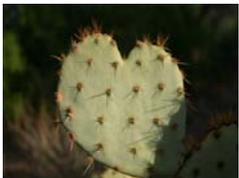


News from Early Childhood Care & Education Services November 2011

a note from the director



Dear Families,

Consider 'thanksgiving'. Not the upcoming holiday but the word and act of thanksgiving itself. It is an action and a habit to cultivate and nurture. A skill and disposition that may need to be refreshed, it asks something of us. Giving thanks, and by extension showing gratitude, requires us to pause, observe, reflect, acknowledge and appreciate aspects of our world, both seen and unseen. It demands that we view our circumstances (or the world around us) through a perspective that identifies what is 'right' and 'good' in our lives. At times this seems easy and natural. And then there are times of crisis and difficulty in our lives when identifying what we are grateful for is overshadowed by our concerns. Yet it is often in this very act of gratitude that we find the strength to move forward and discover resources and support we might not have seen before.

"Precisely the least, the softest, lightest, a lizard's rustling, a breath, a flash, a moment - a *little* makes the way of the *best* happiness."

- Frederich Nietzsche, *Thus Spake Zarathustra*

It is easy to see what children are 'thankful' for when we look at their joys through a new lens. They implicitly exhibit gratitude for their world on a continual basis. Infants, toddlers and preschoolers *routinely* light up with amazement, delight and wonder. They exude fascination and joy of discovery for things both large and small. *Following their lead and finding our own moments of wonder, delight and joy lead us to gratitude and thanksgiving.*

Research confirms the power of gratitude in our lives. An article in the 'Graziado Business Review' (<http://gbr.pepperdine.edu/2010/08/gratitude-at-work/>) notes:

- ✚ "Grateful individuals report higher levels of life satisfaction and optimism and greater energy and connections with other people."
- ✚ "Growing evidence indicates that the expression of gratitude can also improve one's physical health and functioning."
- ✚ "The expression of gratitude may help one adapt to life's challenges."
- ✚ "Finally, people who are generally grateful may tend to live longer lives."
- ✚

The specific substance of our gratitude is unique, but when shared lifts the spirits of those around us. Thanksgiving is life-affirming and energy-giving. Cultivating a habit of gratitude, not just during the holiday season, but year round can have a ripple effect of promoting optimism, resilience and good cheer.

	<p><i>With gratitude, we thank you for the privilege of caring for your children and being a part of their lives.</i></p> <p><i>Warm regards, Leslie</i> <i>Director, ECCES</i></p>
<p>Opportunities for involvement</p> 	<p>Holiday Sharing - to support families in financially challenging times... December 5th - 9th we will open our annual Holiday Sharing 'store'. Stocked with new and gently used items for infants through school aged children, the store is unique in that everything is free!</p> <p>You can participate in 2 ways:</p> <ol style="list-style-type: none"> 1) Please donate any new and gently used clothing, shoes, books, games and toys for infants through school aged children. Donation boxes will be in the front office area November 21st - Friday 2nd. 2) If your family would like to use this service this season please let Lisa, Keren or Leslie know. We will be making half hour appointments for a private 'shopping' experience during the week of December 5th - 9th. <p style="text-align: center;">*****</p> <p>Anyone handy with hammers and saws? We would be happy to purchase the supplies for anyone able to build new 'walking boards' for our play yards (both sites). Walking boards are wonderful 'moveable pieces' that vary in width and length and can be arranged into obstacle courses, ramps, balance beams, and more. Our have worn out with use and time. Please contact Tamara (893-4904) for details.</p> <p style="text-align: center;">*****</p>
<p>Resources</p>	<p>For more information on the benefits of practicing gratitude: Some research findings-</p> <p>http://psychology.ucdavis.edu/Labs/emmons/PWT/index.cfm?Section=4 Gratitude and organizational benefits-</p> <p>http://gbr.pepperdine.edu/2010/08/gratitude-at-work/ incorporating the practice of gratitude in your everyday actions-</p> <p>http://www.actionforhappiness.org/</p> <p style="text-align: center;">*****</p> <p>New Family Library Resource Recently purchased -a new volume on child development; <i>The Yale Child Study Center Guide to Understanding Your Child: Healthy Development form Birth to Adolescence.</i> (please contact Leslie if you'd like to borrow this book)</p> <p style="text-align: center;">*****</p>

FOOD SAFETY

Please keep in mind these important tips when packing a lunch for your child (or yourself!)

Keep It Clean

Every day:

- Wash your child's lunch box or bag inside and out.
- Wash ice packs.

Before you prepare food:

- Wash your hands.
- Clean cutting boards.
- Clean food counters.
- Wash utensils.

Keep It Cool

- Use an insulated lunch box or bag every day.
- Buy an ice pack and use it every day. (2 is better than one!)
- Pack a chilled sandwich—make it the night before and store it in the refrigerator.

Keep It Hot

- Use an insulated container to send hot foods.
- First, fill the insulated container with boiling water.
- Then let it stand a few minutes.
- Empty the water and add the very hot food.

Additional food safety tips can be found at

<http://cesantabarbara.ucdavis.edu/files/99597.pdf>

an, **The Lunch Box** handouts produced by UC Cooperative Extension to address some common 'lunch-packing' concerns

http://cesantabarbara.ucdavis.edu/Nutrition,_Family_and_Consumer_Science/Lunch_Box_Handouts/



Upcoming Community events

Family Fun Series UCSB Arts & Lectures

<https://artsandlectures.sa.ucsb.edu/EventSeriesFamilyFun.aspx>

New York International Children's Film Festival Kid Flix Mix • Sat, Jan 21 / 11 AM
/ Campbell Hall

American Family Theater's Cinderella • Sun, Mar 18 / 3 PM / Campbell Hall

Imago Theatre's ZooZoo • Sun, Apr 15 / 3 PM / Campbell Hall

Calendar

November

Family Conference Month
Thursday Nov. 17

TBA in classrooms
Family Education Evening: How Children Learn to
Use their Bodies and Brains

Monday Nov 21 - Dec 2nd

Holiday Sharing Collection

Thursday & Friday Nov. 23 & 24

CENTERS CLOSED
Thanksgiving Holiday

December

Monday - Friday Dec. 5 - 9

Holiday Sharing

December 5 - 10

UCSB Final Exams

December 19 - January 2

CENTERS CLOSED
Winter Break

January

Monday January 2

CENTERS CLOSED

Tuesday January 3

Centers Open- Welcome Back!

Monday January 16

CENTERS CLOSED

Martin Luther King Jr's Birthday

Wednesday January 18

Kindergarten Perspectives: 7:00 - 8:30 p.m.

February

Monday February 20

CENTERS CLOSED

Presidents' Day

Tuesday February 21

Family Education Evening

'Parenting with Love & Logic' 6:00 - 8:00 p.m.

Sponsor-a-Book

Dates to be determined

March

March 17 - 23

UCSB Final Exams

Thursday March 29

Family-Teacher Conferences (Centers Closed; Child
care available during conference only)

Friday March 30

CENTERS CLOSED

Cesar Chavez Holiday

*Note: Check Bulletin Boards and email for additional events throughout
the year.*

Warm regards, UCSB Early Childhood Care and Education Services
Orfalea Family Children's Center
University Children's Center
University of California at Santa Barbara
Santa Barbara, CA 93106-1060
Ph (805) 893-4904 Fax (805) 893-4907