



BROOKVILLE CENTER FOR CHILDREN'S SERVICES AT WESTBURY – POST AVENUE

(On the Campus of Westbury Friends)

September 2015
Newsletter 1

Westbury, New York 11590
516-686-4496 opt. 3

Music Program

BCCS@Westbury-Post Avenue offers a weekly music program. The music therapist provides lively, fun, interactive age appropriate hands on sessions.



Health and Safety

The center employs a full-time nurse as well as staff trained in CPR, First Aid and MAT. Safety and security measures include security cameras throughout the campus, emergency panic/medical buttons in each room, and secured doors to each room.

Therapeutic Services

In addition to the classroom staff, each class is supported by therapy staff. Therapy services are provided to preschool students as per their Individual Education Plan (IEP). The services offered at BCCS at Westbury Friends are:
Speech and Language Therapy
Occupational Therapy
Physical Therapy
Psychological Counseling (Play Therapy)
Parent-Support Groups (several times a month)



Parent Workshop/Support Group Schedule

*As of now, all groups and workshops will meet on Wednesdays from 9:00 A.M. till 10:00 A.M.

 **October 7, 14, 21**
 **November 4, 18, 25**
 **December 2, 9, 16**
 **January 6, 13, 20**
 **February 3, 10, 24**
 **March 2, 9, 16**
 **April 6, 13, 20**
 **May 4, 11, 18**
 **June 1, 8, 15**

Red indicates workshops. The other dates are parent driven open discussion.

Brookville Center at Westbury Friends has an infant and toddler program as well as a preschool program for children with and without developmental disabilities. For more information, please call Debra Doyle, Program Director at 516-326-5800.

Address: 550 Post Avenue

Director: Debra Doyle x5836

Westbury, NY 11590

Main Office: Cathy Testani x5800

Phone: 516-686-4496 opt. #3

Day Care Information: Susan Imperiale x5837

School Events:

October 7
Apple Festival

October 15
Lollipop Farm

October 21
Pumpkin Patch

October 30
Ragamuffin Parade

Administrator's Greeting

Autumn is a second spring with every leaf a flower

~Albert Camus

We welcome all of our new and returning families to another fun filled year of learning at The Brookville Center for Children's Services @ Westbury-Post Avenue.

Fall is the most colorful season of the year! It provides a wealth of outdoor opportunities for young children to play and explore nature. This fall season, BCCS is packed with a large variety of hands on active learning experiences designed to enhance learning. So let's all go outside and enjoy the wonders of the season! Encourage young children to use all of their senses and experience the wonder of autumn. See the various shades of red, orange and yellow; listen to the crunching of leaves under your feet, touch and feel the leaves, acorns, apples, pumpkins and a crisp breeze. Smell and taste the rich flavors of fall; have a family apple taste test.

Suggested reading from BCCS Staff this fall:

- 2 When The Leaf Blew In by Steve Metzger
- 2 How Many Seeds in a Pumpkin? by Margaret McNamara
- 2 Leaf man & Red Leaf, Yellow Leaf both by Lois Ehlert
- 2 The Apple Pie Tree by Zoe Hall
- 2 The Firehouse by Anne Rockwell

News from the Parent Association

At open school night several families signed up to help with the start-up of our Parent Association. If you did not sign up you are more than welcome to join in all of our meetings and activities. We will be sending out information about our first meeting along with ideas and contact numbers. Our hope is that the Parent Association will facilitate events, fundraisers and workshops for the parents, students and staff of BCCS@Westbury-Post Ave.

Please contact the main office if you have any questions or ideas. We appreciate your time and help.

Fundraiser Information

Thank you to three vendors who have graciously agreed to donate 10% of the proceeds of the sales of their products to BCCS@Westbury-Post Avenue

★ Premade and custom made quilts, pillows, tutus: LJSDesigns@gmail.com / www.facebook.com/ljsdesigner

★ **Lulu Clothing and Accessories** 6 Birch Hill Road Locust Valley, NY 11560 516-456-9372
Follow on Instagram @ lulu_clothing_accessories
Follow on Facebook
@ lulu clothing & accessories

★ **Lil Owl Art** Custom and pre-made bags and cards. Check them out on Etsy or email ksweett@yahoo.com

A Smooth Start to School

Starting preschool is a big step for many young children. The most common challenge for many children is saying good-bye to their parents or caregivers. Here are several ideas to help children transition to school.

- *Be consistent with a good-bye routine. Children like predictability.
- *Parents need to let go of their fears because children can pick up those feelings.
- *Send your child to school with a small transitional object, something that can easily fit into their backpack once they get to school.
- *Give your child lots of assurance that, “Mommy or Daddy is coming back.”



The students in the **Fox** classroom got down and dirty gardening during the month of September. The students cleared out the debris, dug holes in the soil and planted flowers, lettuce and carrots.



Helpful Hints from the Nursing Office

Getting the Year off to a great Start!!

- + **Complete Medical Authorization** form, with current phone numbers where we can reach parents and emergency contacts in case your child gets sick or injured at school
- + **Fall is mold and rag weed season.** If your child is allergic he/she may need allergy medications to get through, until the first frost. Please notify the teacher if you have medicated your child at home before school. Some medications may make your child drowsy.
- + If your child has **asthma** problems, please call the nurse at (516) 326-5852 to discuss treatments we can provide in school with medical orders from your physician.
- + We encourage **healthy snacks and lunches** in school- such as: fruits, raisins, vegetables and homemade leftovers. We cannot heat up lunches, so please reheat at home and utilize a thermos. Please use a cold pack to keep items like yogurt and cheese sandwiches cold.
- + Our aim in school is to keep all the children healthy and one way we can do this is to dress the children appropriately. It may be chilly outside, but the buses are heated and out buildings are warm and comfortable. **Please dress your child in layers so they do not get overheated.**
- + Please **LABEL** all coats, hats, gloves and boots to help the teachers keep track of your child's clothes.

Picky Eaters



There are many reasons a young child may be picky when it comes to food. Here are some ideas that may help introduce foods into a picky eater's diet.

- ▣ **When trying a new food, take small steps; first see if the child will tolerate the food on her plate, then touch it to her mouth, then tongue, then take a bite and chew. It may take dozens of times before the food is familiar enough to try.**
- ▣ **Try introducing a food that is similar to another food such as white cheese macaroni and cheese vs. yellow, cauliflower instead of broccoli.**
- ▣ **Hide vegetables in food by adding them to soups and pasta sauce.**
- ▣ **Encourage trying mixed textures by dipping a new food into a favorite sauce; carrots in dressing or bananas in yogurt.**
- ▣ **Do not let a child drink too much milk or juice during the day. The American Academy of Pediatrics recommends that children ages 1-6 drink no more than 4-6 ounces of juice a day. Avoid fatty dairy foods. Children older than age two do not need the extra fat in whole milk or buy 1%.**