

The Rainbow Station Express



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Special points of interest:

- 17—RBS Closed for Annual Staff Retreat

New Year Greetings!

Happy New Year All!!

It's such a blessing to be able to say that as it confirms the completion of yet another year of life.

We are aiming high early on this year as we prepare to submit our application for NAEYC Accreditation by the end of this month!!!

NAEYC (National Association for the Education of Young Children) is a voluntary process and is the high-

est form of credentialing that a school can achieve. All Rainbow Stations are accredited or are seeking accreditation through NAEYC. Please support us as we move forward!

We are preparing for our "Dreamer's Day" Retreat on January 17th and will be closed for business. This day is reserved annually for staff teambuilding and regrouping.

Parent's Night Out is com-

ing during the month of February, please stay tuned!

Here's to a great January!

-Mrs. Forbes-Smith
Preschool Program Director



Español con Señora. Tisch

Spanish class began the first week of September. All of the children from Orange Room to Kindergarten can count to 10 in Spanish, the 3, 4 and 5 year olds can count to 20. I am working on helping the children to recognize the numbers out of sequence. As an example, showing them the number 7, having them say "Siete" instead of counting from 1 to 7.

They can say "Hello, Good morning", "My name is---", "I am --- years old", "What is your name," "Good Bye" and "Very good".

They know the colors red, green, yellow, blue, purple, black, white, brown, orange, gray and pink. They know the days of the week

in order. They are learning the parts of a house, the door, the window, the wall, the floor, the stairs, the fireplace, the ceiling and the room.

Our next step will be to learn the months of the year and the things in the school room. They have begun to learn the shapes. I have taught them the Spanish word for star. They will learn circle, square, oval and so forth. They have begun to learn the barn yard animals.

In October the children learned how to say Halloween in Spanish, Vispera de Todos los Santos, and continued to practice the shapes.

In November the children

learned to say Thanksgiving, Dia de Accion de Gracias and all of the things they are thankful for, family, food, friends, clothing and pets.

In December we learned Feliz Navidad, Merry Christmas, Prospero Ano and Feliz Ano Nuevo. We also learned snowman, star, angel, Christmas tree, and gifts.

In January we will be learning Healthy Habits and Healthy Foods.

I have planned a Cinco de Mayo Fiesta for May 5, 2011

Feliz Navidad y Prospero Ano!
Marsha Tisch

CONGRATULATIONS TO THE TODDLER ROOM FOR WINNING THE FOOD DRIVE PIZZA PARTY!! THEY COLLECTED 202 ITEMS!!!





The Parent Corner

Value of the Month:
Respect

How to teach your child to be respectful

Respect is something all children need to learn. Not only will it make your job as a parent easier, it will also improve the behavior and long term success of your child. Children who are not respectful often act out in school, which gets them branded as "trouble makers" and then gives them that reputation to live up to. It is your job as a parent to teach your children about respecting adults as well as their peers.

Instructions:

-Start early. This is the absolute, most important part of teaching your kids respect. You can't allow them to go on for 2 years name calling and dropping curse words be-

cause they're small and it's kind of funny in a totally inappropriate way.

-Don't give in because your child refuses to stop begging or complaining. This is detrimental to their view of you as an authority figure, and will cause them to think that if they act out then they will be allowed to have their way.

-Never award them for being disrespectful. Even if the situation may have warranted it (she called him a booger eater first), does not mean it's okay for your child to act disrespectfully in return.

-Teach them to say yes ma'am and yes sir whenever they are asked questions by authority figures such as their grandparents, Sunday school teacher, etc. It is a good habit to get into at a young age and it will stress to your kids the importance of respecting



elders.

-Discipline your kids for being disrespectful. This can be done in whatever way you see fit, whether it be anything from a time out, to taking the TV set out of their bedroom. Kids need to know that there are negative consequences when they act badly, and there is only one way for them to learn it.

-Teach your kids to be good communicators. If children think they can express how they feel, they will resort more to talking it out and less to calling names, pointing fingers, and throwing

Read more: [How to Teach Your](#)

*"Respect is what we owe;
Love, what we give."
-Phillip James Bailey*

Dance and Movement with Mrs. Macke



This last month the nursery school learned "Hush Little Baby" in sign language. It is with this song that we learned signs for mother, quiet, bell, baby, sing, and I love you. For some this song was very touching because of the use of mother and I love you. Older infant room had a breakthrough in signing class a few days ago when Riley signed "more" for the first time with myself when he wanted me to sing another song. The last two weeks all the children en-

joyed listening to "I want a hippopotamus for Christmas." We learned how to sign Christmas, crocodile, hippopotamus, book, read, bath and want. Signing class is fun. We continue to sign our old songs but love learning new ones.

Music and movement has been going well also. We have had a wonderful time with Christmas songs. We have rocked around the Christmas tree, let our little light shine, shook our jingle bells, and pretended that we were

Santa up on the rooftop. We have practiced keeping rhythm; fast vs. slow, up vs. down, and quiet vs. loud. Banging drums like the little drummer boy was much fun this past month also. We look forward to the coming weeks of winter and snow. We will be focusing on colors, Mother Goose, and Winter time for January both in sign class and music and movement.



Saying Hello to Our Exceptional Staff



Vivien Tran—Classroom Aide



Favorite Quote: "Sometimes good things fall apart, so better things can fall together!" –Marilyn Monroe

Hello parents! My name is Vivien Tran, better known to the kids as "Ms. Bibien". I am a 19 year old junior at Northern Virginia Community College. I am the oldest of six, so I definitely have experience in child care! I will be receiving my Associates in Social Sciences in the spring of 2011, and I am transferring to Old Dominion University in the fall of 2011 to receive my Bachelors degree. I plan on furthering my career into social work because there is no better feeling than knowing you have made a difference to a child in need, or even saving a child's life!

When I am not at work, I enjoy watching football (REDSKINS!!) and playing sports. I am going to play lacrosse for the Old Dominion Lions and I am extremely excited! Farther along in my career, I definitely will become a head coach for a high school lacrosse team, on the side.

Other than that, I am thankful to have joined the Rainbow Station team and I look forward to getting to know you better!



P.E with Mr. Ruslan

This month was absolutely amazing. Children were very excited to exercise, play, learn new things and have fun at the same time.

So here are few things that we did this month:

First week of the month we concentrated on gross motor skills and memory challenges (put color cones around the gym, called child's name and told them 2-3 colors. Then

children had to run and touch the cones (colors) in the same order you call them)

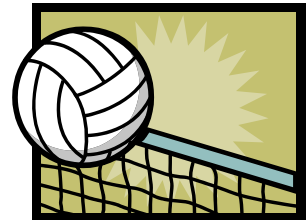
Second week was dedicated to all kinds of jumps (Jumping up over gymnastic stick, jump up and reach the gymnastic stick, long jump, time jump, etc.).

Third week was all about working with balls (throw a ball to each other, kick a ball to each other, roll the ball to

each other, dribbling with your hands, dribbling with your feet, etc.).

Fourth week was about soccer (soccer drills: throw a ball then run and get it, kick a ball then run and get it. Teacher kicks the ball student run and get it. Pass to each other using feet).

So, you can imagine how much fun kids had while creating healthy habits.



Happy Birthday to You!!!

Happy Birthday to all the amazing staff and children born in the month of January!

Staff

- 3—Ms. Teresa
- 25—Mrs. Fatema (Infants)
- 28—Ms. Karen
- 29—Mr. Chris
- 30—Mrs. Maria

Toddlers

- 14—Kaylee P.
- 14—Connor P.
- 23—Camron J.

Yellow

- 1—Sarah C.
- 10—Mahir H.

Blue

- 4—Keaton F.
- 17—Adelyn R.
- 23—Jason W

Gold

- 1—Hannah K.
- 4—Daniella A.
- 4—Braden S.
- 12—Ryan A.





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Rainbow Station at Haymarket



<http://www.twitter.com/RSHaymarket>

Bell Chimes



Hello and Happy New Years Rainbow Family!

Out with the old and in with new. I have always thought it an amazing concept to be able to reflect on the year's past, and move forward in to the new. I look forward to another awesome year at Rainbow. We will further embrace the Leader in Me program, instilling in the children of Rainbow a cool confidence, and boost in their overall character and self-esteem. Our vision is to cater to the whole child helping them to become well rounded productive citizens, after all our children are our future, and what a bright future we have. I thank you all for allowing us to partner with each of you and to make everyday a great one! So cheers to good times at Rainbow in 2011!

Mrs. Bell



Nurse Turner's Corner

Here Comes the Cold or (There's a Rhinovirus in My Room...)

It's that time of year again, when the common cold becomes, well, common. Spending more time indoors with others passes the germs that cause illnesses to spread easily. Rhinovirus causes the symptoms we recognize as the common cold. Coinciding seasonal weather changes and indoor living dispel the myth that exposure to cold air causes colds.

In fact, during outdoor play, children breathe fresh air and do not re-breathe germs of the group, thereby reducing the spread of infection. Outdoor play burns energy, works large muscle groups, and creates a change in the routine. Even mildly ill children can be outdoors if the weather is not severe.

Other cold myths:

Children lose most body heat through the top of the head.

It is true that body heat is lost through the head, but all exposed skin loses body heat. In children, the fingers, nose, and ears are especially vulnerable to outdoor cold. Layered clothing helps to keep a

child warm and protected. Removing damp clothing, offering warm foods and liquids, and wrapping up in a blanket will re-warm a chilled child.

Feed a fever; starve a cold, or some version of the two.

In truth, you should feed both. The body's effort to rid itself of the infection requires more calories and fluids. While congestion often affects a child's appetite, keeping them hydrated is especially important. Offer infants water in addition to formula or breast milk, and an older child popsicles or fruit gelatin, and juice.

Covering a cough and using tissues will/won't reduce the spread of a cold.

Actually, while these efforts are useful, rhinovirus transfer on surfaces such as door knobs and toys is largely responsible for sharing a cold, once again, emphasizing the importance of frequent and thorough hand washing by both you and your child, even when there are good disinfection practices in place.

Lastly, since 2008 the use of over-the-counter cold remedies for children under the age of four years is not recommended. The following suggestions for your child's cold care may be helpful: Cool mist humidification will keep secretions loose and may help your infant

sleep more comfortably. Cough caused by runny nose and drainage may be reduced by instilling saline drops and gentle bulb suction of the nose.

Older children may have cough soothed by a teaspoon or two of honey. (The risk of bacteria related illness prohibits its use in infants under age one.) Warm humidification in the shower can reduce the harshness of a cough and loosen secretions. Teach an older child to gargle for sore throat and throat drainage relief. Practice with warm water first, have the child tip their head back holding the water in their throat without swallowing and asking the child to make sounds from their throat; mix ½ tea-spoon salt in a glass of warm water, when they are ready to do the real thing. Have them spit rather than swallow the gargled fluid. Repeat until the glass is emptied.

A common cold should resolve in about 10 days, but any harsh, barking, or uncontrolled cough requires immediate attention from a physician.