



A Mom's and Pediatrician's 10 Secrets
for Happy & Healthy Kids
by www.mother.ly/

One of the first things I learned in medical school is that medicine is, indeed, an art— not a science.

So is parenting.

This is something I learned long after becoming a pediatrician— but shortly after becoming a parent. Having grown up in a home with a mother who is truly an artist and my own natural proclivity for all things science— the marriage of science and art was an easy one for me to embrace.

Both parenting and doctoring require life-long learning. I've been a doctor for 11 years and a parent for only five, and every-day I learn something new about both.

1. Be present
2. Be patient
3. Sometimes patience is the best medicine
4. Good habits start early
5. Enjoy the moments
6. Be flexible. Compromise.
7. Be creative.
8. Ask for help
9. Make mistakes
10. Have fun. (And drink coffee.)

November 2017

Special points of Interest

- ✦ Healthy Kids
- ✦ Classroom updates
- ✦ Employee of the Month
- ✦ Turkey Puppets

Main Article	1
Pixie Butterflies	2
Elf Butterflies	2
Julia Butterflies	2
Buttercup Butterflies	2
Employee of the Month	3
Paper Bag Turkey Puppets	4

Please check your child's parent folder every day. There is important information there! Also, make sure your child always has a change of clothes and pull-ups, if necessary. Thank You!

Pixie Butterflies

We are having a great time exploring our colors, reading fantastic books like Mouse Paint and Pete the Cat: I Love My White Shoes. We are learning how to be an illustrator by creating our own Brown Bear book. We will soon be practicing for our holiday performance. Thank you for your participation in our parent/teacher conferences. It was a pleasure discussing your children's progress with you.

-Ms. Stacy & Ms. Stephanie



Elf Butterflies



We are continuing with our letter of the week, shapes, colors and counting. We had a blast making our dinosaur bags and burying archaeological findings with sand. As the cooler weather approaches, please provide your child with an extra sweater or jacket. It's the season to be grateful and we are so thankful for you, our school families, and our families at home. Happy Thanksgiving to all.

-Ms. Jessica & Ms. Beryl

Julia Butterflies

Our class will continue to work on letters, writing, and sounds. We will be creating Fall art and will be discussing Thanksgiving and what we are thankful for. Friendly reminders: please return homework folders every Tuesday and make sure your child has extra clothes in his/her cubby.

-Ms. Vicky & Ms. Naomi



Buttercup Butterflies



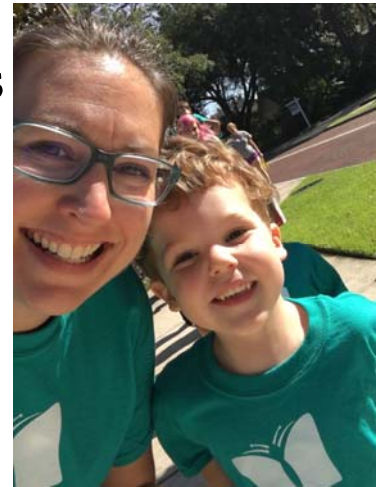
This month we will continue to learn about letters and numbers. We will also learn about Thanksgiving and what it means to be thankful. Remember to return homework and library books on Mondays.

-Ms. Paige & Ms. Lauren

Employee of the Month

Ms. Ali

Ali DeMaria has been with WPDN for 12 years! She has worked in every position in the school and has been the Executive Director for five years. Her loving heart and effective leadership abilities combined with the passion that she has for the mission makes her an absolute necessity to our school. WPDN is so grateful to have Ali on our team, we don't know what we would do without her!



**Ms. Crystal's 3rd Work Anniversary– November 19th
&**

Ms. Natalie's Birthday– November 8th

Ms. Sierra's Birthday– November 12th

Ms. Stephanie's Birthday– November 27th

Paper Bag Turkey Puppets

Here's a cute idea to make for Thanksgiving ~ a paper bag turkey puppet! It is also a writing activity where either an adult or the kids write what they are thankful for.

Here's what you'll need:

Paper bag
Colorful feathers
Glue/Scissors
Red, orange, black and white paper
Markers

1. Flip the paper bag over so that the top rectangle shows.
2. Have the kids glue on some feathers, eyes, beak, and gobble.
3. Finish them off by having them write what they are thankful for on the body!



Important Dates To Remember

WPDN will be closed Thursday, November 23rd and Friday, November 24th in observance of Thanksgiving.

Non-VPK Days are Monday, November 20th to Friday, November 24th. VPK ONLY students are not to attend school.

Super Supper

Ms. Shirley's famous pumpkin pies!

\$3.00 each

To be picked up the week of Thanksgiving. Future pickup date will be announced.

741 S. Pennsylvania Avenue
Winter Park, FL 32789
Phone: 407.647.0505
reception@wpdaynursery.org



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.

Winter Park Day Nursery is a 501 (c)(3) tax exempt organization.