



2021 CECC NEWS

Central Early Childhood Center

Free Vision Screenings: January 13 & 14



Postponed from December—A free auto refractive vision screening is offered for your child. This screening involves taking a scan of your child's eyes with the results provided to parents the day of the screening. This test can detect the presence of 6 possible eye disorders.

The screening is performed by a trained technician and requires **NO physical contact with the child. Social distancing requirements will be used.** A consent form will need to be signed for your child to participate!

Available FREE for ALL children!



CECC will be closed on Friday, Jan. 17th for CECC Staff Inservice and Monday, Jan. 18th in observance of Dr. Martin Luther King, Jr.'s Birthday.



Is your child going to be absent? Please be sure to contact us to let us know whenever your child will be gone from school. You can either call the office or send us an email 24/7!



CECC NEWS

Central Early Childhood Center



Enrollment for the 2021 –22 school year & Summer 2021 begins **March 1st** for our currently enrolled families and Central church members. On April 1, enrollment is opened to the public. **We are happy to answer any questions you might have about any of our classes.**

Brochures and enrollment forms will be available during the week of Parent Teacher Conferences and on the website in February. *Classes are filled on a first come, first served basis, so enroll early! We will begin accepting completed forms on March 1!

All children need to be enrolled to attend CECC, so forms and payment must be turned in, there is no “automatic re-enrollment” so be sure to get your enrollment in early. **Directors make the final decision for room assignments. Input from teachers, age, required ratios/group size, developmental abilities, and total enrollment are all considered.*

Mitten Tree—Thanks to all who donated hats, mittens, gloves, and scarves for



Central's sister church, Kuomba. This is a congregation located in KC's northeast area and made up of

refugees, mostly from African nations. They are often not accustomed to KC's cold temperatures, so all donations were very much appreciated!

Save the date...

Parent Teacher Conferences will be held on Thursday, Feb. 4, 2021.

Please remember to bring your January supplies!

Families are required to bring 6 rolls of paper towels and 4-5 containers of baby wipes for each enrolled child to help us begin the second semester of the school year!



Thanks for bringing in your supplies now!!

Also, if your child is 2 years or older, please remember to send in a clean mask each day.

CLASSROOM NEWS



Room 104 (infants) Michelle Garcia

The children have been very busy in room 104. Some of them are starting to pull up on the furniture and “cruise” along the cribs working on their “GROSS MOTOR” skills. There are also a few that are trying to pull up on their knees and reach and grab the toys. Others have mastered rolling from back to



front and back again. And they are very happy about that. Using their “SOCIAL EMOTIONAL SKILLS”, the children have discovered their friends, and if one smiles or laughs then the others will mimic the sound. They try to share their toys and look at books together as well.

Room 101 (Infant/toddlers) Sara Noreña, Kerra Wilborn, & Sally Dux



In 101 the children have been using fine motor skills as they learn to use crayons, markers and finger paint while they

created ornaments for the classroom Christmas tree. And with some warm weather earlier in December, we were able to go outside and play on the playground quite often. Lots of large motor skills come into play as the children go down the slide, climb stairs and on hay bales out on the playground. Throwing balls and pushing the dump trucks is another 101 favorite activity. Although we missed singing songs together at the Christmas celebration, we continued to sing songs in the classroom such as *Jingle Bells*, *Wheels on the Bus*, *Twinkle, Twinkle* and *Old MacDonald*. We look forward to a new year full of new learning adventures in our class.



CLASSROOM NEWS



Room 107 (Toddlers) Erin Guthrie

The weather is getting cold, which can lead to “cabin fever” (for all of us, not just little ones!) We are trying to go outside as much as possible, even if it’s a bit chilly, which means we are also working on the routine of putting on our coats, hats and mittens before going outside! Having children help getting dressed is great for promoting independence and self-care, as well as fine motor skills. Once zippers are started, they can try to pull it the rest of the way up, the same with Velcro straps on boots and shoes, and getting tiny fingers in gloves. As the children become more adept, they will feel accomplished. On days when its just too cold, we have been playing with our balance beam and steppingstones, and BIG boxes in our classroom, to give us a chance to move, exercise and get some wiggles out. Starting in January, we will also have some chances to go upstairs



to the Treehouse, which will give us plenty of opportunities to run, jump and play hard! It also will give the children the chance to practice going up and down the stairs safely- holding the railing, giving each other space, and scooting down on their bottoms.

Room 105 (Toddlers/Twos) Joyce

McKelvy & Shelby Walz

Holiday greetings from your friends in Rm. 105!



Though nothing seems normal for this time of year our little friends have been busy painting candy canes, Christmas trees and yes, building tall towers with Legos. Painting with young children not only helps their creative development but it also stimulates their brain. Stimulating children’s brains can also help other areas of their development. Connecting Lego pieces of different shapes & sizes helps children develop dexterity. As they apply different amounts of pressure to connect pieces of various shapes and sizes, it exercises their fingers and enables better control.



With the new year approaching, we will begin to introduce potty time in our schedule along with other self-care activities. Self-care activities include putting on/taking off coats, zipping/unzipping, and putting on socks/shoes.



Conscious Discipline's 'Safe Spot' vs. Traditional 'Timeout'

Many of the children in my classrooms over the years have commented that they have 'timeout' at home. At CECC, we use **Conscious Discipline** by Becky Bailey. It is based on current brain research. Conscious



Discipline does not use timeout. Instead, it has a safe spot.

A Safe Spot is a quiet, calm place where a child can choose to go. It may have a couple books or calming toys/activities. While they are there, the child can breath, calm/relax, and regain control of themselves. We teach breathing to calm at CECC. If a child is so upset (sad, mad/angry, frustrated, excited) that they are not making safe choices, we as caregivers will often suggest a safe spot to the child.

If the child is not able to decide to go to the safe spot on their own, we may offer them the choice of sitting next to a caring adult. Choices should always be offered in a calm manner. We have found it best to offer only 2 choices. Both choices should be acceptable to the adult. Sometimes, it sounds like, *"You are upset and not making safe choices. Would you like to walk to the safe spot by yourself or would you like to sit with me?"*

Conversations about the situation leading up to the use of the safe spot should occur after the child has decided to come out of the safe spot. The child and the adult should talk calmly about the situation.

If the child wants to come out of the safe spot and they are not calm, we will often explain that the child does not look or act ready to make safe choices. We will describe how a calm voice sounds and how a calm body and calm face look. We will offer to sit with them to help them calm if needed.

Using a save spot gives the child the opportunity to learn to self regulate; to learn to control themselves. It puts the child in control of their own behavior. It allows the child to learn to accept responsibility for their actions.

Traditional timeout is decided by the caregiver. The child doesn't make the choice, whereas with the safe spot, the child has choices and therefore more control and more opportunities for learning.

-Submitted by Carla Warriner, Room 203 Teacher

For more information about Conscious Discipline, visit
www.consciousdiscipline.com

CLASSROOM NEWS



Room 203 (Older Twos/Young Threes) Jerri Taylor, Carla Warriner, & Katie Lane

Happy New Year! In January, 203 will be wishing each other Happy New Year! We will celebrate with party hats and make decorations with glue & glitter!

We will talk about measuring time. We will explore ways that people measure time, like timers and calendars or using the sun, and how that works. We will sing songs about the days of the week and the months of the year. The children always find the calendar activities most relevant when we show them where their birthdays and favorite holiday are on the calendar.

We will revisit and discuss ways to greet and welcome new friends. We welcomed our puppets, Cloe and Bill in September. We will have a new friend start in January and we will work on welcoming that friend. We are very excited!



Room 201/207 (Preschool, 3s, 4s, & 5s) Angela Bowers & Adriane LaCaze

Preschool has been celebrating the 12 days of Christmas! Everyday we have opened up a numbered envelope to find out a surprise or special activity inside. One of the favorite activities so far



has been the building of a gingerbread house. The children created a gingerbread house out of Pop Tarts! Some of the envelopes have had a variety of art activities and games. On day 3 we made giant gingerbread preschoolers and day 6 we painted with bubble wrap. We have played Christmas B-I-N-G-O and Santa says! We are looking forward to the start of a New Year!





Dear ECC Families,

Happy New Year! Many folks couldn't be happier to leave 2020 behind, after all of the struggles and challenges it brought to us. A new year brings a fresh new opportunity for great things to happen! With the vaccine beginning to be distributed, we feel a legitimate hope for a return to "normal" sometime in 2021.

But. . . do we really want to return fully to the pre-COVID normal? I've been amazed to find some hidden blessings in 2020. In the early spring of the pandemic, I started a small vegetable garden in an overgrown perennial bed. I found myself listening to uplifting podcasts (another new-to-me thing) as I dug in the dirt and battled weeds throughout the growing season. I was amazed at the things that I was able to grow myself, and I still have tomato sauce in my freezer. I've been blessed also to spend more time with my husband, as we both shifted our work primarily to home. It's been fun to get to glimpse him in action in his professional world, something that I hadn't gotten to see much of before.

The shift to online meetings has had benefits. Meeting via Zoom allows me to knit without being seen. Now, if a meeting is ever less-than-thrilling, my knitting soothes my soul. Our family, although scattered around the country and unable to see each other in person, has been spending more time together playing family games via Zoom.

And, spending more time with my dog has made us both happier!

What are some gifts that you have discovered in 2020? As we resume a more normal life in 2021, what do you want to retain from 2020? Now is a great time to make choices about how you'd like your family life to be. The slower pace and increased time together, although involuntary, might have set patterns you'd like to continue.

Like everyone else, I'm so looking forward to the many gifts that 2021 will bring. As I lean into the new year, I will also bring along gifts from the old.

Blessings,

Sally

Rev. Dr. Sally Haynes, Pastor, Central UMC

Sally@ConnectatCentral.com



2021 CECC NEWS

CECC 2021 Family Calendar

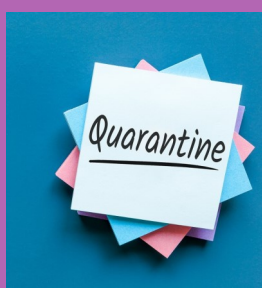


2021

- Jan** 1 CECC Closed for New Year
 4 CECC Closed for Staff Workday
 5 Classes resume
 13,14 Vision Screenings (rescheduled)
 18 MLK Jr. Day-CECC closed
 19 Staff Inservice – CECC closed
- Feb** 4 P/T conferences – no regular classes
 15 Presidents' Day- CECC closed
- Mar** 1 Enrollment starts for Current Families & Church members
 15 Staff Inservice – CECC closed
- Apr** 1 Enrollment starts for Community
 2-5 Good Friday & Easter Monday-
 CECC & Church closed
- May** 7 Staff Inservice – CECC closed
 28 Last Day, Field Day, close at 2:00pm (no PM extended day)
 31 Memorial Day-CECC closed



COVID-19 Quarantine update



The CDC recently offered options for shorter quarantine periods. However, CDC and the Kansas City Health Department continue to endorse the 14 day quarantine for exposure and 10 day isolation if infected. We did consider the options but believe the safer choice

for all will be to continue to require the 14 day quarantine after exposure. Please see the exposure chart on our website for more information. Thanks to you all for helping to keep everyone at Central safe and healthy.

Donna



2021 CECC NEWS

January Birthdays

Trina Taft	1/3	Assist. Director
Ellie Roberts	1/23	Room 101
Barrett Arndt	1/26	Room 203



Congratulations

Sally Dux!

As of January 1st, she has been working

at CECC for 32 years!!

Sally currently is a classroom teacher in room 101.

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