



# ACC-CLS Parent News

## Everyone Needs a Day Off

### A Word from the Director



Volume 12, Issue 3

November 2010

#### Important Dates:

- ☺ **Parent Conferences continue this month**
- ☺ **Time Change—11/7: "Fall Back"**
- ☺ **Parenting Series, Part II: Talking to Children About Death and Loss—**  
**Wednesday, 11/10, 5:30-7 p.m.**
- ☺ **Parent Association Meeting—Wednesday, 11/17, 5:30-6:30 p.m.**
- ☺ **Vision and Hearing Screenings—Thursday 11/18**
- ☺ **Thursday & Friday, 11/25-26—CLOSED**

You know the signs...you aren't as focused, you have a hard time getting motivated to go to work each day, you find yourself daydreaming you feel stressed out. Sounds like it is time to ask for a day off!

Adults in a group setting get breaks, vacation days, or even opportunities to go to a training and get away from the usual routine. Adults can also find ways to get away from the group for a while each day and recharge their batteries.

Sometimes, kids need days off too. Spending your day in a group can be stressful. You have to share space and materials, get

along with others and solve problems when they arise, and it is very hard to get off to yourself and be alone. Children don't always know how to ask for a day off. Some of the signs or cues you might see are fussiness or grumpiness, not wanting to come to school, or being more withdrawn or more aggressive than usual. Some older children can verbalize this need, but infants and toddlers usually communicate needs through their behavior.

Taking a day off together can be a wonderful op-

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## Second Workshop in our Parenting Series

**Wednesday, November 10th, 5:30-7 p.m.**

### Talking to Children about Death and Other Loss

**Khris Ford, Hand in Hand Workshops**

A light meal will be served and child care will be provided.

Pre-registration is required.

**JUST A REMINDER:**  
Arrival time is 9 a.m.  
Please have your child here on time so they don't miss any important learning.

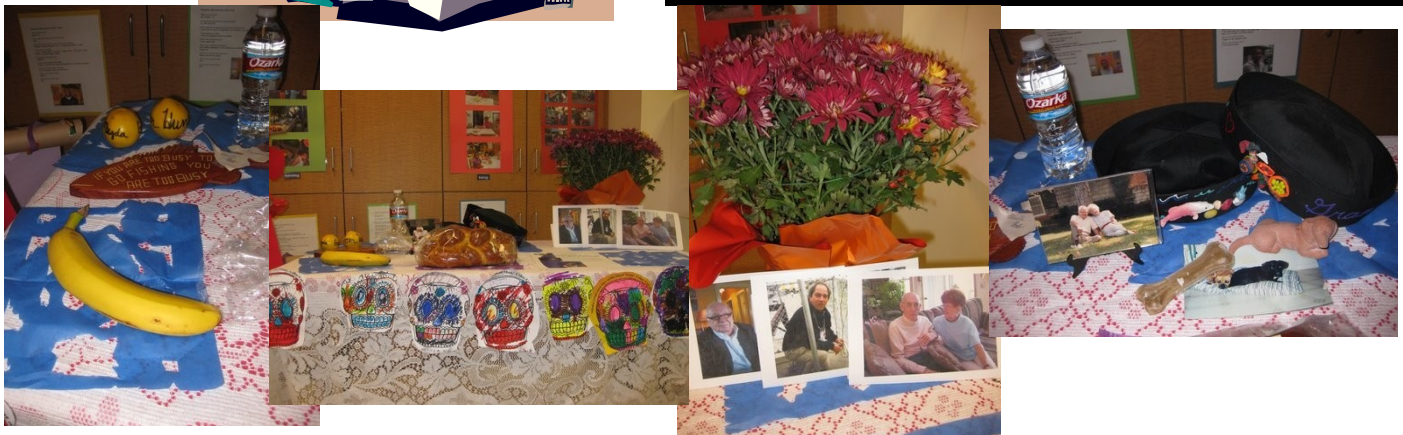
# FALL FESTIVAL

Fall Festival took place on Friday, October 22nd. Activities included a pet hospital, fishing booth, face painting, dress-up, drumming, pumpkin sensory, and karaoke. Kim Lehman entertained us with songs and storytelling. Special thanks to all teachers and parents who participated in this fun, foolish, fall event!



## Dia de los Muertos

The Planet Earth classroom learned about the Day of the Dead this month and created an *ofrenda* or altar for staff and families to honor people and pets who have died with offerings.



## Parent Association Invites Your Participation

Our Parent Association meeting will be held this month on **Wednesday, November 17, 5:30-6:30 p.m.** The meeting will focus on planning and discussion of other topics. Watch for an agenda.

### Officers:

Paloma Falcon and Erin Romero—Chairs  
Aoife Longmore—Secretary  
Rick Taylor—Treasurer

### Parent Room Representatives:

Planet Earth—Aoife Longmore  
Stars—Mollie Newcomb and Mison Zuniga  
Moons—Bethany and Brandon Bell  
Sunbeams—Chairmain Mackson and Kalie Nasworthy

Your parent representative may contact you throughout the year to give reminders or ask for help with events like staff recognition.

*A light meal and child care are provided for meetings. We ask that you sign up at the front desk if you are attending so that we can plan for food and staff. Thanks!*

Contact Paloma at [phernand@austincc.edu](mailto:phernand@austincc.edu) or Erin at [erin.midgleyesc13.txed.net](mailto:erin.midgleyesc13.txed.net). for more information or to volunteer.

**Parents: Please, please, please help us keep our files up to date for emergencies. If your phone or other contact information changes, fill out an Information Change Form at the front desk. Thanks.**

## *A Word from the Director, continued from page 1*

portunity to give your child a break and spend some special one-on-one time. If you are able to take time from your busy school or work schedule to take a whole day off or even leave early one day to spend some time together, here are some fun, inexpensive activity ideas:

- ☺ Take a bus ride (you don't actually have to go anywhere, children just love riding the bus)
- ☺ Take a nature walk. Bring along a basket and magnifying glass. Pile up some leaves and roll or jump in them.
- ☺ Go to the Austin Children's Museum. Wednesdays 5-8 p.m. are admission by do-

nation (pay what you can) and Sundays 4-5 are free.

- ☺ Ask your child what they want to play and then sit down and really play, allowing him or her to take the lead.

Sometimes we are so busy cooking dinner, doing laundry, etc. that we forget to stop and just play with our kids. Our time and attention is what they want more than anything else from us. So create some special time together and just have fun.





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Austin Community College Children's Lab School is a preschool program for children, six months through five years of age, that serves as a demonstration school for the ACC Child Development Department. The Children's Lab School offers an early childhood program designed to support the growth and development of young children in a warm and creative environment. Through field work experiences in a lab setting, students observe the principles of child development and gain practical experience with young children under the supervision and guidance of qualified classroom teachers. The Children's Lab School is licensed by the Texas Department of Family and Protective Services and is accredited by the National Academy of Early Childhood Programs (NAECP), a division of the National Association for the Education of Young Children (NAEYC).

## 2010-11 Calendar at a Glance

*Thanksgiving Holidays.....	November 25-26
Last Day ACC Fall Semester.....	December 10
*Staff Development Days.....	December 20-21
*Winter Break.....	December 22-31
*Martin Luther King Holiday.....	January 17
ACC Spring Semester Begins.....	January 18
*Spring Break.....	March 14-18
Last Day ACC Spring Semester.....	May 14
*Memorial Day Holiday.....	May 30
ACC Summer Semester Begins.....	May 23
Independence Day Holiday.....	July 4
Last Day for Graduating Lab School Children....	August 12
ACC Summer Semester Ends.....	August 8
*Room Preparation and Staff Development Week...	August TBA
ACC 2011-2012 Academic Year Begins.....	August 29

\*Lab School will be closed to children on these dates.

+Dates are tentative or to be announced

## Reminder:

Children need at least one change of extra clothing in their cubby at all times (more if they are in diapers or working on toilet learning). Extra clothes are needed when children have toilet accidents, spill things, get wet or soiled from sensory activities, or the weather changes. Please make sure that your child's extra clothing is appropriate for cooler weather. It is also helpful to have an extra jacket or sweater on hand in case the weather changes suddenly. Thanks!