

THE BUZZ



What's buzzing?

Happy New Year! I hope that you had a wonderful and safe holiday season filled with laughter and the company of family and friends. The new year is here and it is a blank page. It comes ready and willing to entertain you as you begin new adventures ; a fresh start if you please. May the pages of 2011 be filled with happiness, laughter, patience, peace, blessings from above and new experiences with God and with your students. May you remember to be anxious for nothing but with prayer and supplication make known your petitions to your heavenly father. He will guide, direct and protect you in all your ways.

Yours in His Service,

Marlene C. Alvarez

assistant director, Early Childhood Education



“You can teach a student a lesson for a day; but if you can teach him to learn by creating curiosity, he will continue the learning process as long as he lives.”

Clay P. Bedford

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Hear Ye! Hear Ye!

The 2012 Teachers' Convention is just around the corner. NAD needs your help in choosing the theme that will serve as a guide for this inspiring event and making suggestions for presenters. Make your voices heard. The time is now and the site where you can make your suggestions is www.nadeducation.org.

Right now is the right time to start planning to attend what promises to be a great convention. Will you be there? Lets plan to be there together!



The Gaylord Opryland Resort
in
Nashville, Tennessee

Kellogg Christian School

In 2009, Atlantic Union Conference held a Pastor & Teacher Convention in Rhode Island. At the conclusion of the convention individuals were asked to go on a faith walk with Christ and partner with a school to advance the cause of Christian Education. Pastor Carl Behrman's prayer was to be used by God to reopen the Kellogg School in Manchester, New Hampshire. In these days of tough economic times money is hard to find but God is still in the miracle making business. The Monday following the convention the pastor was given an inheritance gift of \$74,500.00 to help reopen Kellogg Christian School.

Through God's providence we welcome Shaina McMahon to our Early Childhood Family. She serves under the leadership of Roy Richards at the Kellogg Christian School. At the grand opening Pastor Carl Berhman related on how good God was and how He opened doors to make the re-opening of this school a reality. The miracles in terms of finding the funds, then the labor, then the materials were astounding. It was evident that when we allow god to use us, he manages quite well to take the desires of our hearts and bring them to fruition. We also see evidence that God uses ordinary people to do extra-ordinary things if we allow ourselves to be used by Him. It is our responsibility to put God to the test and watch Him do above and beyond our expectations. Welcome Kellogg Christian School. Continue to trust God for He is just getting warmed up. Go forward in Jesus' name and teach the children. ***Train them to Lead ~ Empower them to Serve ~ Inspire them to be Ready !***

Have a great school year!

Kellogg Christian School



Playground

Shelly Thompson, Director





Tips On Controlling Stress

- ⇒ **Laugh:** Have fun and laugh often. Laughter can help to relieve pain. Focus on the positives and not the negatives. Laughter reduces the level of stress hormones and increases the level of health-enhancing hormones. Laughter provides a physical and emotional release. Laughter provides a good workout for the heart. Laugh with friends or alone. Laughter is good medicine that does the body good.
- ⇒ Have fun: Take time out to have fun. Spend time with friends. Tell jokes. Have a regular game night. Maintain a sense of humor.
- ⇒ Overcome Perfectionism: Just do your best and God will do the rest.
- ⇒ Find a Hobby: Cooking, crocheting, playing a musical instrument, read a good book, etc.,
- ⇒ Take a walk.
- ⇒ Get a hug and give a hug.
- ⇒ Manage your time. Learn to say no to demand on your time.
- ⇒ Eat a balanced diet.
- ⇒ Take a mini vacation. Take a day off and have a great day. Do things that make you happy.



Resolutions for Child Care Providers

The new year is as good a time as any to resolve to make changes and to plot a course for the future. Making New Year's Resolutions can be a great way to set goals and assess your progress.

Improve Yourself

The most common resolutions are those we choose for personal growth and improvement. To be able to care for others, you first need to be able to care for yourself. Probably the most popular New Year's Resolution is to *lose weight* and to *exercise more*.

Providers can be vulnerable to stress and burnout. Learn simple ways to keep your stress level under control. Take the time to learn the techniques for *keeping calm* when you are at the breaking point. Of course the best strategy is to learn to avoid stress by *managing the many demands* you face in both your personal and professional life.

Improve Your Environment

Whether this is a time you opt to do a seasonal cleaning or simply an excuse to get *control over your clutter*, you may resolve to get organized and restructure your home, daycare space, or both. Learn how to *organize your daycare space* so it is a fun and inviting place for children to learn and grow. Take the time to ensure that your home is safe and your daycare is safe for young children. There are some great ways to set up a household organization system and find new ideas to *solve storage problems*.

Improve Your Program

This may be a logical time for you to make desired changes within your daycare program. As we start the new year you may find it helpful to start a more efficient means of recordkeeping. Setting up a new system may help you remain organized throughout the year. Many service oriented businesses choose the new year as an appropriate time to raise fees or tuition. Learn from other providers on how to change rates and inform parents. You may even wish to go as far as to redo your policies or even rewrite your parent handbook.

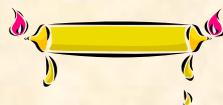
Of course, making resolutions for improvement is only the first step, but it is an important step. God requires to pray and act. Ask Him for guidance and do your part. Philippians 4:13 reminds us that we can do all things through Christ who strengthens us.

Adapted from Joni Levine, 2004 (www.childcarelounge.com)

Helpful links:

Exercise: <http://exercise.about.com/?once=true&>

Storage: <http://organizedhome.com/cut-clutter/store-c>



How do Christians deal with stress?

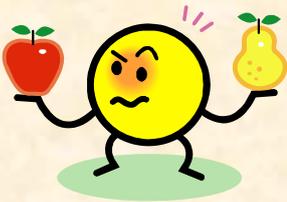
- They learn to trust God and rest on His promises.
 - Philippians 4:6,7
 - 2Peter 1:3
 - Matthew 11:28-30
 - John 14:27
 - Psalm 4:8
- Develop an attitude of Gratitude and praise God. In everything give Him thanks. It's impossible to be stressed and praise God at the same time.



Guidance Techniques That Work (Part 3)

Offer Choices —and Be Ready to Accept the Decision

Caregivers know that offering choices helps children develop independence. But conflicts can arise when you are unwilling or unable to accept the choice a child makes. In general, it's best to offer two options. If there is no choice, state your expectations simply and concretely.



Example	Invites conflict	Builds independence
• At lunchtime	What do you want to drink? (Too many options, many of which may not be acceptable)	Would you like milk or water with your sandwich? (Either choice is acceptable.)
• Going outside	It is cold today. Do you want your coat? (Child could say "No.")	Let's get our coats and go for a walk. (No choice.)
• Billy is wandering aimlessly in the classroom.	What do you want to do? (Child could say "Go home," Or "Go outside.")	Billy, you look like you need Get something to do. Would you rather paint at the easel or feed the fish

Reproduced with permission, *The Journal of Adventist Education*, December 2005/January 2006, Vol. 68, No. 2, *Guidance Techniques That Work*, pp. 37-43, ©2005

"Children need love, especially when they do not deserve it." Harold Hulbert

Praises, Praises, Praises!

It is often said God is good all the time and all the time, He's even better. At our center this past summer we certainly felt and witnessed the blessings of the Lord and we can raise our voices and say, "The Lord is good"

We always look forward to summer camp because it is one more opportunity for us to open our doors to the community and witness. This summer was exceptional. An average of 25 children were in attendance each day. Those who were looking for more adventure and a place to have a good time joined us on Thursday evening at 7:00 p.m. for our campfire nights. The blessings effects of our summer camp was felt at the beginning of the school year. At the beginning of the school year we had to open a new room to house the waddlers (1 & 2 year olds). All but two spots in the daycare are filled. We have enrolled ten students in the universal preschool with letters filing in requesting the we reopen the school. All but two spots in the daycare are filled. We have ten students in the universal preschool with letter filing in to reopen the school. Our school aged programs are going well with the request for a third one that opened to open in November. At Sandy Creek we have learned to be anxious for nothing but with prayer and supplication to make our petitions known to the Lord. We placed our center in His capable hands and He has not disappointed us. In the same way that He fed the multitude with the five loaves and the two fish. He used our little center as a beacon of light in the community to be a place where the good news of the gospel is shared and little ones meet Him daily. We ended our summer camp on a high note and we began our school year with a high note. We remain on a high note, looking forward with great expectation to see what He will continue to do with and through us. We have felt His hands and His leading in our center and I pray that the Lord touches every center as He has ours.

Shelley Thompson, Sandy Creek Christian Family Center director

Cold weather Safety Tips for Kids

Winter is here and the weather can be dangerous in several ways. Dropping temperatures, strong winds, and wind chills can create safety hazards, however, children can enjoy the fun and freedom of playing indoors or outdoors on chilly winter days. Safety first will keep them protected from the hazards of winter.

The cold temperatures and biting winds are the most obvious hazards when children play in the snow. Children who are not prepared for winter climates can suffer frostbite, hypothermia and severe chills that can lead to illness and even permanent injury. Here are some tips to avoid the dangers of cold weather.



1. Outdoor play is not recommended during snowstorms, extreme cold or when there are high winds
2. Limit the amount of time spent outdoors. Bring children inside to warm up periodically.
3. Do not allow children to build forts or dig snow tunnels that may collapse or bury them.
4. Avoid snowball fights that can lead to serious injuries.
5. Practice safety when playing outside. No sledding, snowboarding without helmets. Avoid snow tubes and disk-shaped sleds.
6. Did you know that huge amounts of body heat are lost through the head and hands. Protect yourself and always wear hats and gloves when playing outdoors in cold weather. Keep them snug like a bug but not too snug. Clothes should not restrict movement.
7. Dress in layers when going outside to play. Those layers apply to the entire body including the legs, feet and hands.
8. Remove all wet clothing immediately and put on dry clothes before you go out again.
9. Don't let the cold weather fool you. The sun can still burn. Be sure to apply sunscreen on all exposed skin when playing outside to be protected from bright sunlight and snow glare. Wear sunscreen on all exposed skin to guard against burns from bright sunlight and snow glare.
10. Keep the children hydrated with low-sugar juices that are high in vitamin C. Hot chocolate is also a wise





Training to Lead ~ Empowering to Serve ~ Inspiring to be Ready

Teacher's Corner

Social and Emotional Preparation

Are your students ready to learn? How well children will learn and develop and how well they will do in school depends on a number of things, including the children's health and physical well-being, their social and emotional preparation, their language skills, and general knowledge of the world. Children start school with different degrees of social and emotional maturity. These qualities take time and practice to learn. Opportunities should be given at home and at school to begin to develop the following positive qualities.

Confidence: children must feel good about themselves and believe they can succeed. Confident children are more willing to attempt new tasks and try again if they don't succeed the first time.

Independence: Children must learn to do things for themselves.

Motivation: children must want to learn.

Curiosity: Children are naturally curious and must remain so to get the most out of learning opportunities.

Persistence: Children must learn to finish what they start.

Cooperation: Children must be able to get along with others and learn to share and take turns.

Self-control: children must learn that there are good and bad ways to express anger. They must understand that some behaviors, such as hitting and biting, are not acceptable.

Empathy: children must have an interest in others and understand how others feel.

Adapted from U.S. Department of Education Office of Intergovernmental and Interagency Affairs

Helping Your Preschool Child, Washington, D.C., 20202

Health Corner

Runny noses, sneezes and body aches are all a part of the winter scene. How can you keep healthy and be there for your students delivering quality education? The following tips below will help get you through and keep you healthy.

1. Lead by example. Eat lots of fruit and veggies. There is nothing like eating a warm bowl of vegetable soup to warm up the body on cold days.
2. The body is a well oiled machine. To keep it working at its best, get plenty of rest. A well rested body fights infections faster than a tired depleted body. Getting a good night's sleep also reduces stress.
3. Remember that vitamin C is your friend. To help reduce the duration of cold symptoms take Zinc, vitamin C and Echinacea. Wash hands often. Take the day off if you are sick. If you come to school, you risk making others sick and in return they will bless you with the gift of being sick again after you have recuperated.
4. Hand sanitizer is not a substitute for soap and water. Wash your hands often. Teachers come in contact with children and items touched by children that may have been on a germ filled journey. Use warm water and soap and scrub for at least 15 seconds. If soap and water is not available immediately use hand sanitizers until you can have access to soap and water.
5. Keep moving. Winter is not an excuse not to exercise. Walk around your classroom. After school walk throughout the halls. Jog in place. Park your car in such a way that you have to walk a few steps to the entrance of the school. The benefits? Your body will look better and your immune system will have the energy to fight off those nasty bugs and germs. You take care of others this season take the time to take the time to take care of you too. *Stay Healthy!*



EARLY CHILDHOOD EDUCATION

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The Busy Bees of Atlantic Union Conference



RESOURCES: Recipe

Soybean Vegetable Soup

1 15-oz. can soybeans, rinsed and drained
3 c. water
3 Tbsp. chicken-style seasoning
1 med. onion, chopped
2 c. carrots, sliced
2 c. fresh tomatoes, diced
2 c. broccoli florets
1 tsp. sea salt, opt.
1 tsp. garlic powder
1 tsp. onion powder
2 Tbsp. sweet basil
1/4 tsp. cayenne pepper, opt.

1. In a medium saucepan, bring water, soybeans and chicken-style seasoning to a boil. Add onions, carrots and tomatoes.
2. Add broccoli and seasonings, adding salt to taste. Return to a boil, reduce heat, cover and simmer for about 20 minutes more.

Paula & Curtis Eakins

A Little Birdie told me....



NAEYC: November 2-5, 2011
Annual Early Childhood Conference and Expo in Orlando, FL. Further information is available at: www.naeyc.org.

Massachusetts: April 1 & 2, 2011.
Call (781) 589-4742 for further information.

New York: April 28-30, 2011
NYSAEYC Annual Conference. Information is available at www.nysaeyc.org/conference/geninfo.asp.

NAD: Plan to attend the 2012 Teacher's Convention in Nashville, Tennessee.

Thoughts for the Journey

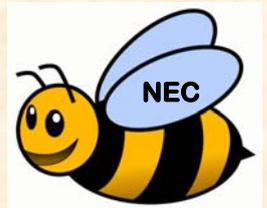
"Who dares to teach must never cease to learn." -John Cotton Dana

Train up a child in the way that he should go and when he is old, he will not depart from it. Proverbs 22:16

"Education is not the answer to the question. Education is the means to the answer to all the questions." -William Allin

"You learn something everyday if you pay attention." ~ Ray LeBlond

"Learning is a treasure that will follow its owner everywhere." ~ Chinese Proverb



Just for laughs:

A first grade boy arrived at home one day in a very unpleasant mood. His mother patiently tried to find out the cause of his behavior. Finally, he blurted out, "My teacher can't read."

"Of course she can," the mother replied. "What makes you say that?"

With a puzzled look, the boy said, "Well, if she can read, why does she make me tell her every word?" E.N. Flathers



Laughter is good for the heart.

