

November
2011 Issue

Upcoming Dates:

**TCS 1ST ANNUAL
 FIELD DAY**
 NOVEMBER 5TH

PARENTS NIGHT OUT
 NOVEMBER 11 & 18

THANKSGIVING FEAST
 NOVEMBER 17TH

HAPPY THANKSGIVING!
 TCS CLOSED 11/24 & 11/25

**PARENT/TEACHER
 CONFERENCES**
 VARY BY CLASSROOM
 PLEASE CHECK YOUR
 CALENDAR

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Community Helpers visit with TCS

Most children are probably familiar with the police officer, but how much do they know about this important community helper?

There is no doubt that it is very important that we acquaint our children with this very important community helper because our children will learn about safety, and who to call or ask for help in an emergency. The ability of our children to know how to **communicate with** and **trust** a police

officer is critical and can save their lives and those of others.

Fortunately, we were able to make arrangements to have police officer, **Jonathan Castro**, come to visit TCS so that children can meet and listen to an active duty officer from the K9 unit. This was particularly special since any officer who is part of this unit has a specially trained dog to also be a community helper! Our students were able to get up close and participate in asking questions

about his helper and even get to pet this friendly dog!

We are very grateful to have had so many community helpers come to TCS and inform our students how to be aware of their surroundings and teach them about who to seek out for help in case of emergencies. **Officer Castro** answered many questions, mostly surrounding his partner, the dog featured in the pictures below.

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Things to do Around Atlanta

What	Where	When	Cost
CHASTAIN ARTS FESTIVAL	Chastain Park	Sat, November 5th 10am-6pm Sun, November 6th 11am-5pm	Free!
LAUGHING PIZZA FAMILY FUN FEST	The Buckhead Theatre	Sun, November 6th 2:30pm Concert @ 4pm	Adults \$22 Kids \$17 Under 2: Free
THE KRITTER JUMBILEE	TheRockRanch.com	Sat, November 12th 10am—9pm	\$14

Parents Night Out : November 11th & 18th

RHODES 5K BENEFIT RACE	Ansley Park Rhodes Hall	Sat, November 12th 9am	Proceeds to GA Trust Historic Preservation
GARDEN HOLIDAY 1 MILLION LIGHTS!	Botanical Gardens	November 19– January 7 5 -10pm (closed Dec 24th & 31st)	\$9.00-\$20.00 Under 3: Free
DR. SEUSS HOW THE GRINCH STOLE CHRISTMAS	Fabulous Fox Theatre	November 29th & 30th 8pm	\$28.00-\$58.00

Community Helpers: Continued

We would also like to thank **Captain Scott McColl** along with firefighters **Miller, Pavlovic** and **Kalineski** for coming to TCS. These men were able to show us their truck and equipment. The children were excited after our drill to see water spraying everywhere and the alarms going off ! We learned a lot about safety and were grateful for their time and helping us with our fire drill.



25 Manners Kids Should Know

Your child's rude 'tude isn't always intentional. Sometimes kids just don't realize it's impolite to interrupt, pick their nose, or loudly observe that the lady walking in front of them has a large behind. And in the hustle and bustle of daily life, busy moms and dads don't always have the time to focus on etiquette. But if you reinforce these 25 must-do manners, you'll raise a polite, kind, well-liked child.

Manner #1

When asking for something, say "Please."



Manner #2

When receiving something, say "Thank you."

Manner #3

Do not interrupt grown-ups who are speaking with each other unless there is an emergency. They will notice you and respond when they are finished talking.

Manner #4

If you do need to get somebody's attention right away, the phrase "excuse me" is the most polite way for you to enter the conversation.

Manner #5

When you have any doubt about doing something, ask permission first. It can save you from many hours of grief later.

Manner #6

The world is not interested in what you dislike. Keep negative opinions to yourself, or between you and your friends, and out of earshot of adults.

Manner #7

Do not comment on other people's physical characteristics unless, of course, it's to compliment them, which is always welcome.

Manner #8

When people ask you how you are, tell them and then ask them how they are.

Manner #9

When you have spent time at your friend's house, remember to thank his or her parents for having you over and for the good time you had.

Manner #10

Knock on closed doors -- and wait to see if there's a response -- before entering.



Manner #11

When you make a phone call, introduce yourself first and then ask if you can speak with the person you are calling

Manner #12

Be appreciative and say "thank you" for any gift you receive. In the age of e-mail, a handwritten thank-you note can have a powerful effect.



Manner #13

Never use foul language in front of adults. Grown-ups already know all those words, and they find them boring and unpleasant.

Manner #14

Don't call people mean **names**.

Manner #15

Do not make fun of anyone for any reason. Teasing shows others you are weak, and ganging up on someone else is cruel.



Manner #16

Even if a play or an assembly is boring, sit through it quietly and pre-

tend that you are interested. The performers and presenters are doing their best.

Manner #17

If you bump into somebody, immediately say "Excuse me."

Manner #18

Cover your mouth when you cough or sneeze, and don't pick your nose in public.

Manner #19

As you walk through a door, look to see if you can hold it open for someone else.



Manner #20

If you come across a parent, a teacher, or a neighbor working on something, ask if you can help. If they say "yes," do so -- you may learn something new.

Manner #21

When an adult asks you for a favor, do it without grumbling and with a smile.

Manner #22

When someone helps you, say "thank you." That person will likely want to help you again. This is especially true with teachers!



Manner #23

Use eating utensils properly. If you are unsure how to do so, ask your parents to teach you or watch what adults do.

Manner #24

Keep a napkin on your lap; use it to wipe your mouth when necessary.

Manner #25

Don't reach for things at the table; ask to have them passed.

Keep hands clean.

Regular hand-washing dramatically reduces the passing of respiratory and gastrointestinal illness, so get your kids in the habit of scrubbing up (or using a hand sanitizer) when they leave preschool or day care, after every playdate, and before they eat. Teach kids to sing "Happy Birthday" to themselves twice before rinsing -- scrubbing for 15-20 seconds is key.

Be active every day.

Studies indicate that regular, moderate exercise can reduce the number of cold and flu episodes that occur over the course of a year by 25-50 percent, possibly by boosting the circulation of infection-fighting cells.

Get plenty of ZZZs.

Make sure kids stick to an early bedtime. Sleep deprivation nearly doubles the risk of getting a cold or flu, Dr. Rotbart says. Most babies need approximately 14 hours of sleep a day; preschoolers need 11-13 hours of Z's.

Avoid touching your face.

Cold and flu viruses enter the body through the nose, eyes, and mouth, so help your child keep her hands away from those areas. Yes, it can be very difficult to accomplish -- hand-washing at strategic moments is all the more important. Teach your child never to share a straw, cup, or toothbrush.

Consume a balanced and healthy diet.

Meals with plenty of colorful fruits and vegetables will help boost your child's immune system. Foods rich in vitamin C (broccoli, strawberries, and oranges) and vitamin D (tuna, fortified milk, and cereals). Eating yogurt with active cultures (probiotics) can also help build defenses.

Get the flu vaccine.

The Centers for Disease Control and Prevention (CDC) says it's the single best way to prevent the flu. What are you waiting for? *Originally published in the November 2010 issue of Parents magazine. All content on this is for informational purposes only and should not be considered to be a specific diagnosis or treatment plan for any individual situation.*

Gratitude this Thanksgiving

Inspire your children to be creative when sharing what they're grateful for this Thanksgiving. From everyday to the extraordinary, there are A to Z lists of 26 gratitude-worthy things that will make your kids realize how full and fun their lives are. You could also build your own ABCs of gratitude. This is also a fun activity to take turns contributing a word for each letter until everyone is fully grateful from A to Z. Some of our favorite letters..

A.. Animals - You might be most grateful for the companionship of a beloved furry, scaly, or feathered family pet. What is your favorite animal?

B..Best Friends - It's a beautiful thing to call a bud "best friend" and know that you're a "best friend," too. Take this opportunity to say "thank you" for the magical bond you share! What do you love about your best friends

C..Cars - there are some pretty cool toy cars out there , but take a moment to say "thank you" for real cars -- the ones that take you to friends' houses for fun playdates, to soccer practice, to music lessons, to pizza parties, and sometimes to exciting places for vacations. What is your favorite place to drive in a car? *Article by Holly Lebowitz Available at parents.com*

November Birthdays

Hannah Douglas	1	Mango
Ryan Britton	3	Plum
Ariana Alavi	4	Plum
Frankie Alioto	4	Mango
Abigail Calloway	7	Persimmon
Ryder Lim	7	Plum
Andrew Riney	10	Olive
Owen Fry	11	Plum
Ava Carson	12	Mimosa
Sloane Milam	12	Kids Club
Alexandra Burger	13	Kids Club
Emily Bryant	14	Mango
Denton Grubb	15	Oak
Nicole Ergle	15	Maple
Elle Anderson	16	Olive
Dana Ginger	26	Director
Logan Winters	30	Persimmon

Parent Teacher Conference

Parent Teacher Conference: Make The Most Of Talk Time

You Can Learn A Lot About Your Kid

From [Robin McClure](http://childcare.about.com/od/volunteerism/a/conference_2.htm), http://childcare.about.com/od/volunteerism/a/conference_2.htm

Parents typically indicate that they most want to know how their kid is doing and what he is learning. So it is somewhat ironic that parents often dread the ritual of parent teacher conferences and don't prepare adequately to get the information they most want from their child care provider, nanny, or teacher through a formal parent teacher conference.

1. Start with a positive attitude about the parent teacher conference.

Most child care providers scratch their head in puzzlement over an adult's nervousness in scheduling a parent teacher conference. After all, it is their child that is the topic of discussion. Adults who seem relentless in their daily barrage of questions about their child are often the same ones who become ill-at-ease and don't ask specific questions about their child during a parent teacher conference --often missing a prime opportunity to gain input and learn more about their child and what makes her click with peers.

2. Listen carefully and let the caregiver do most of the talking.

A parent teacher conference is not the time for parents to talk about their child as much as it is the time for them to listen and learn. Caregivers know things about your son or daughter that most others don't. To get the most out of one-on-one time with one of the most important people in a child's life, adults should be receptive and listen to what a caregiver has to say during a parent teacher conference. Children often act differently when their moms or dads are not around, and caregivers see how children behave in a group setting as well as individually. Remember, caregivers already know that the kids in their care are special.

3. What's next?

The parent teacher conference is over. What is the next step? Parents should carefully review comments made by the caregiver, and if needed, follow up on any suggestions made that could improve a child's learning. For example, if the teacher comments that Alex often falls asleep during activity times, that observation is a sure sign he needs more rest. Moms and dads should adjust the bed time to help resolve the situation. Above all, parents should rationally review the information and discern which behaviors are normal for the age and which ones might require additional intervention.