

# Under the Rainbow

October-December 2011

Executive Director: Joyce Bree  
Assistant Director: Carolyn Adams



## 2011 Director's Annual Report

### Board of Directors

Richard Carter, President  
Laura Blackburn, Vice President  
Andrew Schwarz, Treasurer  
Ann Martin Rolke, Secretary  
Crystal Bowles  
Ed Coviello  
Scott Ford  
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### Upcoming Events

- ◆ 9/26-30  
Bring rummage items to RDC
- ◆ 9/28, 10/19, 11/16  
Captain Dan
- ◆ 10/1, 8-12  
Rummage Sale
- ◆ 10/28-11/11  
Fat Cat cookie fundraiser
- ◆ 10/31  
Pajama Day
- ◆ 12/8  
Holiday Program
- ◆ 11/11, 11/24-25, 12/26  
Closed for state holidays

If you are new to Rainbow, welcome, and if you are a continuing family, thank you for taking part in all of the improvements of the past year. We will continue on the path of progress as we complete some existing projects and programs.

We began a plan five years ago to repair and remodel the classrooms, and focus on improving the learning environment for the children. We began to aggressively fundraise to rebuild the playground. We applied for grants to take advantage of training programs to help support the teachers. We completed all four modules of the PITC (Program for Infant/Toddler Care), so we were able to participate in two other programs, the Quality Care Initiative and the CARES, which offers stipends to teachers who continue their education.

**Preschool Bridging Model:** We have worked with this program for three years now, and just completed our second year. This is supported by the First Five initiative and operated by the Sacramento County Office of Education to ensure a smooth transition from Preschool into Kindergarten. This year we were selected to take part in the newest program PBM (Plus). This focuses on birth through age 3 to improve teacher training and the Infant Toddler Environmental Rating Scale (ITERS) evaluation. We look forward to each opportunity we have to learn new ideas and techniques to create an enriching learning environment.

**Curriculum additions:** One of the most exciting additions is "Getting Ready for School Curriculum," formally known as "Handwriting Without Tears." This was developed by teachers to help children learn their letters and how to write them in a developmentally appropriate way. Ronit Schwarz (a parent and teacher) has been working with us to help introduce the program effectively. Look for more information in the coming months. We are also incorporating the "Kindness Curriculum" to focus on teaching children how to cooperate and work together for a more peaceful classroom setting. We tell the children this is "Hands-off Preschool. We do not use our hands to hurt our friends."

**Playground Phase Four:** New on the horizon is Phase Four of our Playground Rebuild master plan. We had our first Playground committee meeting in August. Our vision includes building a small play structure in the small play yard and rebuilding the large play structure in the larger play yard. Our mission is to replicate some of the most innovative and creative play spaces in which children can escape the city and enter a world of natural beauty; a place where they can grow a garden, and explore. We are looking for people to complete this committee. We also need to continue to aggressively fundraise to meet our goal. We need parents who have skills in gardening, building or just have a creative eye.

*"We are serving  
the next  
generation; when  
we get it right,  
there is no  
greater joy!"*

*The state calls  
children  
preschoolers at 2  
years, so we've  
changed our class  
name to match.*

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Did you know that at lunch each day, the Pre-K teachers ask the kids to name the protein, vegetable, fruit, and grain they're eating? Ask your child for a demonstration at your next meal!

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## Fundraising Success!

### Infant (Green) Class News

A sad goodbye to Ms. Willeta, who left recently after four years with us.

Ms. Blanca, Ms. Rachelle, and Ms. April are talking about Me, Myself, & I; Body Parts; My Family and Home; Harvest; Pumpkins; Five Senses; Thanksgiving. They're introducing brown, orange, black, red, and yellow and singing "Slippery Fish," "Thumbkin," and "Color

Song." They will be reading *Piggies*, *Touch & Feel*, *Body Parts*, *Baby Colors*, *Manners*, and *5 Little Pumpkins*

A warm Green Class welcome to Landon, Madeleine, and Jordana!

*Don't forget to take your bibs, binkies, sippy cups, and bottles home daily. Sheets and blankets go home every week. Thanks!*

### Preschool (Yellow) Class News

Ms. Aijuan and Ms. Lauren are talking about Me, Myself, & I; Harvest and changing seasons; Autumn and Thanksgiving. They're talking about the letters A, B, C, D and colors brown, orange, black, and yellow. They'll be singing "Head, Shoulders, Knees, and Toes," "Where is Thumbkin?," "Going on a Bear Hunt," and "Hurry Hurry Drive the

Fire Truck." Books this fall include *You Can Go to the Potty*, *Tugga-Tugga Tugboat*, *Our New Baby*, and *The Story of My Feelings*.

A warm Yellow Class welcome to Hailey, Mackenzie, Teagan, Charley, and Landon!

### Pre-K (Purple I and II) Class News

Ms. Katrina, Ms. Irene, Ms. Kathi, and Ms. Jessica are talking about All About Me, Fall, and Healthy Living. They're learning about skin-tone colors, orange, brown, yellow, red, and green and singing "Head, Shoulders, Knees, and Toes," "Bones Song," fall songs, "Apples & Bananas," "Fruit Salad," "Choosy Workouts," and "The Thankful Song"! Books this fall include *Different Families*, *Leaves*, *I Will Not Ever Eat a Tomato*, and *Red or Blue*, *I Like You*.

Visitors will include parents of different cultures, a presentation on becoming a

clown, and an exercise coach! Look for fliers with more information.

A warm Purple Class welcome to Oliver, Ronan, Michelle, Adelyn, Gabriella, Fern, David, Lucas P., Olivia F., Jasmine, Joaquin, and Sydney!

Thank you to Captain Dan for coming and teaching us about safety.

**Please remember to check your art files regularly and keep cubbies clean and tidy. Extra clothes should be in Ziploc bags with names on clothes and bag. Thanks!**

This year we held our first Book/Media and Bake sale. Thanks to the many parents who participated by donating items for the sale and especially to those who worked during one of the hottest days we have had this summer! We were able to raise \$339.00.

On October 1<sup>st</sup>, we'll have our first **Rummage Sale** benefit. It will be held **from 8-12 at 216 32<sup>nd</sup> St. Sacramento.**

*Please bring donations to Rainbow or the above address 9/26-9/30.*

## Have You Found Us Online?

**Where can I find the latest info for Rainbow? On our website and Facebook page!**

We have a wonderful parent who has dedicated himself to updating our website, and this is no small task. Paul Charkiewicz has helped us create a more useful website: We added the enrollment packet, a monthly menu and calendar, a Facebook page, and we are in the

process of updating our link section to offer parents advice and ideas from great resources. We are also going to be adding the monthly curriculum beginning in October.

We are working on creating password-protected entrance so we can share pictures of your kids at play at Rainbow. Please check in periodically to see what's new on the Rainbow website.

We're on the Web!

[rainbowdaycareinc.com](http://rainbowdaycareinc.com)

Have you "liked" us on Facebook yet?

## Parent Survey Results!

Remember back in March when we asked families to complete an on-line survey about Rainbow? We would like to take a moment to thank all that participated, and share some of the results.

Many of you mentioned that the teachers are Rainbow's greatest asset. Many parents also showed interest in receiving more information on their child's growth and development.

You'll find general information on all kinds of developmental topics on the **Rainbow website** by clicking "Resources," and then "Kids Health." You can always ask a staff member for more information if you have a specific concern about your child.

We have some aesthetic and communication improvements to be addressed, but overall we are serving our families well.

A few changes that have been made in response to the survey are:

- A fundraising calendar and weekly curriculum have been posted on the website.
- A playground committee has been formed and is working to improve and replace some of the equipment.
- The letter of the week, daily/weekly activities, and menu are posted on the large whiteboard located on the wall as you enter your child's classroom.

Thank you again for taking your time to complete the survey. Rainbow is continually striving to improve our program and improve the satisfaction of our Rainbow Families. Remember we have a suggestion box, to the left of our entrance door, so please feel free to share any suggestions or comments.

*If you have concerns, feel free to contact the Board at [rdcboard@att.net](mailto:rdcboard@att.net).*

100% of surveyed parents are satisfied with the overall quality of our program and feel that their children are happy and safe here!

## Teacher Feature: Rachelle Fredianelli

**We asked Miss Rachelle, the Head Infant Teacher, to share a bit about herself.**



“I have been working with children since 1998. I’m a hands-on learner and I enjoy teaching that way. So if the activity is messy and you end up covered in paint from head to toe, I’m all for it!”

Rachelle is married and has two daughters, Alexsys and Raven (who

just graduated from Rainbow and is now in kindergarten).

“I enjoy spending time with my family and I love to cook a great meal,” she says.

Her favorite hobbies are arts and crafts, wood working with her mom, and spending time in the garden. She’s currently growing her own basil and making homemade pesto!

**Our Motto:  
Quality Care with  
Low Ratios!**

## Gratitude Corner: Gracias, Merci, and Thank You!

We want to recognize and thank the following parents for the many things you do for Rainbow: Ronit Schwarz for introducing “Writing without Tears.” We’ll use this with our preschoolers, starting in Sept. Paul Charkiewicz for updating our website; the Nguyen family for providing a marvelous lunch on Matthew and Andrew’s last day; Ann Rolke for doing our quarterly newsletter; all the parents

who provide items to our classes; our Board of Directors who spend tireless hours overseeing the operation of Rainbow. Thanks to Wendy N., Laura B., Steve T., Ed C., Kathleen F., Irma D., Amy A., Thea P for putting on the book and bake sale. We just appreciate your willingness to make Rainbow “Shine.” You are an awesome group of parents!

## Director’s Corner: Choking Injuries are Preventable!

Choking is the fourth leading cause of death in children under five. At least one child dies from choking on food every five days and more than 10,000 children to the emergency room every year for food-choking injuries. The biggest culprit is our iconic hot dog.

- Never leave a small child unattended while eating. Direct supervision is necessary.
- Children should sit up straight when eating, have sufficient teeth, and developmental ability needed to chew and swallow. Children with special health care needs are especially vulnerable.
- Children should have a calm, unhurried meal and snack time.
- Children should not eat when walking, riding in a car or playing.

- Cut foods into small pieces, removing seeds and pits. Cook or steam vegetables to soften their texture. Cut hot dogs lengthwise and widthwise.
- Model safe eating habits and chew food thoroughly.
- Offer plenty of liquids to children between mouthfuls.
- Think of shape, size, consistency and combinations of these when choosing foods.
- Identify emergency resources and contacts.
- Become familiar with child CPR, Heimlich Maneuver, Automated External Defibrillators (AED) and calling 911.

**A young child’s trachea is approximately the diameter of a drinking straw. Take care with:**

- Hot dogs (especially in coin shape), meats, sausages, and fish with bones
- Popcorn, chips, pretzel nuggets, and snack foods
- Hard or sticky candy, cough drops, gum, lollipops, marshmallows, caramels, and jelly beans
- Whole grapes, raw vegetables, raw peas, fruits with skins, seeds, carrots, celery, and cherries
- Dried fruits, sunflower seeds, all nuts, including peanuts
- Peanut butter (especially in spoonfuls or with soft white bread); serve with jelly or cream cheese to prevent a glob from forming
- Ice cubes and cheese cubes
- Foods that clump, are sticky or slippery, or dry and hard textured