage of choice for drinks throughout the day.

Pear, apple, and grape juices contain sorbitol, a non-absorbable, osmotically active sugar. This means that sorbitol acts like a sponge, holding water in the gut that would otherwise be absorbed from the gut into the circulatory system, maintaining overall hydration. Among the common juices, prune juice has the highest sorbitol content of all. Since prune juice holds water in the gut, it tends to loosen stools and is used to treat constipation. Next highest in sorbitol concentration are, in order: pear, sweet cherry, peach, apple, and grape juice. Feeding too much juice to children can cause diarrhea, an excludable condition for children in child care.

Juice not only loosens stools, it causes other problems. It replaces other, more nutritious foods so children who drink too much juice may fail to grow normally. Dental decay is common among children who drink sweet beverages (juice, sugared tea, and milk) over an extended time from a bottle, sipping from a cup, or with pacifying or prolonged breastfeeding. The sugar in sweet foods and liquids feeds the bacteria that live on the teeth. The bacteria make acid that erodes the enamel of the teeth. With prolonged exposure to sugar-containing foods and drinks, this acid production can lead to complete destruction of the teeth. For bottle drinkers, the child's tongue protects the lower teeth, while the upper teeth are destroyed. This classic upper tooth destruction is called "Baby Bottle Mouth Syndrome."

The proper use of juice is one of many topics covered in a new book published by the American Academy of Pediatrics: *Guide to Your Child's Nutrition* (Villard Books, Random House). This book is a consensus of national pediatric nutrition experts, not just one person's opinion. It covers feeding for normal infants, toddlers, preschoolers, school-age children, and adolescents. Other topics include infants who spit up, diarrhea, constipation, thinness, fatness, how observing eating by others affects children, food safety (including the risk of toxins in foods), food supplements, and special diets.

Remember that children are great observers of what adults do. If caregivers eat or drink in a child's view, the child tries to copy what the adult is doing. Children notice when adults eat standing up, eat less nutritious food, or rush eating instead of making mealtime a relaxed, socially interactive time. Eating well and conversing with children during mealtime can positively influence their development of healthy eating behaviors.

Drinking plenty of water throughout the day is a good idea, too. Water helps to keep the body well hydrated and ready to fight off infectious disease. Since children have a lower capacity for sweating than adults, hydration alone may be insufficient for children to deal with heat, especially during exercise. On hot days, when you have water on the playground for drinking, you can use some to sprinkle the children's clothing to compensate for their skin's limited ability to cool off by evaporation.

This article is from a magazine called *Child Care Information Exchange*. It is a magazine intended for directors in the early child profession. We at ACCC thought it an informative, thought provoking. Knowing that there are many articles published these days on juice, it would be valuable to present you with one more person's opinion. that we are not saying this rings true for everyone, but it may be a helping you make informed decisions about your child's healthy eating. Also note that this article was written with toddler and preschool age in mind. The studies are very clear on the dangers of substituting formula in an infant's diet.