



## A Message from the President

Dear Parents,

I just wanted to take a moment to welcome back all our wonderful families for another fun-filled school year, as well as, welcome all our new families. As we celebrate our 10<sup>th</sup> year anniversary, our goals are still focused on your family. We are committed to providing your child with the best early childhood education and care available.

In order to reach and hopefully exceed your expectations this year, our centers will be closed from August 30<sup>th</sup> and reopen on September 4<sup>th</sup> for a brand new year. While we are closed, our staff will participate in an extensive training program, which will be reinforced during our regular staff meetings. We will also be cleaning and preparing the entire center including our classrooms in anticipation of the new school year!

Please let us know if there is anything we can do to enhance your child's experience at Rainbow Academy. Once again, welcome to Rainbow Academy and thank you for joining our family.

All the best!

Guy Falzarano  
President & CEO



### Getting Ready for Rainbow Academy

As a parent, it is likely you are nervous about your child's first day or new classroom. Try not to worry too much, as we all get nervous when approaching newer and bigger experiences. The staff at Rainbow Academy understands how you and your child are feeling and are trained to facilitate your child's transition and in doing so ease your worries.

Here are some hints to make your child's first day transition easier:

1. A few weeks before he begins, set up a time so you can go **visit the classroom**, teacher and playground together. If you call ahead, the director can arrange for you and your child to participate in circle, story or playtime. You want this to be a fun time to visit so your child will be excited about going back to school in the future. Hint- a sunny day is ideal if possible.
2. **Sign up for PARENTVIEW** prior to your child's start date so that you will be able to watch your child from work or home via the Internet. If you sign up ahead of time, you will be able to watch your child from home or your office on his very first day!
3. **Obtain a copy of your child's class schedule.** It will be a much easier transition if your child is already eating lunch and napping at the same time when he starts school. Remember consistency with flexibility is key.
4. If your child is going on the **meal plan**, ask for a copy of the menu so you'll know what your child is going to eat. If it is a meal your child does not enjoy, pick an alternative or you can prepare another lunch ahead of time.
5. **Label your child's clothing and jackets with a permanent marker.** You can do this right on the tags themselves. Remember many of the children have similar clothing. If your child needs to change during the day, labeled clothing makes it easier for things to go to the right parent.
6. **Prepare a complete set of extra clothing (shirt, pants, socks and underwear) and for naptime, a crib sized sheet and blanket for your child to keep at school.** If your child is in diapers, prepare to bring diapers, wipes and other diapering items. Remember label, label, label!
7. **Talk about school with your child and reassure him that you will always be there to pick him up at the end of the day.** Remember that your child will sense your nervousness or apprehension so keep the conversation upbeat and positive.

The first day of school is a truly exciting time in our life. We have so much to learn, create and explore. we hope that these simple steps will help you avoid those first day nerves and butterflies as you reach for the Rainbow.



**Share the magic  
of READING!**

At Rainbow Academy, we believe one of the best ways to encourage early literacy and the love of reading is to read to your child. In each issue of our newsletter, we will introduce you to one of our favorite children's books. We hope you and your child enjoy our warm recommendations as much as we do.

"The Kissing Hand" by Audrey Penn takes us into the life and familiar situation of Chester the raccoon. Like many of us, Chester is nervous to try the new situation of going to school. He wants to stay home with his mom. Chester's mom tries to reassure her son that he will have lots of fun, make new friends and play with new toys. Please read "The Kissing Hand" to find out the comforting way Chester's mom encourages him to go to school.

This is a truly wonderful story that shows the bond of love between a mother and child and how to expand it to school. It is perfect for a preschooler and kindergartener. For an older toddler, parents might want to share the story by telling it with less words. Enjoy!

**A Hint to Avoid Separation Anxiety!**

When saying goodbye to your child, always tell them you love them and remind them you will be back later. When you arrive, remind your child, "See, Mommy/Daddy always comes back for you after work!" This is a good way to reassure your child and hopefully ease the anxiety of separating from you.



**What's New  
UNDER THE  
RAINBOW?**

**Going GREEN!**

We are dedicated to creating a healthy and natural environment for your children and our staff. We are committed to leaving this world to our children better than we found it.

With that in mind, Rainbow Academy is proud to announce that **we have adopted use of "green" all non-toxic cleaning products.** These products, made of naturally-derived ingredients, are being used in the schools and by our cleaning vendors, to the greatest extent that the state of New Jersey allows.

In the future, we will begin implementing a Going Green Program that will be included in our curriculum and center procedures. Please feel free to send any suggestions for "greening" our schools to [marketing@rainbowacademy.com](mailto:marketing@rainbowacademy.com)

**Director's Note**

Please stop by the office and make sure we have your current contact information. If you have recently moved or changed jobs, we need that information in order to quickly reach you in case of an emergency. If you would like to receive notices via email, please give us your email address.



# Rainbow Academy<sup>SM</sup>

A Family of Child Care Centers



## Ask the Expert

At Rainbow Academy, many of us are parents too, so we know that you have questions regarding young children. Bernadette is a former Pre-K teacher and director who answers these questions on Ask the Expert... a blog on [rainbowacademy.com](http://rainbowacademy.com). Visit the blog and submit any of your questions. Below is a recent question:

*Ms. Bernadette,  
My daughter is 2 1/2 and is not the best eater, she only eats three kinds foods. They include yogurt, spaghetti and chicken nuggets. Do you have any advice on how I can encourage her to eat different kinds of foods? Thanks!*

Dear Parent,

Thank you for your question. Parents often times face the challenge of getting their child to eat. As time permits, have your daughter involved in the easier parts of meal preparation and make a fuss over her as a little chef/cook. When children gain control or ownership of what they are making/creating they are more likely to eat it... no matter how unappealing it might look to us. I suggest getting a child's size apron and again making a fuss over it. I have decorated aprons from craft stores with fabric markers and the children are thrilled wearing them while they cook (I am not an artist, it is simply decorated).

Next, I would make sure that I have child friendly utensils so she can't get hurt. A good safe spreading utensil can be a craft stick. Below are two links with child friendly recipes that I hope you will find helpful:

[http://familyfun.go.com/recipes/family/specialfeature/pickeatagg\\_main/pickeatagg\\_main.html](http://familyfun.go.com/recipes/family/specialfeature/pickeatagg_main/pickeatagg_main.html)

<http://familyfun.go.com/recipes/family/feature/dony0600picky/>

All good wishes for happy and healthy eating!!  
Bernadette



## Recipe Contest

Apples are everywhere in the fall! Please share with us your child friendly recipe for an apple dish or any other family favorite recipe. The goal of this contest is to provide healthy eating, family togetherness and fun. The winners will be posted in the next newsletter and included on our new website in the Recipe Exchange section. Submit entries by **OCTOBER 5, 2007** to: [brenda@rainbowacademy.com](mailto:brenda@rainbowacademy.com)

### PRIZES:

**1st place \$100 TOYS "R" US Gift Card**  
**2nd place \$75 TOYS "R" US Gift Card**  
**3rd place \$50 TOYS "R" US Gift Card**



## Food For Thought

Cooking integrates all areas of the curriculum:

Language: Reading the recipe to all sorts of discussions

Math: Measuring and adding

Science/Health: Five senses. How does it feel, smell, taste and look?

Good habits: Washing hands before cooking/eating

Social: Family togetherness

Motor: Stirring, mixing, pouring, spreading

KEEP THE ACTIVITIES SAFE AND CHILD FRIENDLY. NEVER ALLOW A CHILD TO USE ANY SHARP UTENSILS AND KEEP THEM AWAY FROM APPLIANCES LIKE MIXERS AND STOVES.

## NEXT ISSUE

Join us in celebrating the 10th anniversary of Rainbow Academy!