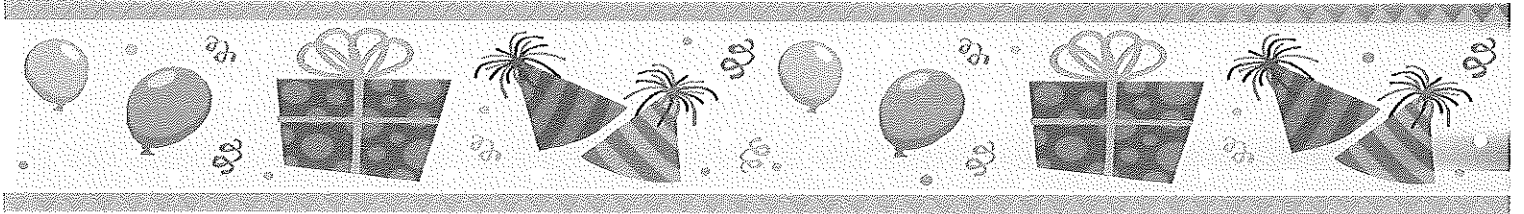
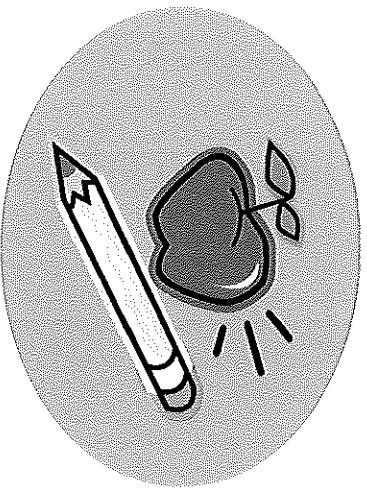


**Happy Birthday to our  
friends celebrating a special  
day this month!**



*Dillan Brooks  
Avalyn Calandra  
Bailey Duty  
Max Pittner  
Kyle Rosenkranz  
Jace Runion  
Kasey Seidl*

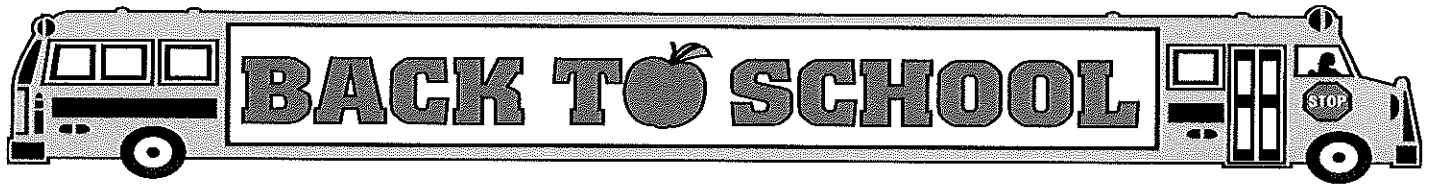




# August 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 LAST WEEK OF WATER DAY!	2	3	4
5	6	7	8 SCHOOL STARTS!!!!	9	10	11
12	13	14	15 Relaxation Day!	16	17	18 Ms. Cheryl's Anniversary! Ms. Milena's Birthday
19	20 Ms. Melissa's Anniversary!	21	22	23	24 Parent Night Out! 6:30-11:00PM	25
26	27	28	29	30 HAPPY BIRTHDAY NORTH CAPE!	31	

# August 2012



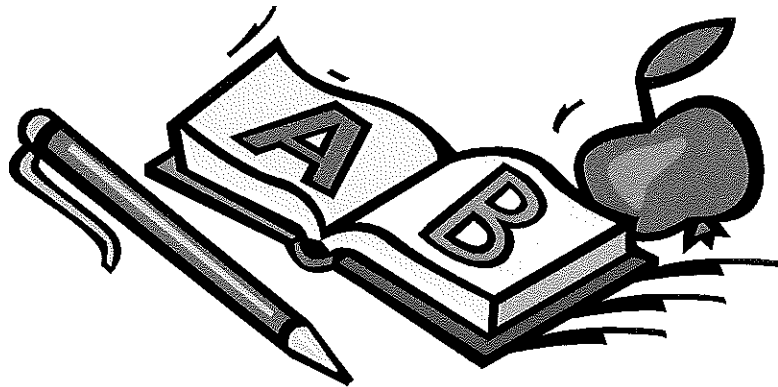
## Developmental One & Two

**Letters: A, B, C, D**

**Numbers: 0, 1, 2**

**Colors: Green & Yellow**

**Shapes: Circle & Square**



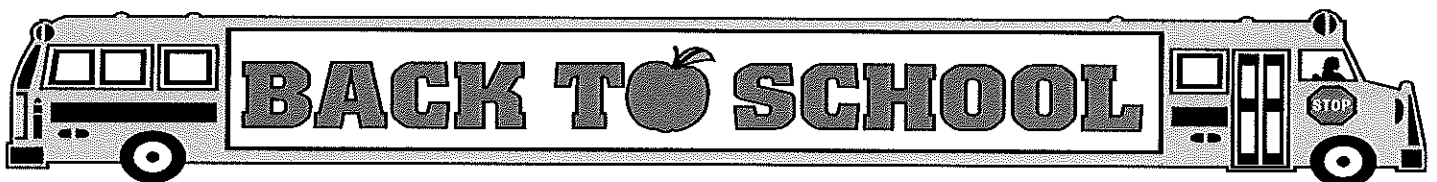
## Developmental Three & Four

**Letters: Aa, Bb, Cc, Dd**

**Numbers: 0, 1, 2**

**Colors: Green & Yellow**

**Shapes: Circle & Square**



# Letter from the Director

August is here and it's hard to believe that Fall is upon us. The month of July flew right past us in the blink of an eye!! We had a great summer!!! All the children enjoyed water days. Now that water days are over, we will be getting "back to basics" with our curriculum. We will start the new school year with all of the readiness skill building. The children will be working on their social, math, language, science, and literacy skills.

It is with great sadness that we say goodbye to Ms. Jessie!! She has begun her career in teaching in the public school system. Ms. Cheryl is very excited to be joining the Developmental 3 team this school year. We would also like to welcome our new team members.....Ms. Liza will be joining our Developmental 2 class, Ms. Milena will be joining our VPK program, Ms. Julie will also be *joining* the VPK program. We are pleased to have Ms. Lucy join our Developmental 1 team. This school year is going to be full of learning and fun!! This month the North Cape Wellington Academy is celebrating its 19 year anniversary!

I am grateful to be a part of the amazing Wellington family... We are going to have an exciting year!!

*Sincerely,*  
*Ms. Melissa*



# Wellington Academy

## North Cape-Classroom News

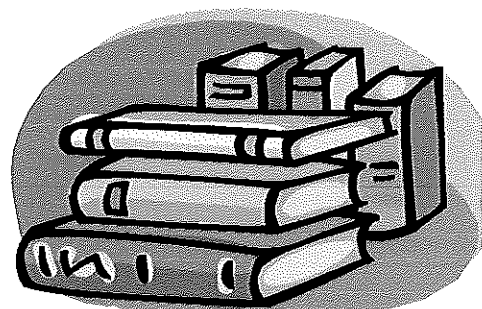
**Developmental One**– Happy Day! It's back to school time! We are so excited to start a new school year! We are sad to say that Mrs. Cheryl is has left our classroom and is starting her new journey in the Developmental Three classroom! We will miss her very much! We would like to welcome Ms. Lucy into our class, We are excited to have her join our team! We also would like to welcome our new friends, Corey, Riley, Ariana, Lorenzo, and Aelyandra! Thank you to all of our parents, you do a great job and we appreciate everything you do!

**Developmental Two**–We are back in action! Welcome back to our students who were gone over the summer, and to the new ones joining us! We'd like to welcome Isabella, Nathan, Ronnie, Cody, and Jonathan! We are so happy to have you in our class! PLEASE remember to label everything you bring into the classroom to assure nothing gets lost! Also, our drop off time is 9:30AM, please have your child here no later than that time. We

want to make sure each child is getting the full learning experience! Thank you! We are looking forward to a great year with your child! Thanks for everything you do for our classroom!

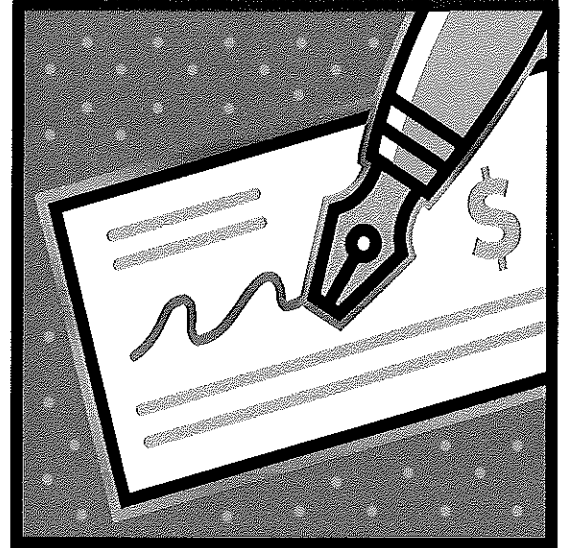
**Developmental Three**– We are back in the swing of things, Summer is coming to an end and we are so excited about our upcoming curriculum! (Back to School) We are doing a lot of language, Art, Math, and some amazing science! Be sure to check our parent board for sign ups for upcoming project. We appreciate parents that drop off at a time no later than 9 AM, this ensures your child's participation in group activities and they will receive the most learning possible, also will increase positive learning. We are in need of extra "boy and girl clothes, our supply is getting low. We would like to welcome our new friends Ava, Corbin, Aaron and Max to our classroom! We are so happy to have you!! We are looking forward to another beautiful school year!! Thank you!

**Developmental Four**– We are off to a great start! We are looking forward to a great school year filled with activities that will be enhancing your child's love for learning and to give them opportunities to learn and grow! We would like to welcome all our new friends to our class! Please label everything you bring into the classroom! Please NO toys are to be brought to school unless it is a show & tell day. Please make sure to keep an eye on our parent board, we have a lot of activities planned, some in which we may need help from our parents! We would like to wish good luck to our students moving onto elementary school, we will miss you so much! We are looking forward to a great school year!



# Did You Know...?

- Tuition is due on the Friday BEFORE the first day of attendance.
- Tuition is considered LATE after Monday morning. The late fee is \$40.00!
- The NSF charge on returned checks is \$65.00!
- The drop off slot is located next to the time clock.



All items brought to school should be labeled so it does not go missing.



-Cut off time for drop-off is 10AM!

-You should turn your vehicles off at drop off and pick up, for the safety of the children.

North Cape Wellington is celebrating it's 19th birthday this year!!!!!!



There are employees at the North Cape Wellington who have been employed since

# Wellington Policies/Reminders

## **VPK Program**

The VPK Program will begin Wednesday August, 8th! Reminder for our VPK parents, if your child is enrolled in the VPK only program, he/she must be in attendance by 8:30AM and picked up promptly at 11:30AM.

## **Naptime**

Light weight blankets are an important part to help settle a child into the rest period. The blanket must be small enough to fit in your child's cubby. Per DCF, we are required to have a sheet on each child's sleeping mat, A crib sized sheet is encouraged.

## **Dress Code**

For the safety of the children, no flip flops may be worn. All shoes must have a back. Rubber sole shoes are the most comfortable and safe, dress clothes and jewelry is strongly discouraged.

## **Please Remember**

Wellington Academy has a cut off time for children to be dropped off in the morning. All children are to be in attendance by 10AM! If you have a doctor's appointment please notify us in advance. Thank you for your cooperation in this manner.

## **Treasure Box**

We are in the process of forming a treasure box for the Developmental 3 and 4 classrooms. Any donations of small toys such as happy mean toys, stickers, matchbox cars etc.. Would be greatly appreciated. Please bring all donations to the front office.

# 20 things your child care provider wants you to know

Written by Reshma Memon Yaqub

<p>1. <b>Treat me like a friend.</b> When you child sees that we have a close relationship, they will feel more comfortable. Ask how my weekend was, for example. Take a picture of the three of us together and have it at home.</p>	<p>2. <b>Dress your child in play clothes.</b> Don't send them to day care in a good shirt and then get frustrated when it gets paint smeared on it, says Andrea Horstmann, Director of ABC's &amp; On Two Three's preschool learning center in New Haven, Missouri.</p>
<p>3. <b>Relax.</b> We want your child to be happy – and we will do whatever we can to make them feel as if this is their second home.</p>	<p>4. <b>Leave loveys home.</b> Kids don't want to share their blankies and favorite stuffed animals with everyone else in the classroom.</p>
<p>5. <b>Smile when you say goodbye to your child.</b> It's normal to have mixed feelings about being apart from your child all day, but don't let them know that. If you look as if your about to cry when you leave, they'll have more trouble separating.</p>	<p>6. <b>Keep an eye on the clock.</b> If we close at 5:30, don't arrive at 5:29 and linger for ten minutes. We want to get home to our families too.</p>
<p>7. <b>Make the rules at home consistent with the ones here.</b> It will confuse you child if they are allowed to throw toys at home (for example) but not at day care, says Lesley Everhart, director of Academy Child Development Center in North Potomac, Maryland.</p>	<p>8. <b>Leave us little reminders of you.</b> When your child's feeling lonely, we can comfort them with a family photo or some other small memento that will remind them of you.</p>
<p>9. <b>Make time for morning and afternoon transitions.</b> If you're lat for work and rushing out the day-care door every morning, your child will be stressed, says Linda Rix president of the After school club in Grayslake Illinois. Take a few minutes to help settle your child in before you leave. And if you're in a particular hurry on afternoon, call ahead and we'll have them ready when you arrive.</p>	<p>10. <b>Tell us about changes in your child's life.</b> If you're separating from your spouse or there is an illness in the family or even if one parent is traveling, keep us in the look, says Amy Ligay-Plimpton director of Children's space in Duxbury Vermont. That way we'll understand any unusual behavior. If something big is going on at home, don't tell your child to keep it a secret, they spend a lot of time here and need to feel they can be honest.</p>
<p>11. <b>Your child won't be happy all the time.</b> They have bad moods and bad days at home, and they will have them here too. As long as they are usually content don't over react to minor incidents. And if your child seems grumpy one morning don't drag out the goodbyes. Just say: "I know you're having a tough morning, but I have to go to work. You're teachers will take care of you."</p>	<p>12. <b>Label everything you bring from home.</b> We have a lot of items coming in and out of the classroom and we can not always keep track of whose sippy cup is whose.</p>
<p>13. <b>You are your child's most important teacher.</b> Don't get mad at us if she's not using the potty yet or doesn't know how to tie her shoes. You should also be working on these things at home.</p>	<p>14. <b>Don't ask us to bend the rules.</b> If your child needs care at an unscheduled time, but we're full, don't ask us to take him anyway. Centers often have unannounced inspections and can be shut down by the state for having too many children, Horstmann says.</p>
<p>15. <b>Pay on time.</b> If your having financial trouble and need to make special arrangements, let us know in advanced. We may be able to work with you.</p>	<p>16. <b>If you're unhappy about something, talk to us.</b> Don't just complain to other parents, says Barbara Plland, Ph. D. author of No Directions on the package; Questions and Answers for parents with children from birth to age 12.</p>
<p>17. <b>Follow our fever policy.</b> Before coming back to daycare your child must have been fever free, without medication, for at least 24-hours.</p>	<p>18. <b>Read the notes we send you.</b> And if there is something to be signed up for such as projects, field trips or conferences, don't wait until the last minute.</p>
<p>19. <b>Stay on top of supplies.</b> Its not fair to let your diapers run out and expect us to borrow from someone else's stash. Also, keep track of your child's spare outfit you've left and make sure it is still the right size and weather appropriate.</p>	<p>20. <b>Say Thanks.</b> We like being appreciated for the things we do for your child, says Firoza Salahuddin who operates Care-A-Lot daycare in Maryland. We also love to hear the nice things your child tells you about us.</p>



# Eat Better for Le\$\$:

## Tips for eating healthy on a budget

### Planning:

- Plan healthy meals and snacks several days in advance. Consider what fruits or veggies are in season. Keep paper and pencil in the kitchen to list foods you need.
- Don't forget your shopping list! You'll be less likely to impulse-buy if you have a well thought out list.
- Look for coupons, sales, and store offers. For additional savings, sign up for the store discount card, if available.

### Shopping:

- Buy regular rice, oatmeal, and grits instead of instant to save on money, sugar, and calories.
- Buy large bags of frozen vegetables to use when needed.
- Avoid pre-bagged salad mixes and pre-cut fruits and veggies. They cost more and spoil faster.
- Buy fresh fruits and veggies in season, they cost less.  
Visit [www.florida-agriculture.com/marketing/seasonal\\_availability.htm](http://www.florida-agriculture.com/marketing/seasonal_availability.htm) to find out what's in season.
- Frozen and canned fruits are a smart choice all year round (choose light syrup or fruit in its own juices).
- Choose chuck or bottom round roast meat; it is lean and less expensive than other cuts. Buy meat on sale and in large packages; freeze portions for later use.
- Choose dried beans instead of meat. They are high in protein and fiber and last a long time without spoiling.

### Other Tips for Cost Effective Nutrition:

- To tenderize tougher, less expensive cuts of meat, marinate them or cook in a crock pot.
- When eating out, split entrees and desserts with a friend to save calories and money!
- Promote breastfeeding. It can save families money and is the best nutrition for infants.
- Make your own baby food. Just puree cooked veggies, meat, and fruit and refrigerate or freeze! It can save a lot of money and is nutritious.

### Did you know?

The average family throws away almost \$600 worth of food!  
Want to know how to avoid this?

- Plan to use your leftovers in soups, lunches, and snacks.
- Use see-through storage containers so you know what you have on hand.
- Check supplies before going to the store.
- Arrange supplies in your pantry and fridge in "FIFO" (first-in-first-out) order so you don't throw away good food!



## North Cape Wellington July Employee of the month....

Ms. Elizabeth Duncan joined our Wellington family on 10/03/2011. Ms. Liz is currently a Development 2 teacher. Ms. Liz always arrives at the center with a positive attitude and a bright smile. She is always punctual and usually arrives 10-15 minutes prior to her scheduled shift. She can be overheard saying, "I appreciate you!" to all of her coworkers on daily basis. She is always flexible with her schedule, coming in early or staying late if the need arises. Despite any issues that may be occurring in her life, she is always in her classroom, being positive and loving with her children. She has a fantastic rapport with parents, taking the time to talk with them and put their minds at ease. She is always dressed professionally and has a very professional attitude toward her job. She is a great team player, staying neutral and helpful...being a part of the solution...not the problem. She is a big advocate for the center. During our NAC preparation time, Ms. Liz came several weekends/nights to help us prepare the classrooms. Her favorite catch phrase was "we got this!!" That saying kept many of us positive and optimistic during our window!!

Ms. Liz is also very eager to advance herself academically. She is currently enrolled in an online CDA course which she plans on finishing before the end of the year.

I am recommending Ms Liz because she has become a model of what an **Employee of the month** encompasses. She is inspiring and uplifting to all of her co-workers and me!!!!

We appreciate you Ms. Liz!!!

Congratulations to Ms. Haydee Guerrero!!!!

She is the Wellington Academy employee of the month for August!!!

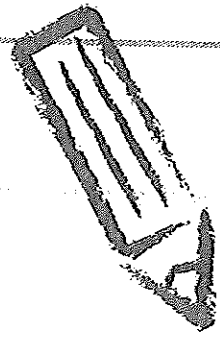
Ms. Haydee Guerrero joined our Wellington family on 11/25/04. . Ms. Haydee is currently lead teacher in our VPK B classroom. Ms. Haydee has a positive "can-do" attitude that she brings to work each and every day. Ms. Haydee is dedicated to the children in her classroom and to Wellington Academy. She never complains and is always willing to do whatever is asked of her. She has built great relationships with the parents of our center. She is always dressed professionally and has a very professional attitude toward her job. Ms. Haydee works hard cleaning and maintaining the center to ensure that it is clean and safe for the children. She will check each and every day if we need help taking out our trash or cleaning.

Ms. Haydee is always eager to attend any workshops or trainings that may occur. She currently holds a national CDA and plans on pursuing her degree in the future.

When polled during a recent staff meeting, Ms. Haydee's coworkers chose her to be the person they recognize as the "employee of the month".

I am recommending Ms. Haydee because she has become a model of what an **Employee of the month** encompasses. She is inspiring and uplifting to all of her co-workers and me!!!!

We appreciate you Ms. Haydee....



# Spirit Night

## Wellington Academy

Wednesday, August 15th, 5-8pm.

Join us for a great night of Fantastic Food and Fundraising! We receive a portion of our sales. Come Hungry! The More we Eat, The More we Make.



Pine Island Road

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# Creative Corner

