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Snack

Bright Start Learning Center, Llc
4920 Brenman Park Drive
Alexandria, Virginia 22304

Bright Start's Monthly Shine

Director's Column

By Carin Elliott

It's back-to-school time again! The last few of our Kangaroos left us last Friday to start kindergarten! We are finishing up with our summer of fun this month with hopes to begin our more academic focus the last two weeks in September. The days are getting shorter and the mornings have begun to get cooler. I am going to miss wearing flip flops, but I sure am looking forward to the fall.

Beach Day with a Chance of Rain

With a weather forecast of possible showers and a little later in the season than originally planned, I held high hopes that our annual beach day would be a success. From the time that I woke up on Friday, August 28, 2009 until the last little bit of water was splashed, I maintained that Beach Day would be a fun and safe experience for all involved and it was! Bright Start's annual Beach day was wonderful, if I do say so myself.

Angel and I with the help of Kita (Lead teacher in the Busy Bugs class) went shopping to locate age and developmentally appropriate water toys that the children would be able to access. As a result, the outside area was equipped with a pool full of sand and sand toys, an outdoor, circular sprinkler, a sprinkle and splash area, a pirate ship pool, a small round pool, and a row of sensory tables which included: squirt toys, molding sand, floating, toys, expanding sponge dinosaurs, and "fishing poles and fish". Each classroom had opportunity to rotate through the areas with their classrooms.

The older children who had access to the pools rotated through first. Luckily, each class had a chance to have fun in the water before the downpour of rain and thunder came. I, on the other hand, ran around outside in the rain restoring the community back to its original condition. I must say, it was great to have an excuse to run about in the rain. I was soaking wet before it was all said and done, but I felt



Cold & Flu Season

Dear Parents,

We are very aware of the up and coming cold and flu season. I can assure you that we are doing everything feasibly possible to help prevent illness within our center. I have called several local agencies in an attempt to actually have a nurse on-site for your convenience to aid you in getting your family vaccinated with the flu vaccine. However, I have not yet been successful. Please be sure to get your child vaccinated if at all possible.

I have also been in communication with my teachers. I have asked that they wash each child's hands upon arrival, whenever they put their hands in their mouth, cough, or sneeze, after potty/diapering, before meals, and

before going home for the day. We will also be sanitizing our toys on a daily basis.

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***Please help us in our efforts by remembering to take your child's nap mat home each Friday to be washed.

Please see the attached Parent Resource on the Flu.

Staffing Updates

- Cynthia (Food Manager and Closing Manager for the Preschool) is out on an extended medical leave. She will return sometime in the near future.
- Rhonda (Assistant Teacher in the Busy Bugs class) is no longer with us.
- Alesia (Assistant Teacher in the Busy Bugs class) is no longer with us.
- Luwam Hailemariam has joined the Bright Start Team as a morning floater. Luwam has completed three years of college with a concentration in Social Work. She is married with a six month old son. Luwam comes from a large family and believes that the love and energy that she gives to her son and family can and should be exuded onto the children who are in here care here at Bright Start. Welcome, Luwam!
- Ms. Shanice has transitioned over from being the lead in the Dancing Ducks class to being a co-lead with Kita in the Busy Bugs class.
- Isaura Garcia has been welcomed back to Bright Start. She left us last March to move to Richmond, but has decided to move back to the area. She will be mainly assisting Kita and Shanice in our Busy Bugs class but will assist other classrooms as needed.
- Aysha Davis, a high school student, is currently volunteering at the center during the mornings.
- We have secured a qualified lead teacher for the Kangaroo (Pre-Kindergarten) class. Aisha Johnson

joined our Bright Start family on August 28, 2009. Her hour are 9:00 a.m. until 5:30 p.m. Monday through Friday.

Aisha comes to us with a Bachelor of Arts degree in English, well over 90 hours of professional development training in education, and experience as a lead teacher. She has worked as a teacher in a District of Columbia Public Charter School in addition to teaching English in Birmingham Alabama Public Schools. She has also been a classroom tutor. Aisha has worked with a variety of ages up to grade 8. She is familiar with what children need to know to be ready to go to school and with objective-based teaching.

Center Updates

1. Bright Start no longer offers a half-day program. As you may have noticed over the last six months or so, the economic decline our country is facing is having a dramatic effect on the current and potential enrollment in the half day program here at Bright Start. Whereas we had a full enrollment of ten students per day every day just last year, this year, we have less than 10 students total enrolled. On some days, in fact, there are only one or two children attending. As a result, we can no longer offer the half day program.

We are hopeful that we will be able to offer the program to our families at a later date and will keep you posted (if you wish).

2. If you have not done so already, please read and return the signature page in acknowledgement of your receipt of the updated parent's manual for your child's file.

3. Diaper Cream and Sunscreen forms will be updated this month. Please help us to complete this process in a timely manner by completing the form in your child's classroom and returning to your child's teacher.

Reminders

- There was a 3% tuition increase beginning September 1, 2009.
- Please pack a light jacket for your child to wear outside as we experience cooler days.
- Please remember to label all personal belongings.
- Flu season is fast approaching. Please be sure to get your child vaccinated if at all possible.
- Please be sure to let your child's teacher or the office know when your child comes down with a contagious rash, infection, or illness such as Pink Eye (Conjunctivitis), Ringworm, or Hand, Foot, and Mouth and etcetera.
- If you would like for your child to eat breakfast at the center, your child must be at school by 9:00 a.m.
- The police will ticket you if you double park outside because it serves as a hazard to cars that have to squeeze through and more importantly, to children and their families crossing the street.
- Any tuition that is paid after the due date is subject to a \$25 late fee.
- Bright Start is not licensed to have children in our building prior to 7:00 a.m. Our staff begins to arrive at 6:45 a.m. to prepare for the day, but they do not accept children before 7:00 a.m.

- The center closes at 6:30 p.m.. There is a \$15 late charge for any children not picked up on time. An additional \$15 is charged after 6:45 p.m. ***For the Dancing Ducks (Half Day) class, the late fee is charged after 12:30 p.m. and an additional \$15 is charge after 12:45 p.m.

Please help us maintain our licensing requirements by remembering to do the following:

- Label your child’s personal belongings and any sunscreen or diaper cream with his/her name prior to bringing them to school.
- Label your child’s food and drink with his/her name and the date.

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This Month’s Events

Wednesday, September 9, 2009
Thursday, September 10, 2009

Picture Day

Lifetouch will be visiting Bright Start to complete our fall portraits. Teddy Bears, Busy Bees, and Turtle Tots will take their photos on Wednesday, September 9, 2009. Swinging Monkeys, Busy Bugs, Tigers, and Kangaroos will take their photos on Thursday, September 10, 2009.

Wednesday, September 30, 2009
6:00 – 7:00 p.m., Bright Start
Parent’s Meeting

Bright Start’s next bi-annual parent’s meeting with be held on Wednesday, September 30, 2009 in the Tigers classroom from 6:00 p.m. until 7:00 p.m. Please be on the look out for a parent survey that will be distributed which asks questions about what you would like to get out of this meeting.



September 2009

***Please Note: Staff leave subject to change (based on leave requests as of September 8, 2009).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <i>Tuition Express</i> Processed for Families billed weekly & on the 1 st of the Month Cynthia Out (Until further notice)	2	3 Carly/Carmen Out	4 Rosa Out	5
6	7 Bright Start Closed for Labor Day Holiday	8 Carmen late (noon arrival) Out	9 Picture Day- Teddy Bears, Busy Bees, Turtle Tots	10 Picture Day- Swinging Monkeys, Busy Bugs, Tigers, Kangaroos	11	12
13	14	15 <i>Tuition Express</i> Processed for Families billed weekly & on the 15 th of the Month	16	17	18	19
20	21 <i>Tuition Express</i> Processed for Families billed weekly & on the 15 th of the Month COYA OUT	22 Kerstin Leave early 12:30pm COYA OUT	23 COYA OUT	24 COYA OUT	25 COYA OUT	26
27	28	29	30 PARENT'S MEETING 6pm	31		



BREAKFAST MENU SEPTEMBER 2009

4116 Wheeler Ave., Alexandria, VA 22304 703-751-1286 Fax: 703-751-5031

	1 1 Wheat Pancake ½ c Diced Pears ¾ C Milk	2 1/3 c Cheerios ½ Banana ¾ C Milk	3 ½ English Muffin w Jelly ½ Apple ¾ C Milk	4 Egg Puff and Corn Muffin ½ C Mandarin Oranges ¾ C Milk
7 1/3 c Cheerios ¾ c Milk ½ c Pineapple Tidbits	8 2 French Toast Stix ½ C Applesauce ¾ C Milk	9 1/3 c Corn Flakes 2 Orange Wedges ¾ C Milk	10 ½ Bagel & Apple Butter ½ c Grape Juice ¾ C Milk	11 Scrambled Eggs & Biscuit ½ c OJ ¾ C Milk
14 1/3 c Corn Chex ½ Pear ¾ c Milk	15 1 Egg Muffin Egg on Wheat English Muffin ½ c Fruit Cocktail ¾ c Milk	16 1/3 c Rice Krispies ½ Banana ¾ c Milk	17 1 Banana Muffin, ½ c Pineapple Juice, ¾ c Milk	18 ½ Cheese Omelet, ½ Wheat English Muffin ½ c OJ ¾ c Milk
21 1/3 c Rice Krispies 2 Oranges Wedges ¾ C Milk	22 1 Wheat Pancake with Syrup ½ c Pears ¾ C Milk	23 1/3 c Bran Flakes ½ Banana ¾ C Milk	24 ½ Wheat English Muffin Margarine ½ c Honeydew ¾ C Milk	25 1 Breakfast Burrito ½ c OJ ¾ C Milk
28 ½ Bagel & Apple Butter ½ c Honeydew ¾ c Milk	29 1 Slice Whole Wheat French Toast ½ c Oranges ¾ c Milk	30 1/3 c Wheat Chex ½ c Strawberries ¾ c Milk		



LUNCH MENU SEPTEMBER 2009

4116 Wheeler Ave., Alexandria, VA 22304 703-751-1286 Fax: 703-751-5031

	<p>1 ½ c Spaghetti & Meat sauce 1 Slice French Bread ¼ C Tossed Salad ¼ C Honeydew ¾ c Milk</p> <p><i>Veg: Spaghetti w Soy Protein Sauce</i></p>	<p>2 Rosemary Chicken Leg 1 Parker house roll ¼ c Collard Greens ¼ c Strawberries ¾ c Milk</p> <p><i>Vegetarian: 3 Chix Nuggets</i></p>	<p>3 <u>Barbados</u> 5/8 c Black eye Peas & Rice ¼ c Corn ¼ c Fresh Fruit ¾ c Milk</p> <p><i>Vegetarian: Same</i></p>	<p>4 2 oz Hamburger on a bun ¼ C Tossed Salad w/Dressing ¼ C Cantaloupe ¾ c Milk</p> <p><i>Vegetarian: Veggie burger on a bun</i></p>
<p>7 Chicken Taco ¼ c Chicken, 2 Tbsp Cheese, ½ Tortilla ¼ c Salsa ¼ c Shredded lettuce/tomato ¼ c Fresh Fruit ¾ c Milk <i>Veg: Bean Taco</i></p>	<p>8 CN 3 Fish Sticks w/ Ketchup 1 ½ oz meat, ½ slice Bread 1 Whole Wheat Roll ¼ C Squash Medley ¼ c Honeydew ¾ c Milk</p> <p><i>Vegetarian: same alt Cheese Sandwich</i></p>	<p>9 <u>Make Your Own Joe</u> 3/8 c Turkey Sloppy Joe Whole Wheat Bun ¼ C Field Green Salad w dressing ¼ C Fresh Fruit ¾ c Milk</p> <p><i>Vegetarian: 3 Chix Nuggets</i></p>	<p>10 <u>Viet Nam</u> 2 oz Vietnamese Ground Beef ¼ c Rice ¼ c Broccoli ½ Banana ¾ c Milk</p> <p><i>Vegetarian: Vietnamese Soy Protein</i></p>	<p>11 BBQ Chicken leg Whole Wheat Roll ¼ C Shredded Carrot Salad ¼ c Watermelon ¾ c Milk</p> <p><i>Vegetarian: 3 Chix Nuggets</i></p>
<p>14 ½ c Cheese Stuffed Shells 1 Slice French Bread ¼ c Peas ¼ c Fresh Fruit ¾ c Milk</p> <p><i>Vegetarian: Same</i></p>	<p>15 <u>Make Your Own Boat</u> Tuna Boat ¼ c Tuna, ½ oz American cheese, 1 hotdog roll ¼ c Carrot Sticks, ¼ c Fresh Fruit ¾ c Milk</p> <p><i>Vegetarian: Same</i></p>	<p>16 CN 4 Chicken Nuggets w Ketchup 2 oz Chicken, ½ slice bread 1 Whole Grain Roll ¼ c Field Green Salad w dressing ½ c Fresh Fruit ¾ c Milk</p> <p><i>Vegetarian: 3chix Nuggets</i></p>	<p>17 <u>Puerto Rico</u> 5/8 c Rice with Red Beans ¼ c Sweet Potato ½ Banana ¾ c Milk</p> <p><i>Vegetarian: same</i></p>	<p>18 Cheeseburger on a bun ¼ C Toss Salad ¼ c Cantaloupe ¾ c Milk</p> <p><i>Veg: Cheese Veggie Burger on a bun</i></p>
<p>21 ½ c Vegetarian Chili 1 slice Corn Bread ¼ c Rice ¼ C Wax Beans ¼ c Fresh Fruit ¾ c Milk</p> <p><i>Vegetarian: Same</i></p>	<p>22 <u>Make Your Own Taco</u> Beef Taco ¼ c Ground Beef, 1 Tbsp Cheese, 1 Tortilla, ¼ c Shredded Lettuce ¼ c Cantaloupe ¾ c Milk</p> <p><i>Veg :Bean Taco ¼ c White Beans</i></p>	<p>23 2 oz Broiled Haddock 1 oz Biscuit Roll ¼ C Fresh Fruit ¼ c Cinnamon Carrots ¾ c Milk</p> <p><i>Veg: Fish Filets/Cheese Sandwich</i></p>	<p>24 <u>Italy</u> ½ c Chicken Rissoutto 1 ½ oz Chicken, ¼ c Rice 1 slice French Bread ¼ c Tossed Salad 2 Orange Wedges ¾ c Milk</p> <p><i>Veg: Soy Protein Rissoutto</i></p>	<p>25 Oven Fried Chicken Leg 1 Corn muffin ¼ c Spinach ½ Banana ¾ c Milk</p> <p><i>Veg: 3 Chix Nuggets</i></p>
<p>28 ½ c Vegetarian Lasagna 3/8 c Cheese & ¼ C Noodles 1 Slice French Bread ¼ C Green Beans ¼ c Fresh Fruit ¾ c Milk</p> <p><i>Veg: Same</i></p>	<p>29 CN Oven Fried Chicken Steak 3oz 1 Whole Wheat Roll ¼ c Corn ¼ c Watermelon ¾ c Milk</p> <p><i>Veg: Same alt Cheese Sandwich</i></p>	<p>30 <u>Make Your Own Sub</u> 4 Meatballs 1 Tbsp Cheese Hot Dog Roll ¼ c Peas and Carrots ½ c Fresh Fruit ¾ c Milk</p> <p><i>Vegetarian: 3/8 c Soy Protein</i></p>		

BRIGHT START SNACK MENU SEPTEMBER 2009

	1 <u>Apple Slices</u> Goldfish	2 <u>Nutrigrain Bar</u> Ritz Crackers & Cheese	3 <u>Mixed Fruit</u> ½ Banana	4 <u>Poppin' Friday</u> Applesauce
7 <u>Orange Wedges</u> Graham Crackers	8 <u>Peaches</u> Animal Crackers	9 <u>½ Banana</u> Cheerio Snack Mix	10 <u>Celery w/ Ranch dip</u> Apple slices	11 <u>Poppin' Friday</u> Mixed Fruit
14 <u>Graham Crackers</u> Applesauce	15 <u>½ Banana</u> Goldfish	16 <u>Applesauce</u> Pretzels	17 <u>Orange Wedges</u> Goldfish	18 <u>Poppin' Friday</u> Nutrigrain Bar
21 <u>Apple Slices</u> Peaches	22 <u>Animal Crackers</u> ½ Banana	23 <u>Mixed Fruit</u> Applesauce	24 <u>Pretzels</u> Apple Slices	25 <u>Poppin' Friday</u> ½ Banana
28 <u>Orange Wedges</u> Crackers & Cheese	29 <u>Celery w/ Ranch dip</u> Peaches	30 <u>Nutrigrain Bar</u> Ritz Crackers & Cheese		
<u>Infants & Older Infants</u> AM- Applesauce PM- Goldfish	<u>Infants & Older Infants</u> AM- Banana PM- Graham Crackers	<u>Infants & Older Infants</u> AM- Nutrigrain Bar PM- Applesauce	<u>Infants & Older Infants</u> AM- Goldfish PM- Banana	<u>Infants & Older Infants</u> AM- Peaches PM- Cheerios