

September 1, 2019

Dear Families,

Welcome to Sprout 1, where fun and adventure await us each day! We would like to extend a warm welcome to **Teddy, Aubree, Saylor** and **Izzy** who are moving up from the Big Seed room, and welcome back **Shaylie, Aerix, Miles** and **JJ**. We can't wait to start the year with you all.

Our philosophy at Growing Tree is that "Children Learn through Play" Play is the best way for toddlers to learn. Our job as a teacher is to facilitate this play by matching activities to individual Sprout needs and interests in the different developmental domains. Through support and encouragement, you will be amazed at what your child can accomplish.

You can expect to see your child exploring creative artwork, playing games, cooking, enjoying circle time, playing in water, building with blocks, reading, dancing, and freely exploring his/her environment.

Conscious Discipline is our social-emotion model at Growing Tree. Mindfulness activities are incorporated into our daily schedule to promote building our sense of self and community. The Sprout room activities include Baby Time Circle, Yoga, and You are Safe.

Outside on the playground Sprouts are interacting with their friends and nature. We believe children should be allowed to move freely to explore and use their muscles. Sprouts get dirty! Their clothes should be play clothes because play is how they learn and sometimes that's messy.

In the Sprout room we encourage children to "use their words." You can expect to see children solving their own problems with the encouragement and support of teachers. You may also see confrontation. Hitting, pushing, biting, yelling are common toddler reactions to conflict as they grow in their ability to use words. We do not use the phrase "I'm sorry", but we do model apologizing behaviors for these acts.

At mealtimes you will observe Sprouts drinking from a glass, using a spoon, saying "Please" and "Thank you", scraping their plates, cleaning their meal spot, and independently washing their hands.

We encourage all the Sprouts to self-comfort at naptime. We do not want them to be dependent on an adult to pat, rub, or rock, but we want them to learn to use their own resources for falling asleep.

The Sprout room has a monthly study, all our work and projects for the month will relate to that study.

Our September "Study" is **To Market, To Market**. Watch as our classroom transforms into the Sprout Market. We will explore everything food related through art, song, books, dramatic play, and cooking. If you have any food magazines, we would love the donation. Thank you

Also, we will be creating a family board. Please bring in a family picture.

### Get to know the Sprout 1 Teachers:

#### **Teresa Kendler:**

Hello, my name is Teresa and I have worked at Growing Tree in the Sprout room for the past 14 years! Toddlers are my favorite age group as there is a new adventure to have every day. When I am not working, I enjoy spending time at our property on Lake Billy Chinook with my husband, son, granddaughter and parents. My interests are reading, boating on the lake, and shopping with my mom and granddaughter.

#### **Elizabeth Curtis:**

Early childhood development and care for young children has been a passion of mine that started with being the older sister of six. Though I've always loved children and even volunteered in Head Start classrooms, my journey didn't lead me to preschool right away.

At COCC, I studied addiction counseling until I took a class on family systems theory. When learning about attachment theory and young children in families, I knew I had to make a switch and started taking classes in early childhood education.

Beyond my love for education, I love art, continuing my own education, traveling, trying out new restaurants, and writing.

**Julie Koch:**

I am also known as Nana Julie around the Center. I am a retired YMCA program director. I feel fortunate to be finishing my childcare career at Growing Tree alongside my daughter Teresa. Fun fact: I have 6 children, 17 grandchildren, and 8 great-grandchildren.

**Chloe Carey:**

Hello, my name is Chloe. I am 22 years old and was born and raised in our beautiful Bend Oregon! I love kiddos and have worked with them since I was 12 years old as a babysitter. I have a husband (Parker) and a cat (Mickey). I love music and art. I play the drums, piano, and flute! I also paint on occasion. Some of my favorite things to do are hike and spend time outdoors with my family. I am so excited to begin this new school year with your child.

**Reminders:**

- ❖ Diapers and wipes
- ❖ Blanket
- ❖ Lovey or stuffy for naptime
- ❖ Extra change of clothing
- ❖ Family photo for our Family Board

Ms. Teresa and Nana Julie

Sep-19

# TO MARKET, TO MARKET

Notes:

This Month's Books:
<i>Pete the Cat and the Bad</i>
<i>Banana</i>
<i>Apples, Apples</i>
<i>Red are the Apples</i>
This Month's Songs:
Way up high
<i>Apples and Bananas</i>
<i>Oh do you eat your</i>
<i>veggies?</i>
This Month's Sign:

	Monday	Tuesday	Wednesday	Thursday	Friday
2	CLOSED	3 Footprint Carrot	4 Bubble Wrap Strawberry	5 Yogurt Painting	6 Basket
9	Apple Cutter Painting	10 Broccoli Painting	11 Footprint Broccoli	12 Paper Plate Lemon	13 Color a Bag
16	Banana	17 Handprint Strawberry	18 Pom Pom Pineapple	19 Handprint Apple	20 Sticky Collage
23	Crunchy Carrot	24 Pom Pom Watermelon	25 Apple Core	26 Cereal Bowl	27 Shopping Dash
30	Fruit Collage				



# Sprout One

