



Country
Children's
Center™

The Centerpiece

SUMMER 2013

Director's Desk

Wow, what a fast year! It seems like only yesterday that it was September and we were planning and preparing for the new "school" year. Then the year's events started to unfold and a year of strange and sometimes sad events began. Through it all, the CCC weathered well.

The staff rose to every occasion and we managed at the end of the year to look back on things with pride and some joy as well.

It was difficult. The events of Sandy and Sandy Hook made us all take a deep look at what is really important in our lives and hopefully appreciate that more as we move forward. For us at the CCC, that focus of importance is, of course, the children.

Personally, I am so grateful to have spent another year of my life with the children of the CCC. It is my 27th year as Executive Director, a job I have been blessed to have. Last year magnifies for me what I already know, caring for children and keeping them safe is the most important job I can ever do. Every day is a new day to share, teach, learn and protect children and at the CCC we do not ever drop our standards for this.

When I read the FYIs that the parents receive daily telling of the

day's events at each program, I am amazed by the level of commitment of the staff in making each day special and often remarkable for the children who spend their days with us.

I read of children learning about geography, music, science, nature, other languages, art, older people, history, food and how to get along with others and become independent. Within this, I mostly read about children and teachers having a whole lot of fun while learning all these and more together.

So at the end of what could have been a very difficult year, our memories are balanced with images of 3 year old piano recitals, 4 year old science fair projects, a World's Fair at IBM, live reindeer at the Polar Express, a family Earth Day, museum exhibits by 5 year olds, whale adoptions, gardens, and infants taking

their first steps while signing their first words. All in all, these are quite wonderful memories. So to quote Shakespeare, "all's well that ends well". With that in mind, I thank everyone who helped to make this year special. We look forward to another with the bright light of children in front of us to guide our way.

Happy summer.

Polly



When Home & Center Come Together, Children Win!

Nowhere is that more evident than at the pool this summer! Watson/Baby Blue PreS & PreK have taken to the water like fish. For the PreK Class, having had an introduction to the CCC Pre-school pool last summer certainly helped.

Having the same values helps to make the learning experience a satisfying one. It is not unusual for parents to enroll their child(ren) in swim lessons during the year. Lessons are good for a number of reasons; stamina building, good all around exercise, provide an excellent release of energy, and just for fun. It's also an activity at which you can swim within yourself... setting manageable goals is healthy competition at this age. Later on, who knows, this may evolve into swimming competitively. CCC provides swimming lessons for all these reasons but, most notably, for SAFETY! Children should develop a

healthy respect for the water and know what to do if they find themselves in a precarious situation. Under the watchful and knowledgeable eyes of Katie Monahan, swim instructor, this is exactly what they learn.

Please take a minute to read this quote from L. B. Plowden that, for me, explains early childhood curriculum.

“At the heart of the educational process lies the child...the curriculum is to be thought of in terms of activity and experience rather than knowledge to be acquired and facts to be stored. Instruction should not bewilder children because it outruns their experience.”

Here's wishing everyone a happy swimming summer!

Jean Nathanson
Watson Site Director



Summer's a *SPLASH* hit at Bedford Hills CCC!

As a relatively new director, this is my first summer experience at CCC. I wasn't sure what to expect, and am still learning about all of the amazing things CCC does throughout the summer. While we haven't changed much here in Bedford Hills: we are in the same building; most of the same children are here; and the same teachers are teaching in the same classrooms (except for a few new children who seem as if they have been here for a long time, as they fit right in; a few children have moved up to new classes; and we even have a new teacher – welcome Alexis), CCC Bedford Hills in the summertime is, on the other hand, a completely different place to be.



There is an air about the center of relaxation, summer giggles, and lots of splashing fun. We have special events, weekly themes, water play galore, and even swimming! CCC Bedford Hills certainly seems more like a fun summer camp, than a school (not that we don't have this much fun all year round- but this is different). The teachers are more relaxed, the outdoor spaces are being used to an abundance, and the kids all seem to just be at ease and enjoying bonding with one another. I told my own kids at the beginning of the summer (one is 10 and one is almost 7), that summer is a time to explore, try new things you might not otherwise try, grow as a person, make new

friends, and learn new things that you never get the chance to try when the busy school year is in session. I see them enjoying the camp at CCC White House- learning new things, making friends, and trying new things, and that is what I want for the kids here as well. I want the children to be able to learn and grow at a relaxed pace and in a comfortable place and I watch it all around me daily. Kids are learning how to be at ease in a pool; some are just learning to be comfortable with water play in general; they are learning how to run, jump, swing (pump on their own), play hopscotch, run through a sprinkler, and get messy and wet (and to be OK with that feeling). They are learning how to make friends; join in group games; play new games; how to explore, and how to be active in a fun environment.

Summer is something that, in my mind, should be a very special time in any child's life....a time to relax, laugh a lot and a time to create lifelong memories! So if I am basing a successful summer on those qualities, and I look around me at all that is going on in each classroom, and at our center as a whole...then summer at "Camp" CCC Bedford Hills is a SPLASH HIT!!!

Wishing every child and their families a continued summer filled with wonder, relaxation and fun!



Warmly,
Shanna Krizan, Site Director Bedford Hills



Keeping Cool at Kitchawan



Kitchawan ended the school year with a wonderful pre-k graduation. We were all sad to see some of our friends go but are happy to have new ones joining us.

All the classes have been coming up with great ideas to keep the children (and themselves) cool during this warm summer start.

The babies have been doing indoor and outdoor water play at their water table. Exploring with different cups and pitchers enjoying watching the water pour out. The teachers have also added plastic animals and babies for the children to give baths too. Along with the water table the older babies have joined in on the backyard sprinkler fun!

The toddlers have gone in the sprinkler almost every day. Each day the children have become more used to the water. In the beginning not too many children participated but now they

all are joining in the fun. The toddlers have brought out their sea animals to play with to go along with their ocean theme.

The Preschool and Pre-K classes have been enjoying water activities together. Last week was their first week of swimming and all the children love it. It is the first time that all the kids went in on the first day – seems like it is going to be a successful swimming season! Along with the pool they have spent lots of time in the sprinkler.

They have made stone soup and all different pretend foods that they have been serving their teachers and each other. Another way the children have enjoyed the water is with water relays and playing catch with soaker balls.

Wishing all a wonderful summer,

Caroline Paterno

Site Director Kitchawan Barns



Coming Back to The Farm

One of the biggest compliments I have ever experienced as a site director is having past alumni, (including our first group of babies back in 1991) call looking to volunteer, intern or work at The Farm site for the Country Childrens Center. It is such a warm & fuzzy feeling realizing that their experience was such a positive one that they want to come back and reciprocate.

As many of you know I have been here a long time and the volume of alumni that have come back is overwhelming. This includes my own children, a.k.a 'the boys'. Taylor worked at the camp, Reilly is currently working at the camp and Shane and Zachary are 'Senior Campers'. They all attended the Country Childrens Center while I was working.

The center has continuity from the time children are 8 weeks old all the way through their college years. We welcome any past alumni. We have had kids do community service, gold awards for girl scouts, eagle scout projects and many more things.

Christine Causa was one of our first babies here at The Farm. She went through CCC, volunteered in high school, went to Pace (while working here every summer & school break) and is now getting her Masters and working here whenever she can. She is so appropriate and a good role model to younger kids.

Katie Monahan started here at 14 yrs old. She volunteered during her high school years. She then went to college and attained her masters and is now leading our Pre-k classroom.

I certainly won't remember everyone but thanks to: Christine Causa, Dylan Howie, Josh and Allie Bernheimer, Sarah Gutter, Caroline Touzeau, Zack, Shane, Reilly & Taylor Cotter, Michael & Dominic Rossillo, Andres Gomez, Sean

Rachlin (who used to work here now his daughter Gillian attends), Cara Acebal, Kevin Santos, Jackie Burns, Stephanie Cruz, Suzanna Pugsley-Wild, Brittney Bennett, Stephen and Kevin Robare, Wiilie Boylan, Alana Maher, Jake and Sarah McShane, Lindsay Wiley, Liam McManus & anyone I may have forgotten.

Noreen Cotter
Farm Site Director

Below: Caroline and Shane, Taylor at five, Taylor at 17.



Protecting Children from the Sun

Just a few serious sunburns can increase your child's risk of skin cancer later in life. Kids don't have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

Take sunscreen with you to reapply during the day, especially after your child swims or exercises. This applies to waterproof and water-resistant products as well.

Follow the directions on the package for using a sunscreen product on babies less than 6 months old. All products do not have the same ingredients; if your or your child's skin reacts badly to one product, try another one or call a doctor. Your baby's best defense against sunburn is avoiding the sun or staying in the shade.

Keep in mind, sunscreen is not meant to allow kids to spend more time in the sun than they would otherwise. Try combining sunscreen with other options to prevent UV damage.

Turning pink? Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes. Yet it can take up to 12 hours for skin to show the full effect of sun exposure. So, if your child's skin looks "a little pink" today, it may be burned tomorrow morning. To prevent further burning, get your child out of the sun.

Tan? There's no other way to say it—tanned skin is damaged skin. Any change in the color of your child's skin after time outside—whether sunburn or suntan—indicates damage from UV rays.

Cool and cloudy? Children still need protection. UV rays, not the temperature, do the damage. Clouds do not block UV rays, they filter them—and sometimes only slightly.

Oops!

Kids often get sunburned when they are outdoors unprotected for longer than expected. Remember to plan ahead, and keep sun protection handy—in your car, bag, or child's backpack.



- **Seek shade.** UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent. Use these options to prevent sunburn, not to seek relief after it's happened.
- **Cover up.** Clothing that covers your child's skin helps protect against UV rays. Although a long-sleeved shirt and long pants with a tight weave are best, they aren't always practical. A T-shirt, long shorts, or a beach cover-up are good choices, too—but it's wise to double up on protection by applying sunscreen or keeping your child in the shade when possible.
- **Get a hat.** Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Baseball caps are popular among kids, but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.
- **Wear sunglasses.** They protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- **Apply sunscreen.** Use sunscreen with at least SPF 15 and UVA and UVB protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet.

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Polly Peace

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Increase Miller 914-763-7190
J.J. Middle School 914-242-0520: Ext. 503
Katonah 914-763-7795
Lewisboro 914-763-7890
Meadow Pond 914-763-7987



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SAVE THE DATE

The Country Childrens Center **Art Auction**
Saturday, September 28, 2013



6pm: Art Preview
7pm: Art Auction

Katonah Village Library
26 Bedford Rd. Katonah NY, 10536

To Support
The CCC Scholarship Fund!