Hello Families,

The end of a term always brings bittersweet feelings as children graduate to new rooms and new challenges, and some children leave the GAP altogether. The GAP would like to say farewell and best of luck to Matthew, Naiya, Paul and Isla and their families. We will miss seeing you at the GAP.

**The GAP re-opens for play on January 11, 2010.**

Next term the Junior program will return to its original age grouping of 3-5 year olds. As we enter each term, we do our best with limited space, to provide care for the maximum amount of children. Last term was our first experience with an increase demand for 2.5-4 year old care. Now all those two and a half year olds are three and the program is adjusting as needed.

It should also be noted that the Senior playroom / afterschool care will be combined in the afternoons with the Junior program next term: the exception being school closure days where seniors participate all day. The Seniors will continue to have a separate set of activities and a maximum group size of 16 children with 2 teachers at all times.

We are excited to announce the Ms. Eleanor has accepted the role of “Program Supervisor” next term. Ms. Eleanor will coordinate all playrooms and support GAP care providers. We hope with this new appointment to further enrich curriculum, improve continuity between playgroups and provide additional mentorship for our caregivers. Ms. Eleanor will be present in the junior room during key activity times and continue to plan lessons for the program.

This change means a few adjustments to the Junior Playroom teaching staff. Ms. Helen will move to the infant playroom in the mornings. Ms. Theresa, as assistant care provider, will assume a more active role in the planning and implementing of Junior playroom activities during her shift 8am-4pm. Ms. Ronelle will continue to work with the Junior/Senior children, more in the mornings than the afternoons, as her shift is 7am until 3pm. Ms. Rosanne, who you all know as our substitute teacher, will join the team working 12pm-6pm daily. And, we welcome Ms. Brigit Martin, a significant other, to the team to lead the Senior programming from 4pm-6pm daily. We must also mention Ms. Kisher Roberts, our extra staff member who helps us meet teacher child ratios and assists with cleaning.
Parent Education and Information
“How Much Sleep Does Your Child Need?”
Article taken from babycenter.com

As a new parent, that's probably one of your biggest questions. Below are some general guidelines as to how many hours of sleep the average child requires at various ages. Of course, every child is different — some need up to two hours more or less sleep than others.

<table>
<thead>
<tr>
<th>Age</th>
<th>Nighttime Sleep</th>
<th>Daytime Sleep *</th>
<th>Total Sleep</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 month</td>
<td>8 1/2</td>
<td>7 (3)</td>
<td>15 1/2</td>
</tr>
<tr>
<td>3 months</td>
<td>10</td>
<td>5 (3)</td>
<td>15</td>
</tr>
<tr>
<td>6 months</td>
<td>11</td>
<td>3 1/4 (2)</td>
<td>14 1/4</td>
</tr>
<tr>
<td>9 months</td>
<td>11</td>
<td>3 (2)</td>
<td>14</td>
</tr>
<tr>
<td>12 months</td>
<td>11 1/4</td>
<td>2 1/2 (2)</td>
<td>13 3/4</td>
</tr>
<tr>
<td>18 months</td>
<td>11 1/4</td>
<td>2 1/4 (1)</td>
<td>13 1/2</td>
</tr>
<tr>
<td>2 years</td>
<td>11</td>
<td>2 (1)</td>
<td>13</td>
</tr>
<tr>
<td>3 years</td>
<td>10 1/2</td>
<td>1 1/2 (1)</td>
<td>12</td>
</tr>
</tbody>
</table>

* number of naps in parentheses

Keep in mind that most children need lots of sleep. Often, says BabyCenter sleep expert Jodi Mindell, author of Sleeping Through the Night, if a child has poor sleep habits or refuses to go to bed before 11 at night, his parents will think that he just doesn't need a lot of sleep. That's probably not true — in fact, it's likely that such a child is actually sleep-deprived. To see whether your child falls into that camp, ask yourself these questions:

• Does your child fall asleep almost every time he's in a car?
• Do you have to wake your child almost every morning?
• Does your child seem cranky, irritable, or overtired during the day?
• On some nights, does your child seem to crash much earlier than his usual bedtime?

If you answered "yes" to any of these, your child may be getting less sleep than he needs. To change this pattern, you'll need to help him develop good sleep habits and set an appropriate bedtime. "Then he'll get all the sleep he needs to be bright-eyed and bushy-tailed," Mindell says.

For more information on helping your baby sleep well, see the basics for birth to 3 months, 3 to 6 months, 6 to 9 months, and 9 to 12 months. You can also find out all about baby sleep and feeding schedules and encouraging your newborn's emerging routine.

Eventually your child will stop napping and start doing all of his sleeping at night. Preschoolers and young elementary school students still need up to ten or 11 hours of sleep a night, but that amount will gradually diminish. By the time he's a teenager, your child will need only about nine or ten hours of shut-eye per night. To find out more about children's sleep patterns, take our quiz.
As usual it has been busy in the Infant Playroom! The children continue to enjoy music time with Ms. Ellen. They dance, sing and clap and are learning to follow the movements to some songs. If you come in to play with your child during music time (Tues, Thurs 10:30am) you may just see them making the motion for the “wheels on the bus” as they go round and round!

Swim day on December 11th was a particularly fantastic day in the infant room! We had everyone splashing, dunking, dripping and smiling in the pool. Remember infant swim every Friday morning and Monday afternoon, so send your child with a swimsuit, towel and sunscreen so they can participate.

The Infant Playroom continues to use the new format for facilitating activities with each individual infant. Please be sure to check in with Delia, Nadine and Deloris about which activities they have been working on with your child. Each infant has a specific plan developed according to their age to help challenge them during play! If you are working on a specific skill at home (for example self feeding, crawling etc) please let us know so we can support that learning at the GAP too.

We are always happy to watch our children grow but it is sad to say good bye. Jubril is graduating to the toddler room. We say a heartfelt good bye to Matthew, Paul and Isla as their families leave Grenada for new adventures. Good Luck. We will miss you all.

What’s been happening at the GAP in the Toddler Playroom?

The toddlers examined the themes of big/small, buses, music, movement and animals in the last 2 months. Each theme has planned activities to strengthen their motor skills and to introduce new words and concepts. When we studied buses the toddlers went on a real bus to the True Blue campus to have a picnic lunch. The toddlers all seemed thrilled to ride the bus. They were pointing out all the tress, cars and other vehicles from the windows with amazed expressions on their faces.

Ammu is graduating to the Junior Playgroup next term and so we wish her well. We say a heartfelt good-bye to Naiya and her family as they leave Grenada this term. We will miss both of you in the toddler playgroup!

The toddlers were a big hit at the GAP 10 Year Celebration complete with tantrums, tears and squeals of joy! They all looked so cute in their jeans and plaid shirts “Marching around the Barn”! We have heard stories of toddlers continuing to march around at home while singing “we are marching around the barn….”! It sure is a catchy tune written especially for the toddlers by Ms. Kathy. Thank you Ms. Kathy!

What’s been happening at the GAP in the Junior/Senior Playroom?

The last few months, the Junior Playgroup spent mornings working on some very important skills including self-help, communication, listening and cooperation. We are pleased to announce a noticeable improvement in these skills for each child. The children are using their words and telling their friends when they do not like something instead of
acting out aggressively. Harper has successfully completed his toilet training and according to him, "I'm a big boy, I wear big boy pants now!"

During language arts we studied the letters j-m. Have you noticed the ketchup K painted by the Tiger Group and the Lollipop created by the Lion Group? The children have been practicing distinguishing between left and right.

We would like to thank the parents who joined us for the lunch during "L" week. It was lovely to have you with us.

In math we concentrated on the recognition of numbers 4-6. The children made aquariums and placed five fishes in them. We also did the rhyme, "1,2,3,4,5 - Once I caught a fish alive".

In science we have been exploring the habitat of some animals and insects: for example, a beehive, a dog kennel, and earthworm burrows. The children enjoyed studying the importance of these animals. This was vividly displayed during the GAP 10 Year Celebration when they sang the "Bumblebee" Song!

In December we have been learning the various holidays celebrated around this time of year in the world: Hindu People - Diwali, Muslim People - Hajj, Jewish People - Hanukkah, Christian People - Christmas and African American People - Kwanzaa.

**What is coming up at the GAP?**

January, 2010 will be a new beginning for children and teachers at the GAP as we implement a few changes.

**The Toddler and Junior rooms are switching places!** This will make potty training for the toddlers easier by getting them closer to the toilets.

The Infant room will be switched out with the SO/Senior room! This will allow movement between the Junior and Senior programs in the afternoon. Our teachers are excited about the changes and a fresh start. The children will surely be excited about a new classroom too! So, in January you will have to enter and sign your child into a different space.

Tammy Martin
Director, GAP
tamartin@squ.edu
405-3522

Jenelle Bullen
Assistant Director, GAP
jbullen@squ.edu
405-4036