



The Answer is Play
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Young children are bombarded with sensations and information everyday. They struggle to understand their experiences and make sense of the world and their place in it. How can a child, four years old or even younger, hope to make sense of this complex world? The answer is play: we know children learn and develop socially, emotionally, cognitively, and physically through play.

In play children can experiment freely, they can pretend to be different people and take on new roles (like mommy or daddy or a fire fighter or the Big Bad Wolf). Because play gives children the opportunity to pretend, it gives them the ability to see the world from different perspectives. In play, children can sort and organize all kinds of materials and use objects at hand to represent other objects. How many times have you heard your child hold up an object and say, "Pretend this is (an airplane, a flower, a doggie, etc)..."? The ability to make believe with objects is important in the development of children's thinking. Play is also one of the most powerful tools children have to express their thoughts and feelings.

As your child grows, you will see the developmental stages manifested in their play. At about the age of two, children pretend to cry, sleep, and eat. Then they begin to include stuffed animals, dolls, and other toys in their play. They also begin to pretend with objects-a box becomes a car or a block can be a telephone.

When children are about three years old, they like to play make-believe with others. Their play becomes more complex. The play of four and five year olds is focused on taking on different roles, especially those of adults in their lives. These first play experiences tend to focus on their experiences at home. Children pretend to cook, clean, care for younger children, go off to work, etc. This kind of play helps children make sense of their world and work through any fears or anxieties in a safe context.

There are lots of ways that you can encourage play at home. One way is to turn off the TV and put away the video games.

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Please check your student folder every day, there you will find important information! Also, make sure your child always has a change of clothes and pull-ups. Thank You!

May 2016

Special points of Interest

- ★ The Answer is Play
- ★ Calendar
- ★ Classroom updates
- ★ Eating Healthy on a Budget

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Pixie Butterflies

The Pixies are enjoying counting, sorting and practicing one to one correspondence. We have been busy counting cars, trains, and even our friends on the playground! We matched pompoms to spots on lady bugs and sorted counting bugs by color. Practicing these skills will increase your child's confidence working with numbers and number concepts.

-Ms. Stacey & Ms. Stephanie



Julia & Buttercup Butterflies



This month we will continue to learn our sight words in preparation for kindergarten. We will also be busy making gifts to celebrate the mothers, grandmothers, and aunts in our life! We hope you will be able to join us for our special Mother's Day Tea party on May 6. Toward the end of the month we will begin practicing for our VPK graduation. WPDN's graduation ceremony will be held on Wednesday, June 8 at First United Methodist Church in Winter Park. Don't forget to mark your calendars for this special event!

-Ms. Paige & Ms. Vicky

Monarch

The school year is almost over! We can't believe how quickly it has gone by. The Monarch class will be spending the next month gearing up for graduation, which will take place on Wednesday, June 8, 2016. Homework and library books are done for the school year, and we will spend the next month reviewing all of the concepts we have learned. We are looking forward to the end of the school year and the coming summer months!



Elf Butterflies



May is here and we are ready to explore the world. This month we will be discussing the concept of families and homes in America and in other countries. Ms. Taylor will be away for two weeks traveling in Europe and is excited to bring back pictures, stories and souvenirs for the students. Happy Mother's Day to all the mothers, grandmothers, and aunts. We appreciate all you do!

-Ms. Taylor and Ms. Sophia



Blue Wave Butterflies

This month the Blue Wave class will be exploring and learning about the different continents. We will explore the people, animals, foods, and climates of each continent. We will be cooking and trying foods from various regions. We will incorporate math concepts by creating comparative and quantitative graphs.

-Mrs. Rhiannon

From the Desk of Tammy Surrine, Director of Education

7 Secrets to Eating Healthy on a Budget By Julie R Thomson

Eating healthy is great in concept, but is always much more challenging to put into practice. There's the whole will power thing — how many times can we be expected to resist the call of pizza? There's the fact that it just takes a little more time and effort than walking over to the vending machine. And then there's the real snag, money.

Eating healthy can so easily cost a fortune — have you seen the price of chia seeds these days? — but there is an affordable way to do it. Promise. You just have to know the tricks. And we're going to share them with you. Follow these 7 tips, and you'll be eating healthy AND saving money in no time.

- 1. Buy seasonally.** There are many reasons people tout the benefits of seasonal eating, but one of them is because food is more affordable when it's in season. (If you've ever tried to buy cherries in the winter, you'll see what we mean.) It came from nearby, which means the shipping costs aren't hiking up the price of your food. So buy seasonally, and when possible stock up and freeze. This will save you lots in the long run.
- 2. Plan your meals.** We know, we know, no one wants to go through the chore of planning out their meals for the week. But it really does work. Not only does it curb the urge to just order pizza one night when you don't know what to cook, but it also makes sure that everything you buy will be used.
- 3. Double up your recipes.** Leftovers are everything when you're trying to eat healthy and save money. They make a quick packed lunch. Or they can mean dinner without the trouble of cooking. It's double the reward for half the work.
- 4. Buy whole foods.** A brick of cheese is a better deal than the pre-grated stuff. Same goes for fruit and veggies — don't buy them pre-cut. Ever.
- 5. Cook at home.** Seriously, just do it — and watch your bank account grow over time.
- 6. Skip the drinks.** Water, water, water. That's what you should be drinking for optimal health, and the best part is that it's free.
- 7. Shop at ethnic markets.** Not only will this help make your home cooking more interesting, but the spices and ingredients are so much more affordable than what you can find in the international section of your grocery store.

The Answer is Play Continued

When you buy toys, buy ones that are open-ended; that allow for children’s creativity and imagination.

Capitalize on your child’s interests. Is she particularly fascinated by a book you have just read together? Does he constantly talk about a movie your family saw together last weekend? Provide props for your child to use in pretend play.

One of the most powerful play experiences your child will ever have is to play with you. Can you imagine a more rewarding experience than playing alongside your child?



WPDN Closed

Monday, May 30
In Observance of
Memorial Day

Mother’s Day
Tea

Friday, May 6

4-5 pm

Super Supper

Wed, May 18

Chicken, rice, &
broccoli casserole w/
fruit

Upcoming Events

VPK Graduation
Wednesday, June 8

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Mission:
The Winter Park Day Nursery provides a secure, nurturing and educational environment that is affordable and supports family diversity.

Vision:
The Winter Park Day Nursery will build a stronger community by providing high-quality, affordable early childhood education that will prepare our children to succeed in school and life.

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