



Newsletter

Dear Parents,



The month of October is zooming by! The children enjoyed a Science Presentation by Wendy the Singing Scientist and loved it! They learned about properties of water, reptiles and amphibians and so much about our planet. We may follow up with another presentation about astronauts and Space in December.

The month of November is a time to be thankful and we certainly have much to be thankful for at GCC. Many thanks to all of you who have taken an active role in your child's program since the start of the first semester and have followed all the protocols to keep each other safe during this pandemic. We appreciate your efforts, and all that you do, to help us stay healthy at GCC. After being Covid free since August, we made it until October without one. The American Academy of Pediatrics is strongly encouraging getting children vaccinated for Covid, and the Flu. Reports that the holiday season is expected to see a surge in cases of Covid, RSV, and the flu. Let's do all we can to protect our children and extended family members.

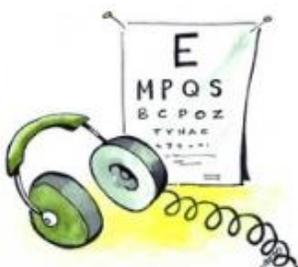
November is Parent-Teacher Conference Time! Family support and engagement is an important component of our program. We hope that phone or virtual **Parent-Teacher Conferences will have 100% participation!** Parents who have completed and returned the Developmental Screenings, Ages and Stages-3, for scoring by teachers, will have results shared at conference time. Teachers are completing formative assessments using the Early Learning Assessment Tool to share with parents. This tool is best used to help teachers and families plan goals and individualize instruction for each child in the areas of Early Literacy, Mathematics, Social Foundations and Science. Conferences are a way to invite families to share information about their child that teachers may not know, and to develop positive relationships with teachers. This is so important. We hope that your conference will help you to connect with our faculty and our program.

Thank You Parents!

We have had an extraordinary amount of donations this year! We are sincerely grateful to our families and the community created.



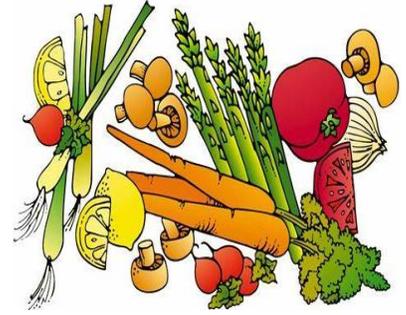
We thank you in advance for following us on Facebook and for taking the time to write a **5 Star Review** on social media! Having positive reviews from parents is tremendously helpful. Please consider doing this for us.



Hearing and Vision Screenings
are scheduled for
November 15th!

November Means Nutrition

November means the end of the harvest and the children will be spending the next few weeks learning about nutrition and healthy habits. They will be involved in units about the good food guidelines, My Plate, where foods come from, and discussions about healthy foods vs. sometimes foods. Let's pack healthy lunches to go with our daily discussions! Be sure to include a protein based main food and two servings of vegetables/fruits every day! We will provide the milk!



GCC will be CLOSED on:

Friday, November 11 for Veterans Day

Thursday & Friday November 17-18 NAEYC Conference

Thursday & Friday, November 24 & 25 for

Thanksgiving & Native American Heritage Holidays

We wish you and your family a safe and



Learning to Listen



Here is a common parental fantasy: the kids actually listen to what we say. What a concept! But why does such a simple thing sometimes seem so far out of reach? Part of the problem may be that we often forget that listening needs to be learned. Babies are primed to watch and listen, that's how they pick up language, expression and just about everything else. But as the little ones grow, parents need to nurture and attend to this crucial skill so that our kids can keep up with the ever more complex instructions, concepts and questions to which they must respond at school and at home. So how do we go about exercising those listening muscles? Just listen to the great ideas below....

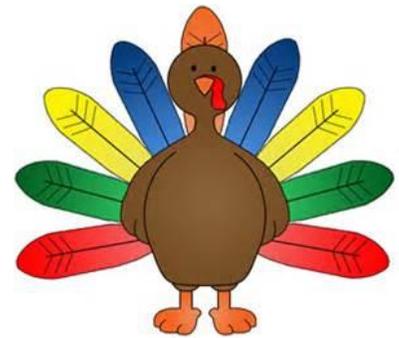
Active Listening for Active Kids ~ Eliza Clark: Getting children to listen is one of the biggest challenges for parents. How many times have you heard one parent moan to another, "They just don't listen!"? And how many times have you heard yourself bark at your kids, "You need to listen!!" or the old classic, "Don't make me repeat myself!!"? And yet repeat ourselves we do, over and over.



This standard parent-child struggle has taken on a different cast in our current "age of inattention." (Not to mention Virtual Learning). With grown-ups ever more distracted by the buzzing and blinking of our various devices, we need to focus more of our own attention on helping our kids learn to regulate theirs. This is important enough now during the early years (how much happier family life would be if our kids listened better!), but really becomes critical to success later in school and life.

Fortunately, there are many simple things we can do to give our kids a good start as they learn to regulate their own awareness and attention. Some of these ideas are absolutely basic, and yet they can't be emphasized enough.

- **Consistent limits and routines matter.** If implemented in a positive, gentle manner, children will internalize and learn to value them (most of the time!).
- Keep television and screen-time to a minimum. And it's also important to diminish or eliminate background noise from adult radio or TV.
- Teach kids to use their "indoor voices" in the house—a tired mantra to be sure, but also an important first step in self-regulation. And so very important at school!
- Plenty of outdoor exercise and **plenty of sleep** are crucial.
- Make sure there is a quiet space to which a child can retreat to look at books or play or daydream. Lots of time for self-directed play teaches kids how to focus better than anything else.



Autumn

Rhyme

Autumn winds begin to blow; *(blow)*
Colored leaves fall fast and slow. *(fall motion with fingers)*
Twirling, whirling all around. *(turn self around)*
Till at last, they touch the ground. *(fall to the ground)*



Introducing Claire Lerner, L.C.S.W.-C, who is also Senior Parenting Advisor at ZERO TO THREE, focusing on outreach and engagement with parents.

Ms. Lerner is a licensed clinical social worker and child development specialist. She served as the Director of Parenting Resources at ZERO TO THREE for over 18 years, overseeing the development of all parenting content, print and digital. Recently she has taken on the position of Senior Parenting Advisor to focus on expanding the organization's reach directly to parents. She will be providing parent learning opportunities in webinars, as she has in past years.



She joined us at GCC three years ago to support the teachers and parents, especially with the social and emotional development of young children and feeling competent and in charge as parents. We often share links to articles written by Claire that are immensely helpful to parents. She has been a valuable resource to many parents as well as early childhood teachers and directors. We hope that you have found what we share with families to be helpful.

Ms. Lerner is the author of numerous parenting publications and articles in addition to podcast and video series for parents and professionals. Ms. Lerner writes a column for PBS Parents and has also written columns for Parenting: The Early Years, and American Baby Magazines. She is frequently quoted in other Parenting publications and has been a source on early childhood development for NPR and numerous national daily newspapers such as The New York Times, Wall Street Journal, USA Today, Los Angeles Times, the Boston Globe and the London Times.

She has recently authored a book, *Why is my Child In Charge?*

Ms. Lerner has also been a practicing clinician for 30 years, partnering with parents to understand the behavior and development of their young children. She also provides consultation and training to local preschools and pediatric residents. She has a link to her archive of parenting newsletters and her book at www.lernerchilddevelopment.com.



Greenbelt Children's Center Snow Policy



Yes, we realize that very few of us want to think about snow yet, but as winter weather approaches, please remember our snow closing policy. Greenbelt Children's Center will make decisions and alert everyone through Remind.com if closing or having a delayed opening would be safer. We usually follow closing announcements of PGCPs.

If we announce that GCC will close early, we will specify an early closing time for the center after contacting all parents. We ask that parents pick up their child as soon as possible. Have your plan in place!



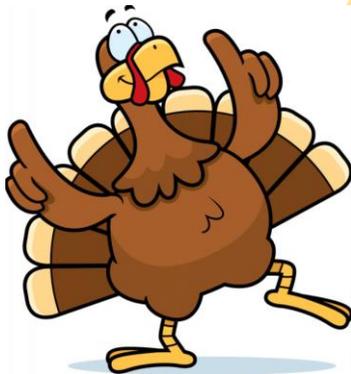
What is Remind?

Remind is a simple way for you to stay informed and up to date with what's happening at GCC. By joining Mrs. Gee's class on Remind.com, you're choosing to receive GCC messages via push notifications, SMS, or email. Don't worry, your phone number will not be shared with the GCC or anyone else in the group. **Follow these steps to join! Text: @gccpar to 81010**

Drama and Literacy Programs

GCC will begin two Artist in Residencies with teaching artists from **Wolf Trap for the Performing Arts and InterAct Story Theatre**. This is partially supported by a grant from the Maryland State Arts Council.

These programs have been implemented at GCC for three decades and supports our curriculum goals in all areas. Benefits include introducing young children to the performing arts.



If You're Thankful and you Know It

Tune: If You're Happy and You Know It

If you're thankful and you know it, clap your hands.

If you're thankful and you know it, clap your hands.

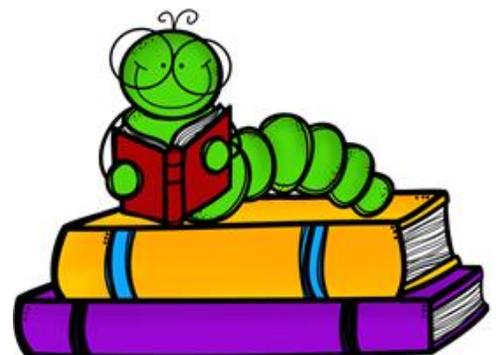
If you're thankful and you know it,

Then your face will surely show it.

If you're thankful and you know it, clap your hands.

Reminder!

Read 10 books each month from the GCC Lending Library to your child! Return backpacks for more books! Help the class earn a reward!



BIG NEWS!

Have you heard the news? *GCC* passed our recent validation visit and we have maintained accreditation with the **National Association for the Education of Young Children through February 2028**. Our highest scores

were Staff Competencies, Preparation, and Support; Teaching; and Families and Community Relationships. *GCC* also did well in Physical Environment; Curriculum; and Relationships. This is an important step required to maintain Level 5 (highest) in MD EXCELS and offer public Pre-k here at *GCC*. We have been nationally accredited since 1990 (probably before you were born!) and have partnered with PGCPs for 22 years, offering Pre-k decades before the public schools.



Please congratulate your child's teachers because they work unbelievably hard every day for *GCC* to maintain standards and be successful.

