

# The Nursery News

*A publication for the families and friends of The Nursery at Our Lady of Sorrows School*

## THE HOLIDAY'S ARE HERE...

### CALENDAR

- Dec. 24th-Christmas Eve-Center Closed
- Dec. 25th-Christmas Day-Center Closed
- Dec. 31st-New Year's Eve-Early closing at 3:00
- Jan. 1st-New Year's Day-Center closed
- Jan 18th-MLK Birthday-Center closed for teacher in-service



Thanksgiving has come and gone, all the leftovers have been eaten and the cold weather has settled in. The next week will be busy for families and also for the children here at The Nursery. Decorations to be made and hung, presents to be made and wrapped, baking to be done, songs to be sung.....

This week we are "celebrating" Hanukah with the children. They will try latkes with applesauce and we will display a menorah.

The week of the 21st will be dedicated to Christmas. The

children will hear the Nativity story and learn about the birth of Jesus. If the weather is warm enough we will go to see the big Nativity in front of the Rectory on Prospect Street. For Catholics, the Christmas season begins on Christmas and moves forward from then. The four weeks before Christmas are actually Advent. So we here at The Nursery will also continue to celebrate Christmas until Epiphany, when the children will learn about the Three Wise men and the gifts



they brought to the Baby Jesus.

As the letters that have been going home recently indicate, we are expanding our staff and moving some staff into positions that suit them better.

## NEWS AND NOTES

### Cold Weather Gear

The children do go outside during the winter as long as the weather is not too bitterly cold. On some days the amount of time they spend outside is drastically reduced but we feel that getting fresh air is important for the children. Please make sure to send your child to The Nursery with a hat, mittens and a warm coat each day. Please also make sure to label all of your child's outer wear.

### Holiday Schedules

Please let your child's caregiver know if your family will be taking any time off during the holidays. A few staff

members would like to take some time off during this week and if we know that children won't be here we can grant their wish.

### Daily Experience Sheets

Please help the Caregivers by filling out the top portion of the Daily Experience Sheets each morning.

### Referral Bucks

Reminder-if you refer a family and they sign up and attend for 60 days, you receive \$100 toward your tuition.

### CAUTION: Children at Play

When entering our classrooms be mindful that there are little ones playing. Look through the window before opening the door to make sure that there are no little ones on the other side of the door. When walking around the classroom keep an eye to the floor watching out for both toys and children!

### Holiday Closings-

Dec 24 and 25-Closed  
Dec. 31-Closing at 3:00  
Jan. 1-Closed

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## MEET MISS MARIA

You will find Miss Maria working in the infant room in the mornings. Maria was the first Caregiver hired for The Nursery. She was working with the preschool summer camp and kept checking in on the progress of the renovations. When I found out that she was available to work at The Nursery we jumped at the chance to get such a caring, responsible woman as an employee. Maria helped me through all of the open houses during the summer.

Maria has worked at Our Lady of Sorrows School (the elementary school) for years as well as being a parent of a seventh grader at Sorrows. Maria grew up in South Orange and lives in the house she shared with her parents for many years. Maria has one daughter, Alexis. Maria attended business school and also went to school to be a licensed manicurist. Maria has found her true calling of working with young children. Maria loves all

of her babies and gives them so much TLC. Maria makes The Nursery a home away from home for the infants.-



*A baby is God's opinion that the world should go on-Carl Sandburg*

## INFANT INSIDER

Our infants have been very active this month. They have welcomed new friends into the room, including our first "itty-bitty" baby. The older children have been so cute helping to care for the new baby. We also have three new older friends who joined us this month and new caregivers as well.

The infant room also said farewell to two of our friends who have "graduated" into the toddler room. It is great to see the children grow and mature but when they leave they leave a hole in our hearts.

The infants have been continuing to sing the old standards-Itsy Bitsy spider, Twinkle, Twinkle, The Alphabet Song and also have listened to Christmas Carols this month. The infants are a group of

dancing friends. Often when you walk into the room, walkers, crawlers, caregivers are all bopping away to the music, some have excellent rhythm!

Reading is also an important part of the daily curriculum. The children have favorite books that they want to hear over and over but they do also enjoy hearing new stories.

Again this month little hands help make some very lovely art. The children are working on making a green handprint wreath and will be making handprint Santas just like our big friends in the toddler room. The older waddlers have gone over to the toddler room and played with play dough, stamping, paint, and glue during free choice time.

We do want to take this time to remind parents to LABEL everything that comes to the Nursery-bottles, caps, spoons, pacifiers, dishes, clothes (extra ones as well), jackets, hats, mittens, etc. As hard as we try items do get mixed up with other children's items and the only way to tell whose is whose is through labeling.

The Infants and staff wish you a very Merry Christmas

## MEET MISS SARAH

Miss Sarah is one of our toddler Caregivers. She joined The Nursery as one of the original staff members and helped to open the center early this fall. Sarah brings with her a background in Early Childhood Education. Her experience includes working with toddlers. Sarah has begun taking college coursework in Early Education at Union County College. She has also participated in many workshops focusing on various aspects of Early Childhood

Education.

Sarah enjoys reading with the children and especially enjoys doing fingerplays and puppet time. Sarah also likes to go on adventures with the children, discovering new things through out the OLS campus.

Sarah grew up in Livingston and she attended William Paterson University where she studied anthropology.

When not working at The Nursery, Sarah's hobbies include cooking, reading, walking and writing. She has a dog named Lady, with whom she loves playing .



*A new baby is like the beginning of all things-wonder, hope, a dream of possibilities. ~ Eda J. Le Shan*

## TODDLER TIDBITS

WOW-have the toddlers been busy! Right after Thanksgiving they began working on their holiday projects. Each day has been spent creating wonderful holiday-oriented art projects including hand and footprint reindeer-how much fun to have our feet painted! The little ones dressed up as elves and had their pictures taken for our Santa Express project. Our handprints came in handy again to create Santas and Christmas trees. The toddlers made Menorahs and dreidals for Hanukah. And there are still many fun projects ahead!

The class is learning new songs for the Holidays including Jingle Bells, Must be Santa, O Christmas Tree , Santa Claus is Coming to Town, The Dreidal Song and O Hanukah.

A puppet show is planned for the

near future using Rudolph puppet the children will be making.

Something very secret is going on in the classroom as well-it includes wrapping paper and "hidden" presents-maybe something for Mom and Dad?????

Our books this month are also all about the holidays, including some very simple books about Hanukah and Christmas. Of course the standards like *The Night before Christmas* are also on the list to be read.

The toddlers are working on making decorations for the center's Christmas tree. They have created a paper garland already and will be adding more to the tree each day.

The toddler room welcomed Miss Cathy Jennings this month. She was



working with the infant since September but due to a change in her hours she is now helping in the toddler room during lunch and nap-time.

We wish you a Merry Christmas, we wish you a Merry Christmas, we wish you a Merry Christmas and a Happy New Year!

## The Nurse's Corner-from Sharon Reynolds

My Dad once told me, "Too bad kids don't have a lid on top of their heads where we can open it, put in their food and close it up."

Children don't want to hear how this food or that food is good for them. All they want is the food that they like and are used to, never anything different.

Did you know that for most children you have to offer a new food up to 50 times before they will try it?

Children need a variety of foods for a balanced diet to allow them to grow and develop. Make sure when making up a menu for your child, it includes all of the food groups-vegetables, meat/ proteins, milk/dairy, fruit, and whole grains.

Maybe for a picky child, try and give new foods two times per week that are different than the normal for breakfast, lunch and dinner.

Prepare foods in a new way, such as meat and cheese roll ups instead

of a sandwich, cutting sandwiches with cookie cutters to make fun shapes, cutting cheese and ham into cubes, adding a dip, such as barbecue sauce or ranch dressing for chicken cut into strips. You can find many creative ideas on the internet.

It may be a bit more work but it is important to develop healthy eating habits now instead of having to undo bad ones later.

## Child Safety tips for the Holiday Season

With parents concentrating on the various holiday activities it is possible to overlook simple child safety rules which could have disastrous consequences for the family.

The celebrations for the festive season, travel and new toys make the holidays an exciting time for children. Parents want to give their children the best of everything and are busy planning fantastic celebrations, holiday travel and new and unusual toys to keep the children occupied.

In all this hustle and bustle parents should not forget the simple safety aspects of the children.

### New Toys or Games for Christmas

When buying toys and games parents should always stick to the manufacturer's recommendations regarding the suitability of the toy for the age of the child. The age recommendation relates to the suitability and safety of the toy for a specific age group, not the ability of the child to master the toy or game.

For instance a toy that says "not suitable for children under 3 years" does not mean that a three-year-old cannot play with the toy. It just means that there are small parts of the toy that can come apart and might cause a health hazard to the child.

### Travelling in the Car With Small Children

Small children should always be restrained in an appropriate child car seat or seat belt when travelling in a car. Even if the journey is very short – just around the corner to the shops – young children should always be properly restrained. There are various types of car restraints that are recommended for the weight and age of the child. When choosing the car seat the weight of the child is more important than the age.

If the parents have to leave the car even for a very short period, for instance to run a quick errand, the children should not be left in the car on their own. It is always safer to take the children along.

### Children at Festive Celebrations and Parties

If the children are involved in family festive gatherings and other parties, the parents should be particularly vigilant. In the fun atmosphere of the celebrations it is possible to momentarily lose track of what the children are doing.

Whatever activities the parents are involved in this holiday season, bearing in mind the simple safety aspects of young children will help to have a fun, peaceful and memorable holiday. Parents can choose age-appropriate toys and games, use car seats when travelling with young kids and be extra careful when children are near water.