



LSU

Finance and Administrative Services
Child Care Center

September 2008

The vision of the LSU Child Care Center is to become a leading model of exemplary quality in early care and education by functioning as a support mechanism for families of the LSU Community and a focal point of excellence to agencies and organizations throughout the state and nation. By providing quality service, we will be recognized as a recruitment tool for students, faculty and staff thus supporting the positive growth at LSU.



Director's Corner



Dear Parents,

I hope all of you are well after the recent hurricane. My sympathies are extended to anyone who may have been affected in any way. On a more positive note, I would like to welcome all of our new families and friends to the LSU Child Care Center. We are extremely excited about this school year! The LSU CCC has several exciting activities planned this fall. I encourage each of you to look at the calendar and join us for the many events scheduled such as Grandparents day and open house, a book fair, and the 2nd annual Tiny Tiger Homecoming parade. Please feel free to ask any questions and offer any feedback as our doors are always open. We look forward to a great fall!

Michelle DeMeulenaere
Center Director

FACILITIES UPDATE

The teachers work day was a great success. Their time was spent training to prepare classrooms for the new school year. The LSU CCC looks fabulous and as always, thank you teachers for all you do!



PAC NEWS

Attention all parents: The Parent Advisory Committee meetings are open to ALL parents.

- The LSU CCC's fall book fair will be held from October 6th–10th. Volunteers are needed—Please see the front desk for information.
- The next PAC meeting will be held on Tuesday, September 16th at 4:30pm
- If you are not receiving emails from the LSU CCC, please stop by the front desk as soon as possible. Thank you!

What's on the Agenda this Month?

Tiny Tiger Homecoming Parade

Children and parents are invited to decorate a wagon with purple and gold at home. Decorated wagons or strollers can be brought to school on Thursday, September 25th in the morning. There will be a designated place for each classroom to place their wagons. At 3:30, family and friends may join the children for a special wagon parade. We hope to see you there!



Grandparents Day & Open House

This event has now been moved to Thursday, October 9th, from 3:30-4:30. Children may invite their Grandparents and families to visit the Center to meet their teachers and friends. Once again, we hope to see you there!



Important Safety Information

For the safety of your child and others, please do not leave anything that has “Keep out of reach of children” on the label, such as medication, lotion, sunscreen etc. in your child’s cubby, diaper bag or book sack. We appreciate your cooperation!



2009 CACFP Form

Attached to this newsletter is the annual Child and Adult Care Food Program (CACFP) Free and Reduced Price Meal Application for the 2009 new program year. This form needs to be returned to the center for ALL children, regardless of the family's qualification status. Please see the front desk with any questions.

LSU CCC Closure Changes

The Staff in-service scheduled for Friday, October 10th has been cancelled until further notice. The center will be open.

Health Corner

Is Your Child Getting Enough Sleep?



According to the National Sleep Foundation, young children spend more time asleep than awake and overall a child will spend 40 percent of his or her childhood asleep.

Newborns sleep on average 11 to 18 hours daily. By six months of age infants will sleep 9-12 hours at night and one to four hours during the day. When infants are put to bed drowsy but not asleep they are more likely to become "self-soothers" which enables them to fall asleep independently at bedtime and put themselves back to sleep during the night.

One to three year olds need about 12-14 hours of sleep. At this age they experience sleep problems including resisting going to bed and nighttime awakenings. Night time fears and nightmares are also common. Daytime sleepiness and behavior problems may signal sleep deprivation of a sleep problem.

By preschool age, children should sleep from 11-13 hours each night and one to two hours during the day. Sleep deprivation has been linked to mood swings, behavior problems such as hyperactivity and cognitive problems. Studies also show a connection between sleep and childhood injuries. Children are more likely to injure themselves if they have not received adequate sleep.



Sleep Tips for Young Children:

- Maintain a regular and consistent sleep schedule.
- Have a relaxing bedtime routine that ends in the room where the child sleeps.
- The child should sleep in the same sleeping environment every night in a room that is cool, quiet and without a TV.
- Set limits that are consistent, communicated and enforced. Encourage the use of a security object such as a blanket.

September Weekly Classroom Themes

September 8th-12th – Who am I

September 15th – 19th – My Senses

September 22nd – 26th – My feelings

September 29th-October 3rd – Where I live/Community

Attention Parents:

The September meeting with Dorothy Rumfellow, University Laboratory School Elementary Principal, has been **rescheduled** for Monday, September 29, 2008 at 4:00 in the multi-purpose room. Due to limited seating capacity, Preschool families only please. We look forward to seeing you there!

NEW FACES AT THE LSU CCC

There are several new additions to the staff at the LSU CCC. We are excited to have these new student workers at our facilities: Charlotte, Courtney, Leah, Shay, Jeannine, Holly, Stefanie, Rachael and Lauren. Additionally, Sarah Pierce, University professor of Human Ecology, will have students conducting observations in the classrooms this semester. Welcome!

Welcome LSU Speech & Hearing Students!



Clinical faculty and graduate students from the Department of Communication Studies and Disorders are conducting behavioral observations and monitoring development of speech and language milestones in young infants at the LSU Child Care Center. This experience is part of their clinical practicum as they work towards their Masters Degree in Speech Language Pathology. The LSU Speech, Language and Hearing clinic will also be providing speech, language, and hearing screenings for all children in Spring 2009. We look forward to having these students here at the LSU CCC!

LSU CCC CONTACT INFORMATION

Front Desk	578-7882	Ladybugs	578-4825
Bears	578-4825	Lambs	578-4851
Bluebirds	578-4883	Pandas	578-4881
Butterflies	578-4883	Pelicans	578-4855
Koalas	578-4819	Puppies	578-4886
Dolphins	578-4888	Alligators	578-4881
Frogs	578-4819	Tigers	578-4855
Kittens	578-4888	Penguins	578-4851

Center Director: Michelle DeMeulenaere 578-0538