



Little Noles

January 2016

The newsletter of the Florida State University's Childcare & Early Learning Programs

Welcome to our newest Faculty member, Stephanie Hall

We are very excited to welcome Stephanie Hall as our newest faculty member in the FSU Children's Center. Stephanie began working at the Children's Center as an Assistant Teacher in the Peach room. She has been acting as the interim Lead Teacher since August 2015. She willingly stepped in to takeover the VPK program and completed her certification to be a VPK instructor. She has such a tremendous attitude and cares deeply for the children and families attending the center.



We had the opportunity to interview Stephanie to find out a little bit more about her background, teaching philosophy and interests.

What is your background (work experience, degree)?

My very first job was as a preschool dance teacher at my former studio in my hometown of Pensacola, Florida. I taught ballet and tap for two years in high school. When I started at Florida State in 2011, I knew I wanted to help people in some way and at the time my goal was to complete my undergraduate degree and then attend Pharmacy School. After major changes and soul searching, I graduated from Florida State in May of 2015 with a degree in Sociology and a minor in Education and Child Development. My work experience is interesting to say the least! As I mentioned, I started as a dance teacher before discovering that

working in retail (Target and Michaels Arts and Crafts) was not for me. In 2014, I began working at the Children's Center and have not looked back since!

Have you always wanted to work with children? How has your journey prepared you take this position?

I have always wanted to help people whether they are four or eighty-four. I was probably around 18-19 when I decided that I wanted to work with children. Right after my 21st birthday (May 2014) I started working at the Children's Center. I remember calling my mom after my first shift and saying, "This place is incredible!" That feeling has not changed in two years. The Children's Center reassured me that I was in the right field. I am so happy that I have been given this op

Continued on page 11

INSIDE THIS ISSUE

PARENTING TIPS, PAGE 9



INFANT & TODDLER CENTER, PAGE 4



CHILDREN'S CENTER, PAGE 7



AROUND TOWN, PAGE 12

MENUS ARE ONLINE
<http://childcare.fsu.edu/For-Parents>

ONLINE COMMENTS/
SUGGESTIONS BOX
https://fsu.qualtrics.com/jfe/form/SV_8A44fzs9taRgnnn

Tuition and Program Fees

Program fees		Effective September 1, 2015
Annual Registration Fee	<i>Charged at Enrollment &</i>	\$20
Late Tuition Fee	<i>Tuition paid after the 10th</i>	\$10
Returned Check Fee/ Insufficient Funds		\$25
Late Pick-up Fee	<i>Any portion of first 5</i>	\$5.00
	<i>Per minute after 5:35 PM</i>	\$1.00

Tuition Rates Effective September 1, 2015

Infant and Toddler Center

Alumni/Community	<i>Full cost of care</i>	\$817
Faculty & Staff	8% off full cost of care	\$749
FSU Student	18% off full cost of care	\$670
Military Connected student family	26% off full cost of care	\$603
Pell recipient/eligible stu- dent	34% off full cost of care	\$536

Children's Center		
Alumni/Community	<i>Full cost of care</i>	\$885
Faculty & Staff	27% off full cost of care	\$644
FSU Student	39% off full cost of care	\$540

VPK Wrap Around Rate

Alumni/Community		\$593
Faculty & Staff		\$352
FSU Student		\$248

FSU Childcare & Early Learning Programs

FSU Child Development Programs *Monday-Friday 7:30 AM- 5:30PM*

Associate Director, Tiffany Karnisky
850-644-5664
tkarnisky@admin.fsu.edu

Program Associate, Brenda Thompkins
Grants Analyst, Bill Stacey
Little Noles editor, Laviorian Smith
Telephone: 644-7970
157-01 Herlong Drive
Tallahassee, FL 32310-4174

Infant and Toddler Center

DCF License #C02LE0260
Monday-Friday 7:30 AM- 5:30PM
Center Director, Dana O'Connor
Telephone: 644-0003
330 Pennell Circle #1
Tallahassee, FL 32310

Children's Center

DCF License #C02LE0519
Monday-Friday 7:30AM- 5:30PM
Center Director, Beth Roberts
Telephone: 645-9576
169 Herlong Drive
Tallahassee, FL 32310

The Little Noles is a monthly publication of The FSU Child Development Programs, 942 Learning Way, University Housing, Florida State University, Tallahassee, FL 32306-4174, (850) 644-7970. The information contained herein is considered adequate notification of activities, tuition notification and policies and procedures. The Little Noles is also available in alternative formats upon request. Material submitted for publication must be type-written and submitted by the 15th of each month. The Little Noles is distributed to the parents of The FSU Child Development Programs, selected university administrators, staff, and support personnel.

Withdrawal Notices

A thirty day written notice must be given to avoid incurring tuition fees past the date you plan to have your child participate. **The notice must be submitted online or by paper form** available at the center or at FSU Childcare & Early Learning Programs Office, 157-01 Herlong Drive. Online forms are considered valid and binding once submitted. Paper forms **must** be signed and time/date stamped by a program staff member to be valid. Other notifications such as verbal communication with a staff member will not be considered valid notices. Once a withdrawal form has been submitted, changes to an earlier date will not be accepted. **Failure to give the required 30 day notice will result in monetary charges for a full month's tuition irrespective of whether the child attends or not.** This allows the centers and families adequate time to prepare for the child's departure from the center and new families adequate time to enroll.

Withdrawal

A **30-day notice is required** to withdraw from our programs.

Forms located online, at centers or main office

Be prepared

We need a change of clothes for each child. Make sure your child's extra set of clothes is appropriate for the weather.

Safety

The safety of your child is one of our greatest concerns. Please be reminded that the security codes provided to you are for your use only. Please do not give your child your security code or allow them to enter the code on the keypad.

Parent Column

Contact directors if you wish to submit a column for the Lil Noles Newsletter. Submission due a month in advance.

Tuition Rates. Tuition rates are assessed according to parent status. Non-refundable registration fee \$10 upon enrollment and each Sept. 1, thereafter. Tuition is calculated on 44 weeks of care or 11 months. Tuition is not charged in August. Tuition is due on the first day of the month; late by the 10th day.

Student Rate

Undergraduate parents must be registered for a minimum of 6 hours and graduate student parents must be registered for a minimum of 3 semester hours. During the summer semester, if a student parent is not enrolled, to receive the student rate during the summer semester, the parent must be registered at as student for the preceding spring semester and upcoming fall semester.

Pell Recipient/Eligible student (under Infant and Toddler Center CCAMPIS Grant)

To receive the Pell Grant student parent rates, the parent must be eligible to receive or be receiving Pell Grant funds.

Military Connected Family student

(under Infant and Toddler Center CCAMPIS Grant)

To receive the Military connected student parent rate, the student must be in veteran or active duty status or have a spouse in veteran or active duty status.

Faculty/Staff Rate

Parents must be employed as an FSU faculty member, OPS,

2015 VPK class ready for Kindergarten

Congratulations to Deby Vargas and Green Room team. Children in the 2015 VPK class that were tested for kindergarten readiness received 100% readiness rate.

Parents update your information with us!

It is important that we have the most accurate information for you and your child on file in the main office and at the centers. Please take time to email us with any changes to your information. Frequent changes often include:

- Email addresses
- Living/Mailing addresses
- Phone numbers
- Allergy information
- Food exclusion information
- Child medical information

USPS or A&P staff member, FSU Visiting Scholar/Researcher / Post Doc. FSU employees enrolled as special students or as a student using the university tuition waiver will receive the Faculty/Staff rate.

School Readiness Subsidies.

Parents will be responsible for paying the full amount of tuition at the stated rate above before the 10th of each month. Any subsidies from the School Readiness Program will be applied as a credit to your account when it is received from the agency. School Readiness Program provides *tuition assistance to eligible families who are working and/or attending school for a minimum of 20 hours per week.*

naeyc[®]

for families

The NAEYC for Families website at <http://families.naeyc.org/> offers a wealth of information and resources for parents of young children. *Families Today* features articles from Dr. T. Berry Brazelton and Dr. Joshua Sparrow. Dr. Brazelton, renowned pediatrician and behaviorist and child development expert, and Dr. Sparrow, child psychiatrist, offer parents reassuring information and tips on the developing child.



DIVISION OF
STUDENT AFFAIRS
at Florida State University



Welcome back and Happy New Year! We hope that everyone enjoyed their Winter Break! The semester is off to a great and very busy start. In January we worked on all things Winter, from Winter Holidays to Winter Animals. We enjoyed making snowballs out of white play dough and playing with our farm animals in the “snow” (shaving cream). We also painted puffy polar bears with white paint and shaving cream along with so many other fun winter animals. During circle time we read many stories including Bear Snores On by Karma Wilson and Hello Snow by Hope Vestergaard. We also sang some songs like “Going on a Bear Hunt” and “10 Little Mittens” along with our other favorite songs!

We went on a winter adventures outside by going on nature walks and enjoying the invigorating cooler weather that Winter has brought us! We also painted glitter snowflakes, made penguins, snowmen and polar bears to name a few. We had fun playing outside and making “snow angels” in the sandbox.

This month we will be celebrating Chinese New Year, 2016 Year of the Monkey! Then we will be working on Valentine’s Day and Community Helpers for the rest of the month.

For Valentine’s Day, we will paint with red, purple, pink and white. We will make Valentine’s Day Cards for our families and stained glass hearts to hang in the windows. The fire truck and the police car will and visit with us as well! We will also have a police officer and a fireman read to the children during circle time. We can’t wait!!

We will also make heart wreaths and collages. We will color fire trucks and make a community helper collage. We will paint with our community helper trucks, we always have so much fun having them make tire tracks in the paint!

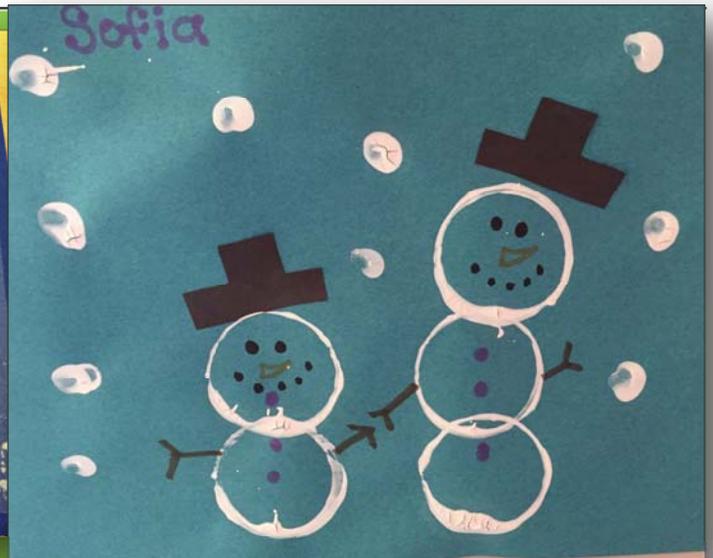
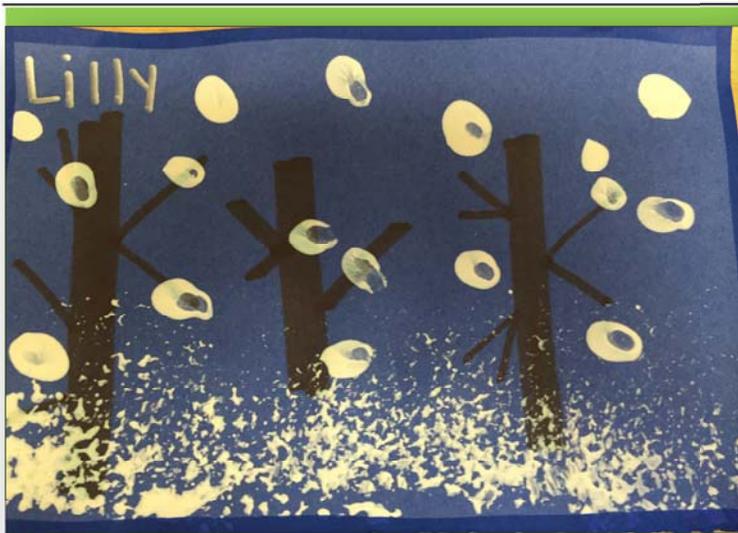
We will read *Counting Kisses* by Karen Katz

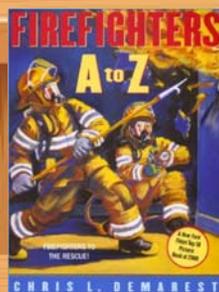
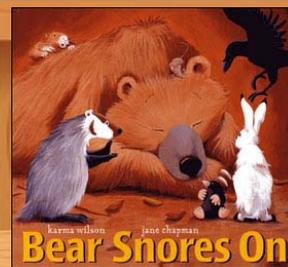
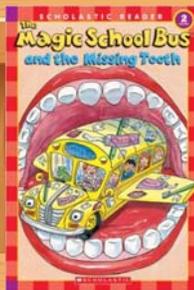
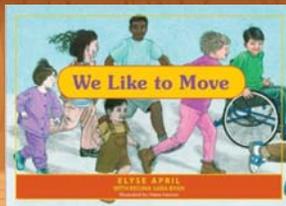
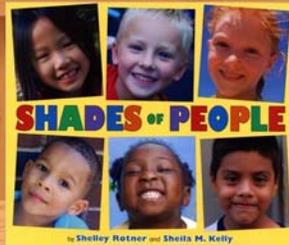
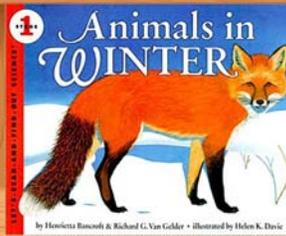
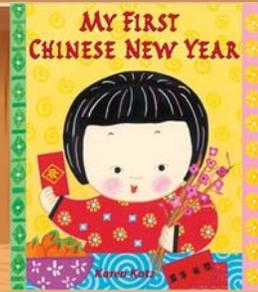
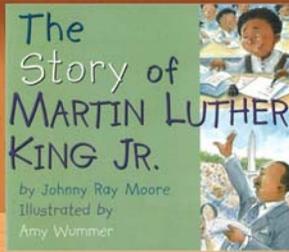
and *Firefighters A to Z* by Chris L. Demasrest along with some of our other favorites. We will sing songs like “I love you, you love me” and “5 little police cars.”

We will make, bake, and decorate sugar cookies for Valentine’s Day.

Point out fire trucks, police cars or ambulances that you may see out and about. If you have any books about Valentine’s Day, read them with your child. Also you can point out all of the Valentine’s Decorations in the stores that you may see.







Welcome back! Everyone at the Children's Center is excited to start the new semester! A special welcome to our new friends from the Infant/Toddler Center. Spring semester is always such a great learning time as we generally experience winter, spring and summer like weather in such a short amount of time. All of the changes the different seasons bring are exciting and provide wonderful natural learning experiences.



We will begin the new semester by exploring the various types of weather, how to stay safe, what to wear, and



some of the fun things we do in different types of weather. The weather study will be a great lead into our study of the four seasons. The remainder of the month will feature themes on transportation, hygiene, and an author study.

Some of the books we will be reading throughout the month include *What Makes It Rain* by Keith Brandt, *We Like To Move* by Elyse April, and *The Magic School Bus and the Missing Tooth* by Jeanette Lane. Some of the activities the children will enjoy are creating their favorite season in art, crafting seasonal trees, playing with snow in the sensory tables,

storm painting, making rain drops, and illustrating the wind through blow painting. Always a favorite the children will explore animals that hibernate, migrate and adapt to survive the various weather changes.

Books for this study will include, *We are Going on a Bear Hunt* and *Bear feels Scared*.

The children will review numbers and colors with counting bears and sorting by colors. In art we are going to paint a bear

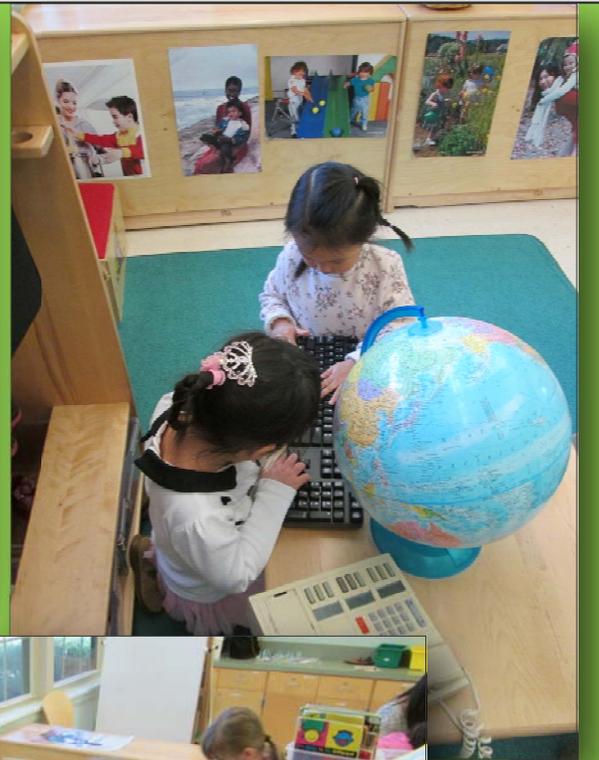
(animal that hibernates) a sea turtle (animal that migrates) and a fox (animal that adapt).



The last week of the month we are going to talk about different types of

transportation. We will explore how the means of transportation have changed through the years. The children will learn songs like, "The Wheels on the Bus" and "Row, Row, Row Your Boat".

Our letters for the months of January and February include V, W, K, Y, X, and Z. We ask that you help your child find appropriate items for the Letter Bucket and work on spelling his or her name. Please look for a note regarding Valentine's Day and parent/teacher conferences arriving soon in your child's cubby! If you have any questions, please do not hesitate to ask your child's teachers!



Getting through the winter sanely and safely

Is it Breezy? Chilly? Freezing? Bitter Cold? How individuals experience weather conditions and temperature is quite variable, even amongst members of the same family. Finding the right temperature to keep everyone happy is always a challenge. Some are always burning up and some are always freezing. The freezing ones are encouraged to add more clothes since the burning-up ones say they can't take off anymore clothes without becoming indecent. And on it goes. Children, on the other hand, accept the weather and the temperature as a given. Give them a snow fall, a little snow accumulation and no school. Heaven.

Since children have greater surface area to body mass ratio than adults, the adults in their world, parents and teachers, must be closely attuned to weather conditions and make sure children are dressed appropriately. In cold weather, jackets and hats are needed to go outside, even here in Tallahassee. In addition to their close observation of individual children, your directors use what is called a "Child Care Weather Watch Chart" recommended by the National Health and Safety Performance Standards to help them make decisions about when it is too cold or too hot for the children to be outdoors. In cold weather, when the thermometer begins to dip around the 20's and 30s with some wind, the directors have their chart ready for reference. Most of the time, though, with a jacket and a hat, it's great to be out of doors in the winter

Tips for indoor fun for young children

Just because it's cold outside, doesn't mean kids can't have fun and be active. Here are some games that can help keep little ones entertained and active on cold or rainy days. Many of them help develop motor skills or encourage creative thinking and problem solving.

Dress up

Many kids enjoy pretend games. Help your child make a 'costume' out of his or her everyday clothes. A flannel shirt and bandana can turn any kid into a cow-poke. Stuffed animals can be used as the animals on the ranch and kids can use pillows and cushions to make a Wild West hideout. Let kids pick their theme: Princesses, pirates, explorers, super-heroes.

Penguin Hop

This game encourages little ones to jump like penguins, which helps with coordination and gross motor skills.

What You Need: Pillows

Instructions

1. Lay out four to six pillows on a carpeted floor in a single file line.
2. Have everyone line up single file and take turns hopping from pillow to pillow. They must land with both feet on each ice floe; if they don't, they are considered to have fallen in the drink and must step aside.
3. Space the pillows a little farther apart for each new round until all but one penguin, the winner, has been eliminated.
4. <http://familyfun.go.com/playtime/games-by-age/toddler-games-activities/penguin-games-708333/>

Mr. Wolf What Time is it?

This game helps teach counting skills and can be fun for older siblings to play as well.

Instructions

1. One player is "Mr. Wolf" and stands on one side of a large open areas.
2. Have everyone else line up on the opposite side of the room and call out: "Mr. Wolf, what time is it?"
3. If "Mr. Wolf" says it is a time such as "two o'clock," the players take two steps forward.
4. If Mr. Wolf says it is a meal time (breakfast, lunch, or dinner), the players try to return to the starting line before Mr. Wolf grabs one of them.
5. If Mr. Wolf touches a player, he or she takes over as Mr. Wolf. *Reprint from Little Noles January 2011*

Dressing for cold weather indoors:

- Dress in two to three thin layers.
- Wear undershirts and warm socks.
- Thermal underwear or light pajamas make a good first layer.
- Make sure the clothes are not too tight and don't restrict movement.

Outdoors:

- Keep the head covered with a hat, face mask or scarf.
- Wear a scarf around the neck.
- Wear thick, winter socks and boots or waterproof shoes.



Encouraging Family Fitness & Healthy Habits

By Len Saunders, MA



By setting the basic foundations of life, parents are the number one source affecting the way children feel about living a healthy lifestyle. Children innately realize that Mom and Dad are their educators, mentors, heroes, supporters, and role models throughout their lives. This is a colossal responsibility for the adult, as children believe that most behaviors by parents are acceptable actions, whether good or bad. The bottom line: children are watching their parents' every move, mirroring their every action; if a parent is sedentary, there is a good chance their children will be too. However, parents who eat healthily and exercise with their children on a regular basis are teaching them many valuable lessons.

Certified health coach and mother of two Pam Howard agrees. "Parents who exercise with their children are not only teaching them how to live a healthy lifestyle, they are also reinforcing the family bonds and creating wonderful family traditions. It's fantastic for super-busy parents who wouldn't get as much exercise as they need without incorporating their kids in the process."

A daily exercise program is essential for every child's normal growth and development. The benefits of exercise are endless, and go deeper than just fighting heart disease and other adolescent risk factors for poor health. Author and fitness expert Debbie Mandel states, "Children who exercise do better academically and learn how to reduce stress. In essence, adults in the household are showing children a healthy way to relieve stress and improve their thinking while they (the adults) practice what they preach. Children are always observing their parents and picking up on their body language, not just their words."

It is imperative that families make time to exercise together so that it eventually becomes part of their routine. Dr. Marc Tinsley describes his experience with this issue. "When I speak and consult with people about health and fitness, many people look at their family obligations as an obstacle to exercise instead of an opportunity. One of the main problems is that people associate exercise with a gym

or equipment. I tell people to think 'outside the barbell.' Fitness isn't about sweat, six-packs, and sex appeal; it's about having enough energy to do your activities of daily living safely and effectively."

Getting fit as a family does not have to be very time-consuming or complex; it can be fun and creative. Here are seven simple suggestions to help your family get fit together.

1. **Commercial-cize.** Many children (as well as their parents) watch a few hours of television each night. It is important for families to reduce sedentary time. Whenever a commercial break comes on the TV, exercise as a family. Try running in place, push-ups, or jumping jacks during each commercial to keep everyone up and moving.
 2. **Make an Exercise Video.** Most portable cameras now have a video function. Have your family create their own exercise video where your kids are the stars. Everyone will get fitter creating the videos, and at a future time, have fun exercising along with the video over and over again.
 3. **Dancing Can Be Fun.** Nutritionist Lisa Suriano suggests, "Just dance! Turn on the radio or pump up some fun songs on your mp3 player to rock out together as a family. Jump around, do a shimmy, shake your limbs and let the giggles ensue. With minimal effort, you can burn some calories and have a super-fun, spirit-lifting family time."
 4. **Going the Extra Step.** Dr. Kathryn Cahill, a pediatrician, states, "Parking farther away when running errands with the kids, encouraging them to take the stairs with you when shopping, and having them walk along the cart can increase their activity."
 5. **Allocate Time for Family Exercise Every Day.** Certified health and wellness coach Carrie Karkoska says, "It doesn't have to be much. Take a family walk after dinner and use that time to talk about your days. Play a family game of football during halftime of the game Dad is watching. Invite your kids to join you during your cross-training or yoga DVD. They will not be able to do all the exercises, but they will be moving and trying! Teach them that exercise and sweat are really important, and that it can be fun!"
 6. **Blend Technology With Play.** Fitness professional Jamie Atlas says, "Many games offer the chance to move with a partner and be scored according to your accuracy, be it dancing, boxing, bowling, I recommend checking out some of the electronic fitness programs or other technologies out there to see how you can cross generation gaps and meet somewhere in the active middle."
 7. **Play Your Cards Right.** Fitness author Rocky Snyder suggests, "Create your own Family Olympics. Go to your local track or town pool and have races while your family goes for the gold!"
- And remember: **Families that PLAY together STAY together.**

Source: <http://www.pbs.org/parents/food-and-fitness/sport-and-fitness/family-fitness/>

Continued from front page

portunity to stay at the place I love so much!

What do you feel is the most important aspect of teaching young children?

It is SO important to make a connection with them. Whether it's incorporating the children's favorite song into a lesson plan or just talking about the latest episode of Doc McStuffins, my friends need a support system. I feel that it is important that the children in my care know that I am always there for them. What motivates me is seeing their faces light up when they learn something new. That alone makes me want to develop activities that keep that light alive.

What importance do you place on building relationships with parents?

It is honestly one of the most important things to me. I place so much emphasis on it because I think, "What would I want to know if I were picking up my child?" The parents need to be comfortable with you because they need to know who they are leaving their child (ren) with every day. I know that I would not be comfortable leaving my child with someone whom I do not have any sort of a relationship with. I really try to put myself into the parents' shoes when trying to develop relationships.

With so many international children and families, how do you create an inclusive classroom and environment?

I incorporate a variety of diverse books, songs, and activities into my lesson plans. Whether that is learning about different holidays

around the world or celebrating Chinese New Year. I work hard to ensure that everyone that enters the classroom feels like they belong. We are one giant school family!!

What are your hobbies?

I enjoy crafting (sewing, wreath making, DIY), going to the beach, watching movies, and spending time outside. I grew up close enough to the coast to be able to go to the beach all the time, but my family also owns farmland, so I was outside a lot growing up.

These questions are for the children, so a game of "What is your favorite..." if you will.

With these questions I had trouble picking just one!

Favorite children's book and why?

I loved *Madeline* growing up. I think I loved her so much because she was so curious of her surroundings. I was also jealous that she lived in Paris! As I got older, I found myself obsessed with the *Nancy Drew* series. Yet another set of stories with a curious heroine!

Favorite color?

I like purple and teal.

Favorite animal?

I think raccoons are adorable, but I have a cat named, "Maizy," that I love!!

Favorite food?

I thoroughly enjoy Mexican food! My mom makes delicious egg rolls, though!

What are your goals as a teacher and over the next year?

My main goal is to make sure that the children in my class-

room have learned interesting things that they can take with them throughout life. I also want them to know that learning can be fun. I want to make sure that my friends are adequately prepared for Kindergarten. Finally, at the end of the year, I want my class to know that I have THOROUGHLY enjoyed being their teacher.

Anything else you would like to share?

I just want to take this time to thank everyone at Child Development Programs. This job is a dream come true and I would not be where I am today without the help of Ms. Beth, Deby, Tiffany, and Brenda. Also, I can't forget the support I received from the lovely ladies at the Infant Toddler Center (Dana, Jenniffer, Sue, and Emily)! I have such a great team and I am excited to see what the future holds! Go Noles!

Love

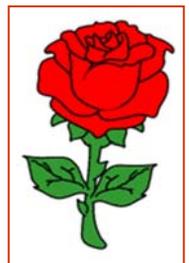
by Kaitlyn Guenther

Love is a beautiful thing.

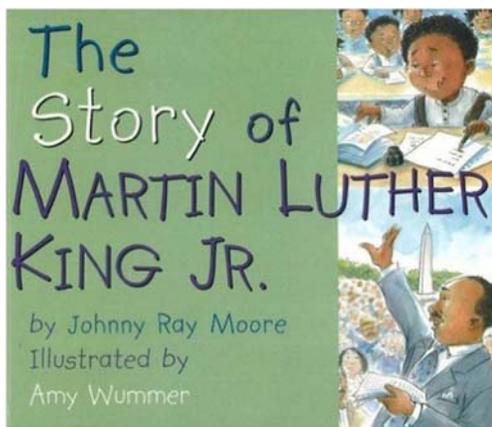
On

Valentine's day

Everyone is loved.

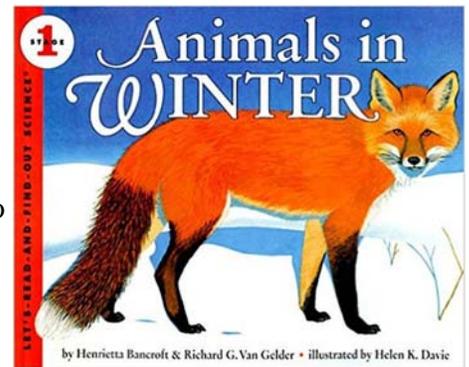


Happy Valentine's Day!

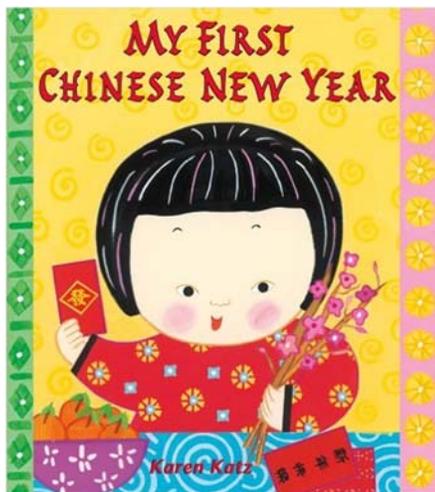


Parents quite often want to begin to teach their children about important aspects of history and culture even at the earliest of ages. This book is the perfect avenue through which parents can

begin teaching their children about Martin Luther King and the Civil Rights Movement. Moore has done a superb job in writing a biography that is short, concise and easy to understand. Even children with the shortest of attention spans can enjoy and understand this book. Friendly illustrations will make this book even more pleasurable for children. The boardbook format of this book makes it easy for children to handle the book and even turn the pages without parents having to worry about the book being damaged.



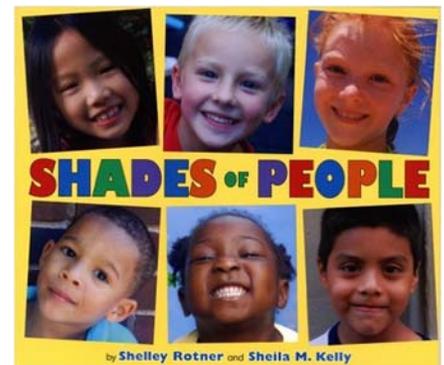
PreSchool-Grade 1. Originally published in 1963, this revised and updated series title adds even more allure to its nature lesson with a new full-color format and the inclusion of suggestions for easy ways to feed animals in winter. Davie's brightly colored paintings bring the revised text to life through the realistic portrayal of animals, birds, and butterflies in their natural habitats. In addition, the diagrams of the woodchuck's underground tunnels and illustrations showing a pika and bats asleep in their winter burrow and cave provide concrete examples of the term "hibernation." The rural neighborhood setting featuring houses, gardens, and two children on the first and last pages adds a note of familiarity. This brief, simple introduction to animal survival in winter contains just enough facts to satisfy youngsters' curiosity, and the attractive format makes learning fun.



PreSchool-Grade 1—In this colorful picture book, a young girl prepares for and celebrates the Chinese New Year with her extended family, describing how she makes an altar to honor her ancestors, gets a haircut, feasts with her relatives, and attends

a Chinatown parade. The tale radiates warmth and quietly builds up to the dramatic dragon dance and the traditional greeting of "Gung Hay Fat Choy!" The collage illustrations, cut from paper with colorful Asian designs, also include paint and other media to capture the joyful celebrants. This is a clear introduction to the holiday that young children will enjoy in one-on-one or group read-alouds.

PreSchool-Grade 1—This book is filled with wonderful photographs of happy, smiling, inquisitive, trusting, and adorable children—all with varying skin tones, hair colors and textures, and facial features.



"Have you noticed that people come in many different shades?" is the opening sentence, accompanied by framed head shots of youngsters. It is followed on the next page by, "Not colors, exactly, but shades." The text is minimal, with approximately 3 to 10 words per page. The last page features a large photograph of eight little hands of varying shades. The message is clear and to the point: "Our skin is just our covering, like wrapping paper. And, you can't tell what someone is like from the color of their skin." A good introduction to racial and ethnic diversity.—Mary N. Oluonye, *Shaker Heights Public Library*

BARNES & NOBLE BOOKSELLERS



Looking for a fun and educational event for the whole family? Join us at the Baby and Family Fair 2016 for a health fair, breakout sessions and tons of family-friendly activities. It is perfect for expecting parents and families with kids of all ages. Best of all it's **FREE!**

Breakout Sessions

- Families ◦Cooking with Kids - 10 am
- Music Play - 11 am
- Expecting Parents ◦Breastfeeding Basics - 10:30 am
- Preparing for Parenthood - 11:30 am

Play Areas

- Superhero Soiree ◦Hosted by the Tallahassee Memorial Super kids, Ace & Tally, the Superhero Soiree features face painting, balloon artists and a photo booth for children to enjoy.
- Giggle & Wobble Area ◦Perfect for infants and toddlers, this play area is dedicated to children newly on the move.

When: Saturday, February 6, 2016, 9:30 am-1:00 pm

Where: Turnbull Conference Center, 555 W. Pensacola St., Tallahassee, FL

For more information, visit <https://www.tmh.org/services/pregnancy-and-childbirth/baby-and-family-fair>

Barnes and Noble story time

Great stories, crafts and surprises for all. An event for all the playmates. Bring your friends and join the wonderful Saturday stories. Visit the website or call the store for the most up to date details.

When: Saturdays at noon

Where: 2415 N Monroe Street Tallahassee, FL 32303, Tallahassee, Florida

FREE and ALL ages are welcome!

For more information, call 850-383-0600 or visit <http://stores.barnesandnoble.com/store/2849>



Challenger Learning Center Third Saturday Kids' Free Day

Join us for our Kids **FREE** Day every third Saturday of the month. At 11:00 am, a free movie is offered for children 12 and under, accompanied by an adult. Be sure to visit the website for special activities and themes each month.

When: Saturday, February 20, 2016, 10:30 am - 12:00 pm

Where: Challenger Learning Center 200 South Duval Street Tallahassee, FL 32301



3rd Thursdays at The Sharing Tree

Open to all ages! The first and last half hour of the workshop will be experimental jamming. Colliding the science of engineering and the beauty of art/ performance. Then create an instrument from reused materials and walk away a cooler person!

Please RSVP to Carly at recycle4art@yahoo.com

When: Thursday, February 18, 2016, 4:00 pm - 6:00 pm

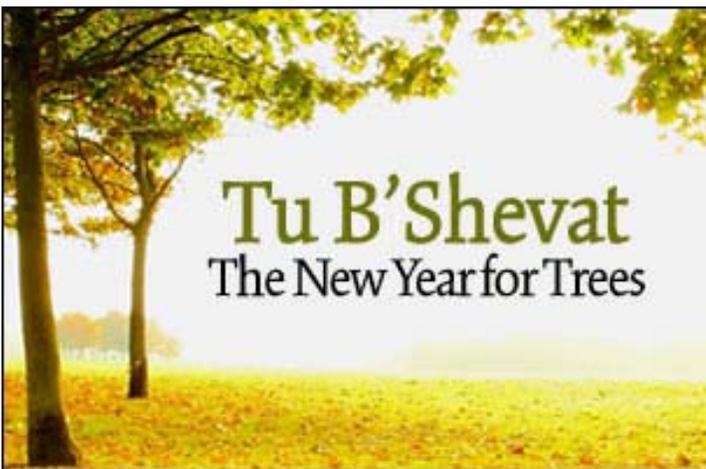
Where: 213 East 3rd Ave, Tallahassee, Florida 32303

For more information, call (850) 264-4035

January Holidays



Martin Luther King Day celebrates the life and accomplishment of Dr. Martin Luther King, Jr. MLK promoted Civil Rights through nonviolent civil disobedience. He is perhaps best known for his 'I have a dream...' speech in 1963. He was assassinated in 1968. Martin Luther King, Jr. day became a federally recognized holiday in 1983. The first year this holiday was observed was 1986, and not by all states. In 2000 it became a nationally observed holiday in all states. Martin Luther King Jr. Day takes place on the third Monday of January each year.



Tu Bishvat (literally, the 15th of the Lunar Month of Shevat) is the New Year for trees (similar to Arbor Day). It falls in January or February each year, typically when almond blossom

is seen in Israel. It is one of the four New Years in the Jewish Calendar.

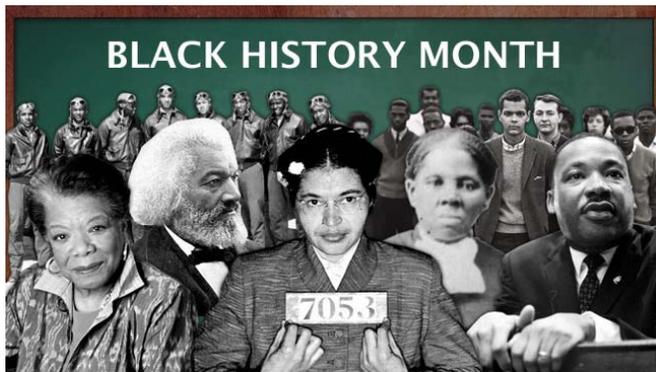
According to the Jewish Law (Halachah), the 'New Year for trees' defines the beginning of the year for separating tithes for the poor and Levite. Tithes are 10% portions of a product, which are allocated as charity to either the Levites or the poor. Torah Law requires, that when the Holy Temple was standing, these tithes would be removed from the produce, before it was 'fit for consumption'. There was a seven year cycle, culminating in the Shmittah year, when fields lay fallow. After every seven, seven year cycle, a Jubilee, 50th year was celebrated.



Australia Day commemorates the establishment of the first European settlement at Port Jackson in 1788. On this day in 1788 Captain Arthur Phillip first raised the British flag at Sydney Cove. Recognized as the national day of Australia, it is a day given to large celebrations and is one of the most widely celebrated holidays in the country. Australia Day is observed on January 26th each year.

Sources: <http://www.wincalendar.com/January-Calendar/January-2016-Calendar.html>

February Holidays



Dr. Carter G. Woodson and four others created the Association for the Study of Negro Life and History (ASNLH) on September 9, 1915.

The following year, the ASNLH began publication of the *Journal of Negro History*.

Woodson realized that most textbooks at the time ignored the history and achievements of blacks. Thus, in addition to the journal, he wanted to find a way to encourage interest and study of black history. In 1926, Woodson promoted the idea of a "Negro History Week," which was to be held during the second week of February. The idea caught on quickly and Negro History Week was soon celebrated around the United States. With a high demand for study materials, the ASNLH began to produce pictures, posters, and lesson plans to help teachers bring Negro History Week into schools.

In 1937, the ASNLH also began producing the *Negro History Bulletin*, which focused on an annual theme for Negro History Week.

In 1976, the 50th anniversary of the beginning of Negro History Week and the bicentennial of the United States' independence, Negro History Week was expanded to Black History Month. Ever since then, Black History Month has been celebrated in February around the country.

Ash
Wednesday

Ash Wednesday is mainly a Catholic observance in which ashes are marked on the forehead of parishioners in the shape of a cross. The ashes are meant as a reminder of our mortality and sinfulness.

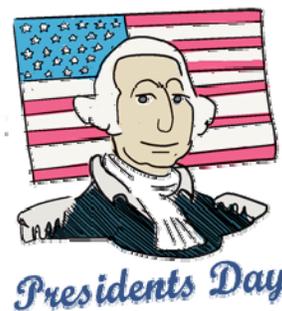
Ash Wednesday marks the beginning of Lent, a 40 day peri-

od (excluding Sundays) that ends with Easter. This is a solemn period observed by prayer, repentance, fasting, and moderation. Sundays are excluded as they are considered a celebratory day that represents the resurrection of Jesus and the Sabbath day of rest.



The idea of Valentine's Day seems to have originated during the Middle Ages, somewhere around the 14th or 15th century. The holiday is named after a Saint Valentine who was martyred. Chaucer, a famous poet, wrote about "Seynt Valentyne's day" in his famous *Parliament of Foules*. Other historians attribute the holiday as a celebration of the life of

Saint Valentine who lived in Constantinople 150 years after Constantine turned the city in a Christian one. There was a pagan celebration on February 15th where lots of unmarried men chose a bride and were married on this day. Married men didn't want to go to war, so Roman Emperor Claudius II forbade young men to marry. Valentine ignored the decree and was executed on February 14, in the year A.D. 270



President's Day, or Washington's Birthday as it is still legally known, was originally designed as a celebration of George Washington's birthdate. In 1880, Congress voted to make this the first national holiday which honored an individual. In 1968, Congress enacted the Uniform Monday Bill, to give workers as many long weekends as possible. This moved as many holidays to a standard Monday each year. Many states were already honoring Abraham Lincoln's birthday, February 12th, and this celebration was combined with George Washington's birthday, for one federal holiday. It is observed on the third Monday in February each year.

Sources: <http://www.wincalendar.com/February-Calendar/February-2016-Calendar.html>

<http://history1900s.about.com/od/1920s/p/blackhistorymonth.htm>

January 2016



Sun Mon Tue Wed Thu Fri Sat

					1 Tuition Due	2
3 Tuition Late	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Centers Closed <i>MLK day!</i>	19	20	21	22	23
24	25 <i>Tu Bishvat!</i>	26 <i>Australia Day!</i>	27	28	29	30
31						

February 2016



African-American History Month

Sun Mon Tue Wed Thu Fri Sat

	1 Tuition Due	2	3	4 Anna 	5	6 Tiffany 
7	8	9	10 <u>Tuition Late</u> <i>Ash Wed.!</i> Ryneria 	11	12	13
14 <i>Valentine's Day!</i> 	15 President's Day! Valentine's bags to go! Morgyn 	16	17	18	19	20
21 Ayden 	22	23	24 Eleanor Khai 	25	26	27
28	29					