

October
2017

The Gingerbread House



Upcoming Events

- Picture Days: October 23rd, 24th and 25th.
- October 31st– Infant/Toddler Halloween breakfast at drop off
- October 31st— Preschool Halloween Parade 11:00
- We are proud to announce that **C&S Companies** is a platinum sponsor of our preschool's Science and Technology Program!



Happy Birthday!

- Ava Weigel (4)
- Eliana Parish (4)
- Milania Law (3)
- Alexander Yin (3)
- Abigail Swieck (3)
- Miles Jwaskiewicz (1)

What's New?

Halloween is quickly approaching and we are going to have a very busy day here at Gingerbread! Our infants and toddlers will be having a Halloween breakfast. Children can come to school dressed in the costumes, and have breakfast with mom or dad (or both!) at their normal drop off time!

Our preschoolers will be having a Halloween Parade on October 31st. Children will come dressed in their costumes, have a Halloween party in their classrooms, and will be on stage singing their Halloween songs at 11:00. We have been very busy practicing on stage, and in our rooms! We are almost ready!

Christmas picture day is coming up too! The schedule is as follows...

- Monday, October 23rd—PRESCHOOL
- Tuesday, October 24th— INFANTS/TODDLERS
- Wednesday, October 25th— MAKE UP DAY (if your child was sick or not in school at their scheduled day)

From Dave...

With the winter months quickly approaching, please remember to change out extra clothes at the center for your child. I would like to see all the children be able to spend time outside this winter. It is important for you to provide the appropriate clothing to enable them enjoy themselves while they are outside. Please make sure your child has a coat, snow pants, boots, hats and gloves all season...

October
2017

The Gingerbread House



From Dave...

Tuning Out to Tune In: How Time Outside Can Improve Readiness to Learn Inside

by Andrea Laser

Outdoor time matters. I've certainly lost track of time and my thoughts and worries seemed to disappear - all because I was outdoors in a peaceful setting. As teachers we send wound up children outside to "burn off some energy." And many of us plan our vacations based on the outdoor scenery. Our need to be restored by the outdoors and nature's almost magical effects may actually have its roots in brain research. As it turns out, the time we spend outside can do amazing work getting our brain ready for the time we spend inside. Several years ago, the book *Last Child in the Woods* by Richard Louv was published that described much of the research about the powerful effects of being outside for children. His book has many studies that describe the power of benefits of being outside and in nature for children.

The Power of Outside

Nature has beautiful and unexpected ways of capturing our attention--the wind suddenly blowing across our face, our feet slowly sinking into the sand at the beach, or seeing an animal run in full stride in its natural

Researchers call this type of attention "involuntary attention" and believe that time spent in involuntary attention may actually be giving our voluntary attention an important time of rest (Kaplan, 1995, and Taylor, Kuo, & Sullivan, 2001). Voluntary attention includes such activities as focusing on a math problem, or writing letters- basically tasks that make a person focus on what he is doing. Involuntary attention is when we don't mean to pay attention to something, but our brain shifts our focus anyway (an animal making noise, the sound of thunder, the smell of lilacs, etc.) This research isn't new, but as academic expectations are pushed down into earlier grades, sometimes what is considered the "non-essential" and non-academic parts of a child's day, including recess, are tragically cut or eliminated. The reality is, outside matters, and children need time outside to be ready to learn inside.