

Mayo Employee Back-Up Child Care Center News



From the Front Desk

It's hard to believe that summer is over! We will no longer be providing sunscreen. If you would like your child to use it you will now need to provide it. As fall and colder weather is approaching, so is the cold and flu season. Please help us keep you and your child healthy by washing their hands upon arrival to the classroom! If your child is experiencing a fever of 100 or more, diarrhea, vomiting, or unexplainable rashes they cannot attend the center. This is where Children's R & R or using BUCA can be used. Just a reminder: with the cooler and unpredictable weather to bring your child every day with a jacket without drawstrings (which is Bright Horizon's policy) to help keep your child safe on the playground.

If your child has a diagnosed medical condition such as an allergy, asthma, diabetes, seizure disorder, etc., please make sure the center has an up to date emergency plan as they expire yearly. They also need to have their emergency medication each time they attend the center. IF your child **Does Not** bring emergency medication according to their plan or it is **Expired** your child will not be able to stay at the center. Even if your child isn't currently using the medication but it is on the emergency plan from the doctor it needs to come with your child. If you have any questions please reach out to the center.

If your child requires an IEP or behavior plan, according to licensing we need to have it on file.

We look forward to your family's next visit soon!

High Demand Days

October 8- Columbus Day

October 17-19- MEA Break

November 2- End of Quarter

November 21, 23, 26- Thanksgiving Break

Important Dates

Center CLOSED-Friday, September 28th for Staff Professional Development Day

Lights & Shadows- September 17-21

Tunnels, Tubes & Waterways- October 1-5

Lego Event (Preschool) - Every Tuesday in October

Lego Mania (School Age) - September 17-19

Trash to Treasure- November 12-16

Center CLOSED-Thursday, November 22nd for Observance of Thanksgiving

Register & Reserve Back-Up Care

Your child must be fully registered before a reservation can be made. Our online system makes it simple to:

- Edit/update registrations
- Request a reservation
- Cancel a reservation
- Print daily information sheets

www.careadvantage.com/mayoclinicmn

Mayo Employee Back-Up Child Care Center

3535 40th Ave NW, Suite 100, Rochester, MN, 55901

507.282.2707 | mayo.rochester@brighthouse.com


Back-Up Care Advantage®
A Bright Horizons Solution at Work

READY FOR SCHOOL NEWS

Cooking- a Family Affair

Gathering in kitchens nourishes our bodies, minds, and souls. Preparing meals together as a family enhances relationships, invites contribution, and helps children understand basic cooking principles. Also, children develop patience as they discover that delicious food doesn't just magically appear. Although cooking as a family affair is probably not as easy as adults whipping up a quick dinner, with a bit of forethought, more cooks stirring a pot can be fun and has tremendous benefits for everyone involved.

Cooking with children helps them learn about nutrition and hone basic reading, math, and science concepts. Reading recipes and learning kitchen vocabulary expands literacy skills, while counting, measuring, and fractions, foster mathematical thinking. Young chefs learn about chemistry and the physical properties of matter as they mix ingredients and watch them combine, separate, expand, change color, develop scents, and change form.

Research shows that children who help in the kitchen develop healthy eating habits because they tend to eat what they prepare. Below are a few suggestions for toddlers and preschoolers.

Toddlers

Choose simple cooking tasks that match your toddler's skills and attention span.

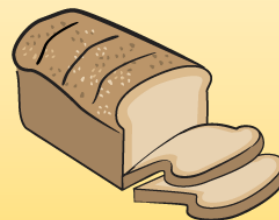
- Wash fruit and vegetables.
- Measure, pour, mix, and stir ingredients.
- Put ingredients in a crockpot or blender.
- Mash potatoes.



Preschoolers

Discuss nutrition and why our bodies and minds need the right kind of fuel to work correctly.

- Help plan meals.
- Chop, grate, peel, and cut ingredients.
- Shuck corn.
- Crack eggs.
- Count and categorize ingredients (wet and dry items).



BRIGHT HORIZONS NEWS

Learn about the year ahead at Curriculum Night



Ask about our upcoming Curriculum Night event!

September 19th 6:00-7:00p.m.

During Curriculum Night, you will learn what we have planned for the year ahead for our center's curriculum as well as community center events. Spend time in your child's classroom, ask about the curriculum for their age group, and ask their teacher about future project plans. This event can also be a great time to connect with fellow Bright Horizons families!

Learn about our Bright Horizons educator promises. As Bright Horizons Educators, we promise to...

Nurture and care for the whole child

Craft curriculum based on expert research

Support and develop teachers

Implement an emergent and integrated approach to learning

Cultivate curiosity through projects, exploration, and play

Encourage children to be confident experimenters and problem solvers

Build an inclusive and respectful community

Create joyful places for childhood



Check out all the places you can connect with us!