



UNITED DAY NURSERY, INC.
PARENT NEWSLETTER
November 2009

*Sponsored by United Lutheran Church and a Participating United Way Agency *

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Employees of the Month

United Day Nursery is proud to recognize a special team member each month which represent a specific 'Title'. Recognition of and for staff rewards those that really go the extra mile, shine at what they do, and so deserve acknowledgement.

September '09 Employees of the Month

Kathy Aase & Michelle Hendrickson

They were chosen by thier fellow UDN team members for this month because she displayed great efforts for the Title of: **Professional Attitude – 'Making a Remarkable Choice Every Day'** ~ attendance, follow through, appearance, communication, confidentiality

Kathy Aase, Administrative Assitant

Professional Attitude – Making a Remarkable Choice Everyday!

Kathy emulates these qualities each and everyday she is at work as well as

when out and about representing UDN!

Her dedication and commitment to UDN is super and shines at all she does.

She always has a smile to share. ☺

Kathy is very cheerful and efficient; very pleasant to work with!

Kathy's integrity and professionalism with children and parents is outstanding.

She is always on task, and follows through in every situation!

Kathy has a **great positive, professional attitude.**

Kathy is always excited to see staff each day.

She wears a smile ☺ all the time; is very willing to assist when approached with questions from staff and parents - she does all she can to help.

Michelle Hendrickson, MN Teacher

Professional Attitude – Making a Remarkable Choice Everyday!

Michelle is a hard worker and always has a great attitude!

She always looks good and abides by confidentiality policies –

as they relate to children and co-workers.

Michelle has great communication with the parents.

She is awesome with the kids.

Michelle's appearance is professional and she always has a warm and welcoming personality! ☺ She is always here with a positive professional attitude!

Michelle has established a strong rapport with parents through her regular contacts with them.

She always approaches all aspects of her work – caring for children - very professionally.

Michelle is well prepared for tasks at hand, while also able to be creative and flexible

– capable of working amidst changing circumstances. Michelle takes pride in her appearance each day.

Please congratulate

Kathy Aase & Michelle Hendrickson

with us - on receiving Employee of the Month!

MARK YOUR CALENDARS...



Looking ahead...

November 1st - Daylight-Saving Time ends; set clocks back 1 hour

November 4th and 5th - Speech and Hearing Screening by UND

November 11th - Veteran's Day Holiday observed-**United Day**

Nursery will be open

November 19th - UDN Board Meeting; 7:30 am ULC Library

November 19th - Staff Meeting 6:30-8:30: Ooey Gooley Sensory Experiences presented by Kathy A.

November 26th - Closed for Thanksgiving Day

Looking ahead...

Dec. 17th - UDN Board Mtg.; 7:30 a.m.; ULC Library

Dec. 17th - UDN Staff Mtg.; 6:30 p.m. – 8:30 p.m.

Dec. 24th – UDN closing @ 3:00 p.m. (Christmas Eve)

Dec. 25th – UDN closed

Dec. 31st - UDN closing @ 3:00 p.m. (New Year's Eve)

Quote of the month: The principal goal of education is to create men who are capable of doing new things, not simply of repeating what other generations have done -men who are creative, inventive and discoverers.

Jean Piaget

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**A time to reflect on how thankful we – TEAM United Day Nursery, all are...**

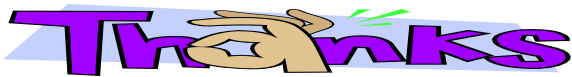
- ~ For all the beautiful children entrusted to our care;
  - ~ To be able to provide quality child care and education for all of the young children enrolled;
  - ~ For the opportunity to get to know you, the parents – families of our children
  - ~ To have a job to come to each day;
  - ~ For all the nutritious foods we eat each day;
  - ~ Because we have such reliable, dependable, capable co-workers to spend our days with
  - ~ To be able to give (share with others) and receive
- ~~~~~



**Hand washing** is the number one preventative measure which can be taken to **STOP the spread of germs.**

It is required (of all staff members, children, volunteers, etc.) upon arrival that hands must be washed upon entering a classroom for play and/or work.

**In order to keep a safe and healthy environment,** it will be expected each morning and afternoon. Let's thank one another for reminding each other to do this every day – each time one exits and returns to the classroom.



**To those United Day Nursery families who were able to contribute to the Pumpkin Patch field trip and Dietrich Bus rental**

Children and teachers were able to enjoy a morning full of Fall Festivities – exploring a new environment. The crisp, cool fall air with dampness from dew and rain previous days are added elements to the hay rides, maze, exploring of a pumpkin patch.

The expressions on their face(s) as they rode in the bus, being able to see the different scenery, was such a joy to watch! The children were so excited and loved riding in a big bus.

The children got to pick out their own pumpkin to take home! It was obvious that this meant a lot to them. THANKS again to all who helped UDN children and teachers to be able to go on this field trip – many treasured memories were made for all of the children.

**I am moving, I am learning** continued...from Oct. 09  
Some additional extra tidbits of information learned:

Goals of **IAM IAL** include – 1) increasing moderate to vigorous physical activity (MVPA) during daily routines;  
2) improving the quality of structured (planned) movement activities intentionally facilitated by adults;  
and 3) promoting healthy food choices every day.

The recommended activity for preschoolers is 60 minutes structured (planned) and 60 minutes unstructured. Structured is intended to mean planned with a purpose – however not 60 minutes all at one time. Ex. 5 minutes here; 10 minutes there, etc. Children should not be sedentary for more than 60 minutes at one time.

There is no master plan of activity – make your own (as parents/teachers) plan to fit the needs of your child(ren).

When planning for movement, plan for:

- ~ maximum participation
- ~ active learning environments
- ~ developing skills and concepts
- ~ lots of repetition
- ~ variation of practice
- ~ plenty of cross the mid-line activities

Preschool children's self concept depends a lot on what they are physically capable of with their bodies - with better abilities, their self concept improves.

Among Preschools –

- 1) Physical activities are highly variable.
- 2) Most preschools do not meet the Nat'l. Assoc. for Sport & Physical Education guidelines.
- 3) Boys are more engaged in moderate to vigorous physical activities.
- 4) 4 – 5 year olds are less active than 3 year olds.

Some positive outcomes from schools participating in IAM IAL:

- \*behavior improved as physical activity increased
- \*teachers experienced positive health benefits because they weren't just observing and teaching; they were participating and demonstrating.

Teachers are to provide a good role model for the children; with your participation whether with activity or nutrition.

*Do as I say is NOT as effective as Do as I do!*

If the children see adults having fun, they'll be more likely to participate!