A NOTE FROM MISS KAYLA

Hello September! Thanks for being a reminder that change can be beautiful!

Please remember that September 8th is Picture Day. I can’t wait to see everyone dressed up.

Fall is in the air! Remember your child will be going outside so please make sure they are dressed appropriately and have a jacket. Keep in mind your child may bring up to two blankets for nap time.

Upon entry of Building Blocks, we ask you have your child wash their hands with soap and water. Please do not promote the use of just hand sanitizer. We ask that you also practice social distancing when you drop off and pick up. Please keep to one family per ‘X’ inside the center, and one family per rug in the entry way.

Account payments are due on Mondays.

Please stop by and see us on Saturday, September 19th at our Outdoor Craft and Vendor Show. Proceeds will go toward the purchase of new toys for the classroom. Our fall fundraisers will be coming up. Please watch for the information to be sent home with your child!

Thanks!!

Miss Kayla

Celebrating Johnny Appleseed - Cinnamon Apples

In September we celebrate Johnny Appleseed. Here is an easy recipe using apples.

INGREDIENTS

- 4 apples, peeled and sliced
- 1/2 cup brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg
- 2 tablespoons of water
- 1 tablespoon of butter

DIRECTIONS

Step 1: Toss together first 4 ingredients in a large zip-top plastic bag, tossing to coat apples.

Step 2: Cook apple mixture, 2 Tbsp. water, and 1 Tbsp. butter in a medium saucepan over medium heat, stirring occasionally, 8 to 10 minutes or until apples are tender.

Serve and Enjoy!
Health & Fitness

BACK TO SCHOOL LUNCH IDEAS

Come September, school is back in session. Building Blocks offers school lunches but our school age children eat lunch at school. Here are some school lunch ideas for the children that attend school!

OPTION #1
Turkey + Cheddar Roll-up
Fresh Berries
Yogurt
Trail Mix

OPTION #2
Hummus
Pita Bread
Grape Tomatoes
Cucumbers
Sliced Oranges

OPTION #3
Deli Meat + Cheese Kabobs
Red Pepper Slices
Apples
Fruit Leather or Snacks

OPTION #4
Cheese Quesadillas
Guacamole
Salsa
Tortilla Chips
Strawberries

WHO SAYS FITNESS CAN'T BE FUN?

Switch up the game of Simon says with a fun fitness twist!

SIMON SAYS

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says!"

Shake your whole body.
Jump up and down.
Spin around in circles.
Do a cartwheel.
Do a somersault.
Wave your arms above your head.
Walk like a bear on all 4s.
Walk like a crab.
Hop like a frog.
Walk on your knees.
Lay on your back & pedal your legs in the air like you are on a bike.
 Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.

Hold your arms out at your side and make circles with them in the air.
Hop on your left foot 10 times.
Hop on your right foot 10 times.
Hop around like a bunny.
Balance on your left foot for a count of 10.
Balance on your right foot for a count of 10.
Bend down and touch your toes 10 times.
Reach behind you and try and hold your right foot with your left hand without falling over.
Reach behind you and try and hold your left foot with your right hand without falling over.

Lay on the floor and stretch out as far you can for 10 a count of 10.

 Pretend to shoot a basketball 10 times.
 Pretend to jump rope for a count of 10.
 Pretend to ride a horse.
 Pretend to milk a cow.
 Take 3 of the biggest steps forward that you can.
 Pretend to lift a car.
 Do the strangest dance you can think of.
 Scream.
How to Help Your Child Have a Successful Morning

Brooke Bragle, Alyson Jiron & Jill Giacomini

Do you struggle with stressful mornings when you want to lay your head down and cry before 8:00 a.m.? Do you often leave the house in an angry, frantic rush? Mornings can be a particularly challenging time for parents. Getting your entire family up and out the door is no easy task. It is important to understand that your morning routine serves as the foundation for your family’s entire day. You can create a morning routine that not only helps your day to begin more smoothly, but also teaches your child important skills that he needs to become more independent and confident. A morning routine can also reduce challenging behavior such as crying, whining, and tantrums.

Try This at Home

- Use a visual schedule with items such as photos, clipart, or objects that shows your child the steps in his morning routine. This visual schedule can help him understand the expectations of the morning routine. To learn more about how to create a visual schedule, go to challengingbehavior.org and search the site for “visual schedules” in the search box located in the upper right-hand corner of the screen.

- If your child has trouble waking up in the morning, it might be because he is not getting enough sleep at night. Set a consistent bedtime and stick with it. When a child’s bedtime changes it can make it harder for him to wake up in the morning. For more information on bedtime routines, go to challengingbehavior.org and search the site for “bedtime routines” in the search box located in the upper right-hand corner of the screen.

- Plan Ahead. Use your bedtime routine to plan for the next day together.
  1. Lay out the clothes your child will wear.
  2. Pack his backpack.
  3. Discuss the morning routine, show him pictures and talk about the day ahead.

- Give your child some power over his morning routine by offering reasonable choices. For example, “First, get dressed. Then, you get a choice! Would you like to have cereal or pancakes for breakfast?”

- Include bonding time in your morning routine. Time to read, bathe or snuggle will help your child feel loved and calm as he begins his tasks for the day.

Practice at School

Teachers use routines to provide a predictable structure to your child’s day. When a child understands what she should be doing and what will come next, she feels less anxiety and more excited to participate. While the specific activities in the classroom might change, the routine does not. For example, while 10:00 may always be art time, the specific craft (painting, cutting, gluing) may vary from day to day. Children become eager to try new activities because they are confident and comfortable with the routine.

The Bottom Line

A morning routine is a daily opportunity for you to build and nurture a positive relationship with your child. When you follow a repetitive morning routine you allow your child to gain practice with important skills such as dressing, bathing and grooming and give him a feeling of confidence and success. A calm, loving morning routine at home sets the tone for the entire day for both you and your child.
CARE-A-LOT/DISNEY

Our little ones fill a place in our hearts that we never knew was empty.
I will be having my baby soon so there will be changes in our classroom. The babies will be learning a couple of new faces.
We will also have a couple changes in our classroom. Avery will be moving up to to the one year old room and we welcome back Flynn and Jett!
Hopefully we will be able to get back outside for some nice fall walks!
Success is the sum of small efforts repeated day in and day out! Keep up the good work!

Miss Sarah

BUTTERFLIES

Hello parents!
This month we plan to do a lot of exciting crafts! We are so happy to have our kiddos back and are excited about the new children joining us.
We look forward to this new school year and what it brings to the Butterfly room.
Have a great September!

Miss Eryn, Miss Janae,
Miss Montanna & Miss Rachael

DUCKIES

This month we welcome Avery to the one year old room!! We are so happy you have joined our pond.
This month we will learn the different seasons and months of the year. We will also be learning about different shapes and colors.
We look forward to learn with your kids this month.

Miss Rosa & Miss Nicole

SNAILS

Hello September!
During the month of September we will be learning about primary and secondary colors, apples, acorns and pumpkins, and leaves and trees. We will be making fun art projects about our weekly themes.
This month we will be welcoming Melody, Quinn, Luna, Liam and Val. Welcome Friends!!!
Have a great month and stay safe!!

Miss Jorryn

TURTLES

I can't believe it is September!!
Please have your children bring their favorite teddy bear on the 9th. This month we will continue working on raising our hands when we have a question, cutting and tracing, and spelling our names.
We will also be having a letter of the week and show and tell on Fridays. Our kiddos will be taking turns taking home our stuffed "Tommy Turtle." He can go on fun adventures with your child.
Cleaning your house while your kids are still growing up is like shoveling the sidewalk before it stops snowing.

Miss Lori
PRE-K HOOTY HOOTS
Welcome September!!
Welcome to a new school year! I am excited to get back to some kind of normal in my class. The themes for the month are All About Me and My Family, Grandparents Day, Johnny Appleseed, and Trees & leaves. We will be learning our vowels, as well.
There are a couple dates to remember for the month! September 8th is Picture Day. Please have your child bring their favorite teddy bear on the 9th.

If you have any questions, please don't hesitate to ask them! Have a great month!

Miss Jeanette

LEGO-MANIAK
It's time to go back to school!
As we return to school, we ask that if your child will be riding the Building Blocks van to school please have them to Building Blocks by 7:45 AM. If your child rides the van after school but you have arranged for a family member or friend to pick them up instead, please let Building Blocks know before school dismisses.

If you could also let us know what hybrid class your child is in, that would be greatly appreciated.
Let the school year begin!!

Miss Kayla, Miss Heidi & Miss Heather

TEACHER FUN FACT
WHAT IS YOUR FAVORITE CHILDREN'S BOOK?
Miss Lori- The Very Hungry Caterpillar
Miss Jorrryn- Story of Ferdinand
Miss Jeanette- She likes many different books and doesn't have a favorite.
Miss Sarah- Love you Forever
Miss Rosa- The Cat in the Hat
Miss Nicole- Goodnight Book
Miss Kayla- She loves so many different books
Miss Eryn- Love you Forever
Miss Rachael- Finders Keepers
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www.buildingblockshome.com/#!lemars/ctzx