



CHESTERBROOK

BULLETIN BOARD

279 Egg Harbor Road Sewell, New Jersey 08080
July & AUGUST 2015

Dear Chesterbrook Parents,

Welcome to summer at Chesterbrook Academy. We would first like to thank everyone who was able to make it to our PreK & Kindergarten graduation ceremony last month. We would also like to express our sincere appreciation to our families for being so flexible during the week of our storm. Also a big thank you to our Glassboro school for welcoming families during our power outage. We have lots of fun activities, themes, and field trips planned throughout the summer so be sure to check your child's summer camp calendar.

As always, we have a few important reminders...

- We are closed on Friday, July 3rd for Independence Day.
- New tuition rates go into effect the week of June 28th.
- Please be sure to check the summer camp calendar everyday so you know what is going on. The Junior (PreK) and Senior Campers go on trips so be aware of their schedule.
- On field trips days make sure your child has a brown bag lunch (No peanut products) and is wearing their camp t-shirt.
- Make sure your child has plenty of sunscreen and bug spray stocked in their cubby for the entire summer.
- All extracurricular activities start the week of June 29th. Sign up sheets are posted at the front desk. Each class is \$13per class each week.
- There are set school-wide splash day scheduled throughout the summer. Those days are: Tues 6/30, Thurs 7/9, Wed 7/22, Fri 8/7 and Mon 8/17. Please send in a **bathing suit, towel, and water shoes** for your child to keep in their cubby for the whole summer. This way in addition to our set splash days we can enjoy fun water games on extra hot days. Please know that children *can not* go outside barefoot.

- If you want to use your vacation credit, please fill out the Vacation Request Form two weeks prior and submit it to the office.
- Please remember to sign your child in and out each day. The sign-in / out book is located by the front desk.
- Don't forget about our new parent referral program. If you refer a new family to start by 9/8/15, then you will earn \$500 off tuition. For more information feel free to reach out to Stacy or Maggie.
- The 2015-2016 school year starts on Mon 8/31
- We are closed on Monday, September 7th for Labor Day.

If you have any questions or concerns through out the summer, please see one of us...our door is always open!

Maggie & Stacy



Inside this issue...

"Top 10 Summer Learning Tips for Parents"

Infants

Summer is in full bloom in the Infant Room. We said "Goodbye" last month to a few of our friends that left for the Summer, but we will be welcoming Noah, Nathan, and Adrianna this summer. We are hoping to make it outside for a little water play over the summer as long as the temperature isn't too hot. Please be sure that your baby has plenty of sun block in their cubby. It is sure to be an exciting summer! Also, a very Happy Birthday to Catherine this summer!

Toddler A

Hello Summer! Throughout the month, we will be reviewing our colors, numbers, sign language words, and shapes. We will also spend time strengthening our number skills through a variety of different fun activities. This summer we will also be celebrating Giuliana and Giovanni's birthdays. Wednesday will be camp shirt day and if you do not have a copy of our summer camp calendar, one will be provided! Looking forward to a super summer camp!

Toddler B

Summer camp is going great so far! The children are having lots of fun. Details for Christmas in July will be posted...Some of our Links to Learning skills for the month will be naming common animals, jumping with both feet and repeating 1-5. A very Happy Birthday to Nadia, Erin, Lorenzo, Riley and Colin this summer!

Beginner A

Welcome to summer in Beginner A! We are having a blast in summer camp! We are looking forward to many more fun activities like Circus Day, Super Hero Day, and Aloha week! We will also celebrate Jayden's and Jeffrey's birthdays this summer. In addition we will also enjoy Splash Days, Kickin Flips Day, Soccer Shots, and much more!

Beginner B

Welcome to Summer in Beginner B! We are excited to continue to have fun in summer camp! Some of our fun activities for this summer include animal face painting, Circus Day, Christmas in July, Aloha week and much more! The children will also explore oceanic things and things that grow for our Science activities. This summer we will also celebrate Ryleigh, Ben R., Gavin, and Cassy's birthdays!

Intermediates

The Intermediates are ready for the Summer. Please check the calendar daily to see what is planned for each day. We are encouraging any parent that would like to schedule a time to come in to do a special activity with the class throughout the Summer. Happy Birthday to Logan, Aliyah, Parker, Jack K, and Matthew this summer!

PreK-Junior Camp

Yeah for summer! Junior Camp is so excited about our field trips and other fun activities planned for the summer! Please arrive before 9am on field trip days wearing your camp shirt and sneakers and please be sure to bring a bag lunch. We also have a lot of fun learning activities planned each day and we know that the summer is going to be a blast!

Senior Camp

Welcome back to all our campers. Please be sure to check your child's cubby at the beginning of the week for weekly activity reminders. For each field trip please make sure that your child is wearing their camp t-shirt. For trips that require a lunch, please pack it in your child's camp bag provided. When packing a lunch, remember that we are peanut free. The only trip money is permitted are swimming on Fridays for the snack bar.

Congratulations Teacher of the Month July 2015 Lia Lanzelotti

Lia has been working for Chesterbrook since 2013. She is a great fit for any classroom in our school, but she spends most of her time in our Intermediates classroom. You can tell by Lia's energy level and work ethic that she truly enjoys working with and spending time with children. Lia is currently attending Rowan University and working towards earning her Bachelor's degree in Elementary Education and Writing Arts. Lia is a pleasure to have and we are very lucky to have her!

Congratulations Teacher of the Month August 2015 Domenica Bruno

Domenica Bruno has been working here since 2006 so she has many years of experience working with children of all ages. She officially became the Kindergarten teacher in September 2008 once she graduated from Rowan University with her degree in Early Childhood & Special Education. Not only is Domenica an excellent teacher and leader but she also does so much work "behind the scenes" at Chesterbrook.

We are so grateful that Miss Domenica is a permanent member of the Chesterbrook family!

**Don't forget to visit our
website for the lunch menu,
special event dates,
reminders and so much
more...**

sewell.chesterbrookacadmey.com



Your Child's Education...

Top 10 Summer Learning Tips for Parents: Say Goodbye to Kids' Summer Slump—Learn Anytime, Anywhere

What child doesn't look forward to summer vacation? It's a time to get outside, ride bikes, swim, play with friends, and... take a break from school. But unfortunately, it's also a time when children experience learning losses if they don't engage in educational activities. Educational research shows that students typically score lower on standardized tests at the end of summer vacation than they do on the same tests at the beginning of the summer.

But there is good news for parents, say educators from Connections Academy (www.ConnectionsAcademy.com), a leading virtual school known for its innovative and flexible learning approach. There is a wealth of fun, educational resources available—for free—that can help parents keep their students sharp this summer. Parents can take advantage of some great Internet sites, but should remember favorite, 'tried and true' learning activities, like reading books or exploring a museum together.

Here are Connections Academy's "Top 10 Summer Learning Tips" for parents seeking free resources to incorporate learning into summer fun:

Play Ball!—Let America's favorite pastime give your kids a mental workout this summer. The Science of Baseball is a free web site that offers fun and interactive games (test your reaction time, the science behind a home run) as well as some great historical information (the girls of summer). An entertaining alternative when the game is rained out!

Drive Home Math and Spelling Skills—Yes, a fifteen minute car trip is just enough time to get your NPR fix but... it is also a great time to review math problems and spelling words. Play a game with your student and spell as many summer-related words as you can. Or challenge them by asking how many addition or subtraction problems they can solve in the time it takes to drive to the grocery store. Create a routine and keep track of how much you spend with this activity – you'll be amazed at how much practice time you'll rack up.

Visit a Museum... Online—More and more of the world's great museums are offering exciting online experiences. From art and science to natural history, the Web has made a "visit" possible when a trip to the big city is not. The Smithsonian offers a *Library and Archival Exhibitions on the Web* searchable database to help you find all sorts of interesting exhibits. For example, explore the collection at the Museum of Modern Art in NYC or check out CT scans of a 2,500 year-old mummy at the Museum of Science in Boston. And learn everything you want to know about baseball from the Library of Congress.

Show Me the Money!—Commence Operation Piggybank. Money is a tangible and fun way for students to explore math. Challenge your younger student to count the money in your wallet or ask them to point out the items that they could/would buy with \$5 at a local shop.

Take a Virtual Vacation—No plane ticket? No problem! Sometimes half the fun of a vacation is planning the trip itself. With your child, decide upon a fabulous destination then research the location at the library and online. Consider things like, the best time to visit and the local currency and how much money is needed for your fantasy trip. Read up on the history and cuisine. Finish the project with a "destination evening" – cook a regional dish and present the details of the trip to friends and family. Visit the travel Web site www.lonelyplanet.com to get started!

Read Every Day—No list of summer learning activities would be complete without reading. Reading with a child is one of the most educational and enjoyable pastimes around. Your local library is a valuable resource and often will host special events throughout the summer. Make sure that you and your child have a library card and explore the shelves together. Take turns reading to each other and, if it is not already part of your bedtime routine, set aside 30 minutes each night to *get into a good book* with your child. And don't forget to sign up your young reader for free motivational programs like www.BookAdventure.com that reward her with prizes for her reading accomplishments.

Listen to a Story—Even on your iPod or iPhone— You probably know that your whole family can listen to great literature together, thanks to the many recorded books you can check out for free from your local public library. These are great choices for long family road trips or vacations. But did you know that your iPod-toting teen or tween can also listen to great literature on-the-go, wherever he is? Lots of free literature podcasts are available for everything from Aesop's Fables to Zola. Visit the podcast directory <http://www.openculture.com/freeaudiobooks> to pick the perfect literature podcasts for your child this summer.

Family Game Night—Set aside one night a week for family game night. Chess supports youngsters' analytical and problem-solving skills, and scrabble helps boost spelling and vocabulary skills. You can play the board game, or even play free online versions, if your 'plugged in' students prefer. And every day, you can add magnetic letters to your fridge or play with Connections Academy's virtual version.

Hit the Park—Take a family field trip to a local park or historic site. Kids love animals and nature, and can learn lots about science while having a ball. Don't forget to ask park officials if they have any free student guides or activities for your kids. Many historic sites stage re-enactments of battles or life in time gone by – school, home life – that really bring history to life for youngsters. Your family can also visit some of our nation's most popular national parks, like Yosemite, without even leaving home, thanks to free sites like www.yosemite.org.

Blast Off! to Outer Space—Visit your local science museum or observatory to learn about astronomy with your kids. Then visit www.NASA.gov, a treasure trove of free science activities, information and videos for kids. There's even a game area, indexed by grade level.

Your Child's Health...

5 Ways to Help Raise Fit & Healthy Kids

Health Coach Peter K offers his tips for encouraging healthy habits.

By Peter K, MS, PT

This may be one reason so many adults suffer with weight issues, and seem to be locked into an emotional eating pattern that can sabotage attempts at good health. But there are ways to break this pattern and set our kids up for success.

Make It Real & Have Fun

Kids model what they see. So, I do my workouts in front of mine as often as possible. They're intrigued and always try to copy what I'm doing. It also creates the opportunity to answer questions from my 4-year-old like, "Daddy, why you do that?" I can reply, "Because I love you and want to be strong and healthy so we can do great things together!" Or, I can show my daughters how good form and balance will help them be better dancers, which will increase their confidence on and off the stage.

We can make physical activity and eating healthy fun, by getting outside with them or down on the floor and teaching them the benefits of eating healthy, in a way that makes sense to them: You'll run and jump higher making you a better athlete or dancer, and have more mind power to ace an exam. Empowering our children with the benefits of eating well and being physically active is a great gift to give them.

Be a Cheerleader and Give Them a Choice & Voice

The best way to get kids to be "healthy" is to lead by example. Show and tell them why eat healthy food for fuel and train your body for strength and endurance; they get it. Make a healthy lifestyle fun and appealing instead of complaining about diets and exercises we hate.

Be a great role model

Get excited about looking and feeling great and share that enthusiasm with the children in your life. Grumbling about having to eat salad and hating exercise teaches kids they should feel the same, and it becomes negative. When introducing them to a new food say, "You're not going to believe how good this tastes", or "I learned this really cool new move, do you think you can do it?" Remember, kids pay attention to everything you say and do, even when you think they don't. Every meal and playtime is an opportunity to mentor them toward empowerment and great health.

Teach them to eat for purpose:

Telling them to eat and exercise to be healthy is too abstract. Ask them what they love most and what they want to accomplish. When they tell you they love to play basketball, dance, do math equations or be with friends, tell them how eating certain foods will help them be smarter, faster, stronger and more confident.

Educate kids about how poor foods and sedentary lifestyles will hurt them, and tie it into real life examples; people they know who are sick or ill because of their lifestyle choices. This can be done respectfully and non-judgmentally.

Teach them about serving sizes and food labels

I don't know about you, but I was never taught what a serving size was and why it matters. Teach your kids to read food labels so they are less likely to overeat. This will also educate them to make choices about how much food is enough on their own. Tell them to take the serving size out of the package and then put the package away, or order one pizza slice and if they're hungry they can have more. Also teach them to identify ingredients they should avoid, like refined sugars, artificial colors and additives, trans fats, artificial sweeteners, and preservatives.

Include them in decision making

When you're making your grocery list or planning family activities, ask them what foods they want and what they like to do. Depending on how they answer, direct them toward healthier alternatives to chips and cookies and real life adventures to substitute TV and video games. Always give them a choice but make sure the choices align with good health. This will let them know they have a voice and are part of living a healthy lifestyle.

Let them help cook or design a fitness program

Get over the stress of a messy kitchen and let kids help prepare meals. They love to get their hands into ingredients and it's an opportunity to teach them nutrition. Include them in making grocery lists and meal decisions while guiding them toward healthy foods. Let them plan what physical activity they want to do like obstacle courses or pushup contests. Let them tap into their creative juices and support their decisions.

This is our chance as parents, role models and mentors to share our values and help the kids in our lives to become empowered and embrace a healthy lifestyle. Keep it fun, make it about them, and enjoy the fruits of your labor.

