

Windmill Creek Academy Gazette

Volume 11

Issue 1

September 2018

Letter from the Director

Dear WCA Parents,

It's been an incredible summer! It seems just yesterday that we held our VPK Graduation Ceremony in May! This summer was a whirlwind of activities -- the 8 week intensive "Summer VPK" class -- Water Days -- and some of our favorite Summer Fun schedule activities -- Carnival Week -- Around the World Week -- Once Upon a Time, and -- Western Round-up Week proved to be highlights!

September will certainly be an exciting month. Our themes include: "Emotions," "Fall," "Inventors & Inventions" and "Senses." Last month's *All About Me Posters* were such fun to behold -- the children loved showing off their posters to friends and teachers. We loved seeing you and your child's creativity as you showed off pictures of family, friends, shared activities and family pets! We'd like to extend a big "Thank you!" to the VPK Parents who participated in our "Community Helpers" activity by coming in and sharing about their careers on "Career Day."

Just a couple of future dates and special information to make a note of:

Morning Drop-Off

New to school? Morning Drop off can occasionally be a challenging time -- especially after a weekend, or a holiday break. Having assisted thousands of families over the years, we've discovered a good rule of thumb is to hug your child, reassure them and then wave good bye with good eye contact and a smile. A prolonged good-bye only makes matters worse. If it was a difficult drop-off, feel free to give us a call and we can give you an update.

Fire Truck Visit on Wednesday October 10

The City of Naples Fire Department will be visiting our campus on Wednesday, October 10th to show us their fire truck, equipment and fire fighter uniforms/gear.

Full Color Gazette Available on Our Website

Remember to share our full-color, Windmill Creek Academy Gazette with family and friends each month. It is available to view on our website: www.windmillcreekacademy.com. Click on "Information" and then scroll to the month of the Gazette you are interested in viewing.

Taking Care in the Parking Lot

Dear parents, please take a moment to slow down just a wee bit as we pull in and out of the parking lot. Also, please be sure car doors are not slammed into adjacent doors. By taking just an extra moment, we can ensure the safety of our WCA families and respect one another's automobiles. Thank you in advance!

Halloween Party - Friday, November 2nd

This year we will host our annual Halloween Parade & Party on Friday, November 2nd. Parents have requested the date after the holiday so that costumes are fresh and clean for the actual holiday and not soiled by party food! ;0 More information will be forthcoming.

Teacher-of-the-Month!

Starting in October, we will resume our "Teacher of the Month" recognition program. All of our teachers are so special! It requires a special heart for service and love of children to work with pre-school aged students. If you would like to recognize one of your children's teachers ... please find a nomination form at the front desk and pop it in the black lock box. Thank you for recognizing our special WCA teachers!

Thursday, November 8 - LifeTouch Picture Day

LifeTouch photographers will be visiting to take individual pictures of the children. Please have your children here no later than 9:00 a.m. if you wish your child to participate.

Thank you for a great kick-off to the school year! We honor and appreciate the opportunity to create a happy, safe, and warm learning environment for your children. We look forward to a wonderful 2018 - 2019!

Best,

Janine

Janine Connell
Founder & Director
Windmill Creek Academy



This Summer's "Around the World" Week



Fun with chopsticks





Windmill Creek Academy Classroom Updates

Bunnies

The new school year has begun ... finding a new adventure in every Bunny! All of our Bunnies are growing and exploring so much! We'd like to welcome our newest Bunnies – Nora, Avery, Elliot and Molly. Our twins, Lennox and Luca have started to eat food now. They love it so much and enjoy rolling over on their tummies. Vera loves to look around to see what is happening. She just figured out how to roll over. Landon is now our oldest Bunny in the room. He loves sitting with his friends and enjoys watching all of his classmates as he is very curious. We are looking forward to a great school year full of “firsts.” It's great to be a Bunny!

Ms. Alli, Ms. Iris & Ms. Kaira

Cubs

This summer was a great adventure! Now the Cubs are looking forward to a brand new school year! We would like to welcome a whole new bunch of Cubs to our Cubs Corner – Mick, Lucas, Vivi, John, Fox, Javiera, Landon and Caleb! Our little ones enjoy Circle Time and our art projects. Everyone also enjoys chasing bubbles and learning about animals with our animal flash cards. The Cubs love dancing to songs and clapping along. Everything is new to our Cubs and each student loves interacting and watching their classmates -- as there's so much to learn and discover. We look forward to a wonderful school year. This month we will be exploring emotions, the season of fall, and our senses.

Ms. Kayla, Ms. Kelsey & Ms. Sofie

Bears

The summer months were awesome for the Bears! We loved “Water Day Wednesdays” and chasing bubbles in the sun. “Musical Madness” was one of our favorite weeks – we loved making our very own maracas out of paper plates and we popped beans inside to make the shaking sound of the maraca. Races and Relay Week was also fun – we had races outside and even ran past our teachers. We also painted pictures of medals. In August we loved sharing our “All About Me” posters – it was fun to look at our families and share our pets and activities with our classmates. We'd like to welcome Leighton, Tripp, Luca, Caroline, Kinsley and Tanay to the Bears' Den. We look forward to the Fall and the school year. At Circle Time we will concentrate on read-aloud books, singing finger-play songs, learning about shapes and colors and using our words. The Bears love to say, “Please,” and “Thank you,” and we are learning what it means to be a friend. In September we will explore our “Emotions,” “Fall,” “Inventors and Inventions” and lastly, our “Senses.”

Ms. Ana, Ms. Kayla, Ms. Lesley, Ms. Mariah & Ms. Rachel

Frogs

August was the last of summer and the beginning of the new fall school year. We welcomed many new Frogs to our class

and said good bye to several as they moved up to the Giraffes' class. Our Frog class will concentrate on learning a new letter, number and color and shape each week – reviewing as we go along. During our Circle Time. “Story Time, Song Time and Calendar Time” are also included in our morning activities as well as learning the Pledge of Allegiance. The children really enjoy singing our favorite songs along with our “Song Leader of the Week.” The Frogs love our “Job Chart” and feel important and responsible in doing their specials tasks. Art projects will include painting, gluing and drawing using different media and various fine motor skills. Thank you to all of our parents and families for sharing our “All About Me” week – we all enjoyed looking at all our family pictures and favorite things to do. It was a great sharing experience by both parents and children. We look forward to next month as we learn about Emotions, Fall and Inventors & Inventions and Senses. Welcome everyone – we look forward to a year full of interesting hands-on activities and learning!

Ms. Alli, Ms. Ana, Ms. Kayla, Ms. Lena & Ms. Raquel

Giraffes

The Giraffes had a great summer! We loved “Water Day Wednesdays” and had such fun this summer. We loved our more relaxed summer themes especially Ocean and Beach Week, pretending we were Princes and Princesses and one of our most favorite – the Star Wars Week when we made lightsabers with pool noodles and super hero masks! It was a great summer. We are jumping right into the swing of things as we begin the new school year. We will be concentrating on a letter and number a week along with colors and shapes. We will explore different media in art as we work on fine motor skills and flexing our creativity! We will also incorporate letters and numbers in some of our art work. In Social Studies and Social Science we will explore various S.T.E.M (Science, Technology, Engineering & Math) through various theme and sensory activities. In September we will explore Emotions, Fall, Inventors & Inventions and finally, Senses. It's great to be a Giraffe!

Ms. Daisy, Ms. Krystal, Ms. Sammy & Ms. Ali

Lions

What an exciting time the new school year brings! We are so excited to jump right into learning! We loved summer but are excited about all the activities, learning, stories and creativity the new school year will bring. We jumped right in with our “All About Me” posters. They were a great way to share a little about ourselves, pets and families. It was a great way to start the year socially and learning to speak and listen. We are already learning to write our names. We will dive into letters, sounds, numbers, shapes and more! Ms. Kristen has already performed the Florida VPK Assessments and letters will be going home to share the “baseline” of your child's knowledge and skills. We will perform a middle assessment in January and again at the end of the VPK school year to log each child's progress. The assessments show each child's strengths and helps us to determine which skills and knowledge will require additional work. We have a busy year ahead of us and are glad to be Lions. Watch us ROAR!

Ms. Ali, Ms. Kristen & Ms. Sammy

September Birthdays

Emma Cate - September 6
Ms. Sofie - September 8
Mia T - September 11
Owen Z - September 16
Fox C - September 16
Genevieve C - September 20
Joaquin F - September 22
Tayden R - September 26
John G - September 25

NUTRITION & BRAIN DEVELOPMENT IN INFANTS, TODDLERS & PRESCHOOLERS

Scientists refer to young children's brains as "plastic," meaning they are vulnerable and impressionable. Your infant is born with all the brain cells she will need; however, they aren't connected. Connections need to be made to allow her to learn about the world around her. By the time your child is 3 years old, she will make around 1,000 trillion connections. Nutrition plays a key role in making these connections and the proper development of your child's brain.

Protein

Your child's developing brain needs protein, or more specifically amino acids, to make neurotransmitters. The neurotransmitters allow brain cells to communicate with each other. For example, the amino acid tryptophan makes the neurotransmitter serotonin which helps your baby sleep. The amino acid tyrosine makes norepinephrine which helps your child stay alert. Infants need 9 to 11 grams of protein daily, toddlers need 13 grams of protein and preschoolers need about 19 grams daily.

Calories

A study published in 2008 out of India, where over half of the children under 5 years old are considered malnourished, found that malnourished children

suffer cognitive developmental delays. The children in this study had poor motor skill, language, visual and social development. They had poor memory and lower IQs. Calories provide your baby's brain with the energy it needs to function properly. Children ages 2 to 5 generally need between 1,000 and 1,600 calories depending on their size, gender and activity level. If you have an infant, feed him on demand to ensure he gets enough calories. Monitoring your child's weight and growth will help you know if he is consuming enough calories.

Fats

According to an article in "The Journal of Pediatrics," fats are necessary for the development of your young child's central nervous system, vision and intelligence. Fats surround the nerve cells in the brain and protect it. Breast milk contains the fats DHA and AA which are critical for brain and retina development. Infant formulas are fortified with these important fats. You shouldn't restrict the fats in your child's diet if he is under 2 years of age. After age 2, you can limit your child's fat intake to around 30 percent of his calories.

Vitamins and Minerals

Certain vitamins and minerals impact the development of your young child's brain. They include iron, zinc, copper, iodine, selenium, vitamin A, choline and folate. Breast milk and infant formula contain adequate amounts of these nutrients and most young children need very small amounts; they usually consume enough to meet their needs. One exception could be iron. The Centers for Disease Control reports that 14 percent of children in the United States between the ages of 1 and 2 years and 4 percent of children ages 3 to 5 years suffer from iron-deficiency anemia. An article published in the "Journal of Nutrition" reviewed several studies on anemia in children and found that those who were anemic in younger years performed poorly on cognitive tests and had a harder time catching up when they entered school. The recommended dietary allowance of iron for children ages 1 to 3 is 7 milligrams daily. Children between 4 and 5 years need 10 milligrams a day.

