



Hello Parents! We have a few reminders for this month:

- **CLOSING DATES:** Thursday, December 24th: Christmas Eve
Friday, December 25th: Christmas Day
Thursday, December 31: New Year's Eve
Friday, January 1st: New Year's Day
- **2nd ANNUAL TOY DRIVE:** We are asking parents to participate in making this Christmas holiday a little merrier for children less fortunate. In doing so, we ask each family to bring in at least 1 NEW toy, unwrapped by December 18th! We will donate them to the Primo Center on December 21st.
- **FOOD DRIVE:** The Toucan room is asking families to donate non-perishable food items by December 18th. The items will then be donated to St. Vincent Paul Society.
- **SPIRIT WEEK:** The school as a whole will be celebrating spirit week and ask parents to refer to the themes for each day. Here is a general list of the themes. Each classroom will have specifics in which they will send notices home.
 - Monday, Dec. 14th: Crazy Day
 - Tuesday, Dec. 15th: Character Day
 - Wednesday, Dec 16th: Rep Your Team Day
 - Thursday, Dec. 17th: Winter Formal
 - Friday, Dec. 18th: Pajama Day
- **DECEMBER BIRTHDAY CELEBRATION:** December 18th!!!
- **WEATHER:** We are entering the cold, snowy, winter season. Therefore, attached is a link where you can look for any closing days:
<http://toddlertownchicago.com/register-for-weather-emergency-updates/>
 Also, please dress your child with appropriate outdoor apparel as they are allowed to be outdoors in weather above of 25 degrees with wind chill.

How to Pack a Better Lunch

Children and adults need to eat lunch when at school, college, or work, and bringing your own lunch rather than eating out has a number of big advantages. You will likely eat food that is of much better quality and in healthier sized portions, with a greater concentration of whole grains and vegetables, if you bring your own food, as well as less of the stuff you would do well to avoid such as sodium, saturated food, and excess calories.



Packing your own lunch also serves to save money, and one of the simplest tips is to make your packed lunch with the same food that you had for dinner the previous evening. It is very simple to cook an extra salmon fillet or chicken breast, add some more vegetables, and boil one more egg when preparing your evening meal, and most are just as tasty and healthy when eaten chilled. Homemade sandwiches are almost automatically a healthier choice than deli sandwiches, and you can also add more produce such as grilled zucchini, fennel, onions, sliced radish, and green beans to create a tasty and interesting salad.

December 2015

Hello! We are pleased to send you this monthly issue of *Wise and Wonderful*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

Monthly Joke



Chemistry and humor: A dangerous mixture?

You don't have to be a scientific genius to get a laugh from these jokes, but a little knowledge of physics and chemistry will help:

- Never trust atoms—they make up everything.
- Did you hear about the guy who read a whole book about helium in one sitting? He couldn't put it down.
- What do you do with a bunch of dead chemists? Barium.
- The optimist sees the glass half full. The pessimist sees the glass half empty. The chemist sees the glass completely full, half in the liquid state and half in the vapor state.
- A chemist's motto: If you're not part of the solution, you're part of the precipitate.

Monthly Quote

"Whenever you are asked if you can do a job, tell 'em, 'Certainly I can!'" Then get busy and find out how to do it."

—Theodore Roosevelt

Outdoor Learning

Outdoor learning is an excellent method of engaging children, but it needs originality and advance thought and planning from parents or teachers. One place that is great for getting kids to develop more physical confidence is the beach, where they are able to jump, play ball games, dig, surf, race, and swim. It is a good idea to set physical challenges that your kids may initially balk at and to encourage them to keep trying until they succeed.

Especially beautiful are places that are near water, offering kids lots of chances to write poetry, sketch, or paint. Woodlands and forests are also excellent places for really firing-up children's imaginations, particularly at dusk, as well as for building tasks and teaching more practical skills such as tying knots, whittling sticks, and how to safely use a knife. Parks, gardens, and other open spaces are particularly ideal spots for teaching kids how to navigate, using basic or picture-based maps for younger children, and more sophisticated maps and compasses for older kids.

Hannukah

It's celebrated worldwide, for eight days and eight nights. Hanukkah is celebrated in the home beginning on the 25th day of the Jewish month of Kislev.

Hanukkah celebrates the victory of the Maccabees or Israelites over the Greek-Syrian ruler, Antiochus about 2200 years ago.

A menorah is a special nine-branched candelabrum, also known in Hebrew as a Hanukiah.

The lighting of the menorah, known in Hebrew as the hanukiya, is the most important Hanukkah tradition. A candle is lit each night of the 8 days. The taller one in the middle is used to light the eight candles.

Budgeting Ideas For The Holidays

It seems like no matter how carefully you budget and plan for the holidays there is always some additional expenses involved that you missed. In some cases, families may not have a holiday budget, or they may simply feel obligated to keep increasing their spending despite having a plan.



To help to manage holiday budgeting and keep your spending under control, there are some simple yet very effective techniques to use. To help control spending use the following ideas and your Christmas budgeting won't be a problem.

Stop Using Debit and Credit Cards

People shopping with debit and credit cards are more likely to buy on impulse, and much more likely to buy more than they planned regardless of the time of year. Over the holidays use cash only, and use the envelope plan listed below. If you have bigger ticket purchase, use the store's free layaway plan to pay for the item. This eliminates any interest you may accrue on a credit card purchase and ensures the items are all paid for before the holidays. You can use a debit card to set up automatic payments for the layaway, just be careful not to exceed your limit.

The Envelope Plan

This is a very effective option, and it can be used year round. On a series of envelopes write a category of holiday spending. For most families these will include:

- Food
- Decorations
- Clothing
- Gifts
- Travel
- Entertaining

Then, with your budget in hand, place the amount of cash in the envelope that you have calculated for that category. For all your Christmas shopping, use only the cash from the respective envelope to avoid going over budget.

Talk to the Family

Sometimes the problem is in the number of gifts you may feel obligated to give. While you can choose homemade gifts, which is always a great idea, you may also want to have a discussion with the family. This can be about limiting the value of gifts or perhaps giving only to the immediate family and having a dinner or family gathering for the extended family to celebrate the season.

If you are feeling financial pressure over the holidays, you are not alone. By being proactive and realistically budgeting for the season you can help to prevent the after Christmas budget problems while still enjoying a wonderful holiday.

Tips for Family Fitness

Children need exercise just like adults, and the best way for kids to exercise is to get them out from behind the computer screen and play.

Encouraging active behavior early on in childhood, as well as other healthy habits, is the best way to ensure they will become active, healthy adults.

Teach your children that exercising is fun by having playtime at least three times every week for half an hour at a time.

Play games such as hide and seek, catch, hopscotch, kickball, soccer, etc. Try to schedule these activities in the afternoons or evenings, and always make time to do something on a weekend, even if it is just taking them for a play in the park.

Wherever you are going – to school, the library, or the local supermarket – you should walk or use a bicycle whenever possible.

You might even want to keep track of the number of steps you and your children take with the use of a pedometer. It is also a good idea to encourage your children to take part in sporting activities.



What Not To Wear

Clothing is of vital importance in the workplace when it comes to projecting a professional image.

With that in mind, there are a few tips that should be kept under consideration when dressing for work.

You should never wear clothing that is distracting. Loud patterns on ties and shirts, outfits that are obviously uncomfortable and do not fit properly, and jewelry that jingles when you move should all be avoided.

Never wear dirty, stained, or smelly clothes and refrain from having unclean or even unkempt hair.

You do not want your “personal brand” to be associated with laziness by the management at your company. Torn jeans are also a bad idea. Although more casual forms of dress may be tolerated for employees who do not have direct contact with customers, torn jeans is still regarded as being disrespectful to your colleagues and simply unprofessional.

Revealing clothing is also a no-no for the ladies. Figure hugging dresses and low-cut tops are for nightclubs, not the office.

Female employees should also keep their hair tidy and their make-up basic.



20 Somethings Money Tips



20-somethings often have their own set of financial concerns, and thus, there are financial tips that are specifically tailored to that particular age group.

One good tip is to be a packrat when it comes to your savings.

It is important to save as though you believe that tough times may be just around the corner, as they may well be, and you will, therefore, be in a better position if and when difficulties arise.

Higher savings can be a big help when life gets tough.

Another good tip is to not let fear divert from you making good financial decisions such as investing.

Fears of not being knowledgeable enough, being taken for a ride by a peddler, and the volatility of the market can hold people back so make sure you learn all you can, consult with a reputable financial advisor, and started saving up for your retirement now.

The best preparation for good work tomorrow is to do good work today.

—Elbert Hubbard



TODDLER TOWN

Evanston (847) 475-1467
Chicago (773) 622-9433

"Where Your Child Always Comes First"

Toddler Town Daycare Too
5934 W. Diversey Ave.
Chicago, IL 60639
Phone: 773-622-9433 Fax: 773-804-1273

Website: <http://toddlertownchicago.com/>

GOOD NEWS AND INFORMATION FOR OUR FRIENDS AND FAMILIES

DECEMBER 2015

KOALAS: 5 YEAR OLDS

Hi Parents! The month of November was a great month. We practiced reading skills, we practiced math stories and we learned new sight words. Along with developing our basic skills, we also studied science brain busters and the meaning of Thanksgiving. Our cookie creation party was a great success! Our class raised \$140.64. Thank You to all the families who donated to Feeding America.

During the month of December, we will be studying a lot of great topics. Some topics include snow, winter sports, various holidays and their cultures, and weather patterns. We will also be taking time out of learning to celebrate the holiday season. From December 16th-23rd, our class will be celebrating Spirit Week. It will be filled with fun activities and events that will help bring in the New Year.

Parents: As winter is approaching, please dress and refill your child's cubbies with appropriate winter clothing as we will be going out to explore the winter season. If you have any questions or concerns please see me and I will be happy to help.

Thank You and Let's Have A Great New Year!



BEARS: 4 YEAR OLDS

Happy Holidays! To recap the month of November, we discussed family, the color green, celebrated Thanksgiving by being thankful of others, and discussed health. We also reviewed our numbers 9 and 10. We made our family tree and had a Thanksgiving dance party. We also celebrated the November birthdays.

For the month of December, we will discuss imagination, write a class story, discuss winter, and have a winter celebration. Don't forget--we are closed Christmas Eve and Christmas day. We will also continue reviewing our number 11. It should be a great month!



Best Travel Tips

First time and experienced travelers alike all want to get the most out of their travel experiences, and there are a number of tips that can be a great help to ensure that they are able to do just that.



One good tip is to make certain that you wake up early when you arrive in your vacation destination so as to ensure that you have plenty of time to get to see and enjoy all of the best attractions it has to offer.

Interacting with the locals is also a good way to learn all about the local lifestyle and culture.

It is vital to have all of your important belongings kept in one place while traveling.

The likes of cash, ID cards, credit cards, passports, and any other important documents should be kept together and on you at all times. In the event of a worst case scenario, ensure that you have scanned copies of such documents before you set off on your vacation.

BUMBLEBEES: 4 YEAR OLDS

Happy Thanksgiving Everyone! In the month of November the students focused on a few units such as: Dinosaurs, Families and friendships, Thanksgiving, and the Five Senses- sight, smell, hearing, taste, and touch. We discussed examples of SIGHT (colors, faces, eyes), SMELL (popcorn), HEARING (car sounds, animal sounds), TASTE (popcorn), and TOUCH (soft, rough, bumpy). The children learned that they have the ability to learn so much through their senses. We also went over the meaning of Thanksgiving and being thankful. We also enjoyed a fall festival party to end the month of November. Going into December we will be entering the winter wonderland. Lots of activities and projects are coming up so stay tuned. Finally, parents please check cubbies for daily news and homework packages. All homework must be turned in on the due date. I would like to thank my parents for being so awesome!☺



EXPLORERS: 4 YEAR OLDS

Hello Parents! November was a fun, learning month for the Explorers. They were able to learn themes of farm animals, sea life and Thanksgiving. Also, the Explorers worked with letters, numbers, and colors in a bilingual environment. The Explorers worked on writing their names and made projects such as an Ocean Bottle-click, paper turtles, and more.



It is time for our Winter Wonderland season, Spirit Week, and saying bye to the year 2015.

We will be entering a new season. Therefore, please update your child's clothing. Also, remember to take your child's blankets home to wash and return every Monday.

BUTTERFLIES: 3 YEAR OLDS

Happy Holidays! Last month was full of fun as we learned the history of Thanksgiving, made fun Thanksgiving projects, and had a Fall Harvest party in which we reenacted the Thanksgiving experience of the Pilgrims and Native Americans. Thanks to all the parents that participated!!!

This month we will continue with our everyday academics. We will also focus on letters F, G, H and numbers 8 and 9. We will talk about Christmas and what it entails. In addition, we will work on projects pertaining to the holidays in which the children will get to pick what projects they'd like to work on.

Lastly, parents please update your child's cubby with weather appropriate clothing. We also remind parents that due to the cold, snowy weather that they place their child's outdoor attire in the blue/clear bags. If you need a bag please let the teacher know.



TOUCANS: 2 YEAR OLDS

Happy December! November has come and gone and what a whirlwind of a month it was! The Toucans continued work on their "All About Me" activities as well as learning about Fall and Thanksgiving. By the middle of this month, we will leave our "All About Me" curriculum behind in favor of something more seasonal. We will transition to learning about "Cold Weather". We will talk about types of cold, snow, ice, how to dress, etc. Our classroom will be turned into a Winter Wonderland during December, where the children will learn about Christmas traditions, including our own Elf on the Shelf, Chippy. We will also complete ornaments, poinsettias, Christmas trees, stockings, and Santa Claus art projects. We will end the month with holiday festivities, which include a New Year's countdown and toast. Stay tuned and stay warm!

