Our mission at the Center for Child Development is to serve and act on behalf of the needs, rights, and well-being of all children, their families and university students.

### Center Hours

**Regular Hours:** M-F, 7:30AM-5:30PM

### Center Closure

**Friday, October 21st, 2022**

### Wish List

- Apples
- Gourds
- Pumpkins
- Indian Corn

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#### New 6-Week Menu Cycle

October 3, 2022, the Center will begin our new winter 6-week menu cycle. Lunches are catered from the NDSU Memorial Union with breakfast and snack prepared by the Center. Please note that a * next to a food item indicates a whole grain rich food.

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**From the Director**

### NAEYC Accreditation Annual Report

The National Association for the Education of Young Children (NAEYC) is voluntary system to measure the quality of childcare centers, preschools, and kindergartens to help programs improve.

The 10 Standards of High-Quality Education Include:

1. Promote **positive relationships** for all children and adults to encourage each child's sense of individual worth and belonging
2. Implement a **curriculum** that promotes learning and development in each of the following areas: cognitive, emotional, language, physical, and social.
3. Use developmentally, culturally, and linguistically appropriate and **effective teaching approaches**.
4. Provide **ongoing assessments** of a child's learning and development and communicate the child's progress to the family.
5. Promote the **nutrition and health** of children and protect children and staff from injury and illness.
6. Employs teaching and administrative staff that has the educational qualifications, knowledge, and professional commitment necessary to promote children's learning and development and to support families' diverse needs and interests.
7. Establish and maintain collaborative relationships with each child's family to foster children's development in all settings.
8. Establish relationships with and use the resources of the community to support the achievement of program goals.
9. Provide a safe and healthy **physical environment**.
10. Effectively implements policies, procedures, and systems that support stable educators, and strong personnel, fiscal and program management so all children, families and educators have **high-quality experience**.

Mid-September our fourth-year annual report was submitted to NAEYC Accreditation, along with the fee. As part of our evaluation, we needed to identify our program strengths and areas we are working on for improvement. Our Accreditation Annual Report was accepted, by NAEYC and our accredited status maintained!
From the Director, continued...

Nut Allergy Alert
The Center for Child Development is a nut free facility. We also want to inform you that a child in our program does have a tree nut (cashews, pistachios, pecans, Brazil nuts) allergy. It is important that we prevent these foods from entering our facility as exposure may require emergency medical treatment for a child. If you plan to bring a commercially purchased birthday treat to the Center to celebrate your child’s special day, please avoid foods with tree nuts. Refer to our Birthday and Other Celebration Treat Policy located on page 34 of the Family Handbook for healthy food suggestions.

Extra Garden Produce?
The children have been interested in discovering what recipes we can make with our produce from the garden and giving the parents the opportunity to taste it with their child at pick-up time. One popular recipe we have discovered is salsa using our delicious tomatoes from our gardens. Teachers are asking parents, if you have extra tomatoes, onions, peppers, and cilantro from your garden at home, to please send salsa produce with your child to school the first week in October. Join the children in a taste test the second week in October in the front entry way at pick-up time!

Fresh Salsa Recipe
2 tomatoes, chopped                                                                             ¼ cup cilantro, chopped
½ onion, chopped                                                                                  ¼ teaspoon salt
3 jalapeno chilies, seeded and finely chopped                                      1 lime, juiced
In a medium bowl, mix all ingredients. Serve or store salsa in refrigerator for up to three days in a covered class container. Enjoy!

Professional Development Day-Center Closed
On Friday, October 21 the Center for Child Development will be closed for professional development, repair of a toilet (water turned off) and carpet cleaning throughout the Center. Teachers will attend two required trainings and prepare for parent-teacher conferences that day.

Pajama Day!
On Monday, October 31 the children and teachers will celebrate an easy, breezy pajama day instead of the traditional Halloween with costumes. Please bring your child to school in their pj’s, slippers, robe etc. Parents are asked to bring your child’s regular shoes for outdoor play. A special “sleepy day” snack will be served along with other planned developmentally appropriate activities.

Infant Toddler/EML 161 Happenings…

Fall Curriculum
October is a busy month for exploring nature! Our Curriculum will focus on leaves (change of colors), pinecones, exploration of pumpkins and gourds, nature walks around campus, preparing and tasting homemade applesauce, and painting with fall colors. Together, we will celebrate the changing of the season.

Featured Family
This month we kick off our Featured Family board with your child being a “Spotlight Child”. The sign-up sheet is located next to the sign in and out sheet and participation is voluntary. We would love to see your family photos and learn more about each child.

Pajama Day
On Monday, October 31st, we will have Pajama Day at school. Children can come dressed in their favorite pajamas, slippers, robe and bring their favorite stuffed animal.
Parent-Teacher Conferences

Teachers are beginning to prepare for parent-teacher conferences scheduled for November 1st-9th. This is a time to sit down with your child’s primary teacher and learn more about your child’s growth and development at home and at school. Together we will develop new learning goals for your child. A Pre-Conference Survey will be sent home for parents to complete and return. Teachers use your information to prepare for the conference. Watch for a parent conference sign-up sheet in the upcoming weeks. We look forward to meeting with you soon!

Primary Care Groups: Stacey-Luna and Ellie Tasha-Nils, Caroline, Rooney, Beckett

Classroom Reminders

- Remember the Center opens at 7:30 AM. Please do not enter the classroom until 7:30.
- Call the classroom when your child is ill or not attending school that day. Any advance notice of family vacations is greatly appreciated. This helps us in our staffing and with accurate meal counts to prevent food waste. Also, if a parent is out of town or out of the office, please let the teachers know as this helps in an emergency.
- As the weather gets cooler, please bring a warm coat, hat, and gloves/mittens to school.
- Breakfast is served daily between 8:00-8:30 AM. We stop serving breakfast at 8:30.

Toddler/FLC 113 Happenings…

On the Move with Garden Fun

We have taken our garden plants out. Our garden produced many tomatoes, green beans, edamame, broccoli, cilantro and basil. We have one larger watermelon that is green and needs a bit more maturing. We are hoping for warmer weather to promote the ripening process.

Pajama Day

On Monday, October 31st we will celebrate “Pajama Day”. On this day, please bring your child in pajamas, a robe, slippers along with pants to go over their pajamas and shoes for outdoor play. In our dramatic play area, we will have camping set up with sleeping bags and blankets to connect with real life family events.

Changing Seasons

Your child’s extra clothing basket will be placed above your child’s cubby for you to remove summer clothing and replenish with fall warmer clothing. As the weather becomes cooler, please bring two jackets, one for cold mornings and a lighter jacket for the warmer afternoons. Also, please bring a hat and light mittens or gloves for outdoor play.

Helping Toddlers Develop Self-Care Skills

As the seasons change, children have a wonderful opportunity to work on self-help skills, specifically putting on a jacket using the “up and over” approach as well as changing shoes when we wear boots for outdoor play. The “up and over” approach is when you have your child stand by their collar of your coat and put their arms in their sleeves. Have the child swing their arms “up and over” their head. With younger toddlers, typically one arm will sometimes drop out. Older toddlers are always proud of their accomplishment and independent skills that they learned!

At times it can be challenging to allow your child enough time to dress themselves. Sometimes emotions run high especially in a time crunch. Allowing time for the child to “try first” then have adult help, will pay big dividends in learning self-care skills.
Parent-Teacher Conferences

Thank you, parents, for taking the time from your busy days to meet with your primary teacher in April. Teachers in partnership with you, can better help your child grow and learn when we have your valuable input into our teaching practices and goal development.

Welcome Carly Our Practicum Student!

Carly is a Minnesota State University Moorhead (MSUM) Early Childhood practicum student in the preschool room. She will work Tuesday and Thursday through October and then begin Monday-Friday with full time hours in November. Carly will be gradually working on planning curriculum for the children and near the end of the semester, she will be completing a week of head teaching. We are so excited to welcome her. Please say hello when you see her!

Children's Clothing

Fall has arrived! Teachers would appreciate if you went through your child’s extra clothing box and replace summer clothing with warmer clothes. A light jacket or sweatshirt with hat or hood and thin gloves for outdoor play will help keep your child comfortable. The children do go outside everyday unless it is raining, and mornings can be a little cool for fingers and ears. Teachers have disposed of the used sunscreen but will keep the insect repellant around until the bugs have left for the season.

Parent–Teacher Conferences

Fall parent - teacher conferences will take place the end of October and continue through November. The conference sign-up sheet will be posted soon, and we ask you to sign up for a time that meets your schedule. Teachers look forward to having quality time to discuss the wonderful growth your child has made. A Parent Pre-Conference Survey will be given to you mid-October. Please take a few minutes to complete it as teachers really value what you have to say about your child or questions you may have about your child’s experiences at the Center. Return the Pre-Conference Survey to the classroom or email it back to the teachers.

What is Family Style Eating:

What will I see during family style eating? Family style eating is when all the food is placed in serving bowls and placed on the tables. The children are encouraged to serve themselves and pass the food bowl to others at the table. Adults sits at the tables, eat with the children, engage in conversation, and serve as a positive role model for healthy eating.

What are the children learning during this process? The children are active learners during mealtimes. The following are a few benefits the children experience through the family style eating process:

- Responsibility and personal hygiene by washing hands, placing food on their own plate carefully, pouring their own milk and assisting with cleanup of their own dishes.
- Promotes nutrition by encouraging children to taste new foods, letting them decide amount to eat and seeing all food groups represented on the plate.
- Socialization – participating in conversation, using manners, patience and turn taking.
- Motor skills – passing dishes, serving oneself using tongs or a spoon, using eating utensils, and pouring.
- Cognitive concepts – open-ended questions regarding foods, colors, shapes, amounts/numbers, My Plate categories, and where our food comes from.

How does the Center and teachers promote child success during family style eating? We follow the guidelines set by the USDA Child and Adult Food Program and incorporate standards set by the National Association for the Education of Young Children (NAEYC) accreditation. Teachers serve any foods that are too hot for children to safely serve ex. soup. We use appropriate size serving bowls, utensils, and pitchers that are plastic, light weight, and small. Spills happen, so we have cleanup materials handy for the child and teacher to clean up together. Finally, if the children need help serving food or pouring from the pitcher, the teachers use a hand over hand method, so the children learn how to successfully serve themselves.

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