



Enrichment Program

Welcome

Welcome to the Bath Area Family YMCA Enrichment Program. We are happy to welcome back returning families and to introduce new friends and families to our program. We are looking forward to a fantastic year together.

A goal for the upcoming year is to provide more opportunities for families to interact. Our self-assessment indicated that families would like to come together more often. If you have any suggestions around this, please let us know.

The Y-care Family

Group will be starting in October. The group will meet every other month to review policy, plan events, etc.

More details to follow.

As a reminder, our classrooms are now peanut, tree nut, and mustard free. We ask that all children wash their hands at the beginning of the day. Children beginning their day in the Enrichment One classroom may use the sink in the classroom. We ask that children beginning their day in the Enrichment Two classroom stop in the bathroom in the hallway to wash hands prior to entering the classroom. We are happy to answer any questions that you might have around this.



Outside Play

We go outside to play everyday, weather permitting. Please send your child to school with outdoor clothing that is right for the weather conditions.

Our playground has many natural elements therefore, we ask that the children wear closed toe shoes. You might want to send in boots following wet weather.

Children develop important self help skills as they practice dressing for outside play.

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Important Dates

September

- 2 The Y Closed for Labor Day
- 4 Enrichment Open House
- 9 First Day of CHOICES



October

- 11 Enrichment Program Closed for Teacher Professional Development
- 14 The Y Closed for Columbus Day
- 30 Picture Day
- To Be Announced—National Fire Safety Month—Firefighters and a truck will visit the Enrichment Program

November

- 9 Touch A Truck Event
- 15 Family/Teacher Conferences—no CHOICES program. Enrichment program will be open for full year families and CHOICES families with wrap-care
- 25-27 No CHOICES program—Enrichment program will be open for full year families and CHOICES families with wrap-care
- 28&29 Enrichment Program Closed for the Thanksgiving Holiday

Enrichment One News

Welcome! It's hard to believe that summer is winding down and autumn is on its way! We are looking forward to a fun exciting year with many returning families and some brand new friends.

We will be creating a family wall and will be taking pictures of the children with family members as they drop off and pick up. Please feel free to send in photos of family members

that we may not get to see every day, including siblings, grandparents, pets, etc.

We will start off our new year getting to know each other and establishing a classroom community. We will develop classroom rules and routines together so that everyone feels comfortable and safe.

Families are always welcome in our classroom. We invite you to

come in and spend time in our school home. If there is an activity that you would like to do or if you just want to come in and read or help, let us know!



2nd Annual Touch A Truck

Save the date! This community event sponsored by CHOICES will be held on Saturday, November 9th from 11:00 am -1:00 pm at the Bath Recreation and St. Mary's Church parking lot, Sheridan Road, Bath. Last year, many families in the community attended this fun event where children had an oppor-

tunity to see, touch, interact with and learn about lots of really cool vehicles. Face painting, hot dogs, pop corn, baked goods, and a raffle added to the festive atmosphere.

If you are interested in learning more or helping with this event, please let us know.



What do children learn from exploring and creating with art materials?

Art is an important part of our curriculum. Every day, children find a variety of art materials available on our shelves. Drawing, painting, gluing, molding, and constructing are not only enjoyable but also provide important opportunities for learning. Children express their ideas and feelings, improve their coordination, learn to recognize colors and textures, and develop creativity and pride in their accomplishments by exploring and using art materials.

When children are engaged in art activities, we talk with them about what they are doing and ask questions that encourage them to think



about their ideas and express feelings.

Teachers are interested in observing children in the creative process as well as in what children make. They say things that encourage children to be creative and confident, such as,

“Tell me about your picture.” (Instead of “Is that a house that you drew?”)

“It looks like the play dough is sticking to your fingers. What could we do to make it less sticky?”

Enrichment Two News

Welcome to the Enrichment Two classroom! We are excited to be working with your children this year. Please know that you are always welcome in the classroom.

In the next few months, the focus of our learning will be around building a classroom community. We have many activities planned to assist the children

with learning about the people in the class as well as the classroom environment. These include making books, developing classroom rules and creating self portraits. We will also be observing and documenting the changes that we see in the outdoor environment.

As we work to build our classroom community, we would like to develop a

“house block” for each child in the classroom. Please provide or email a picture of your child’s home(s) that we can mount on a block. These will help us in developing math, literacy, and social studies skills.

We look forward to working together during what promises to be a fun, learning-filled year.

Meet Ms. Sharon

The Enrichment Program is fortunate to have Ms. Sharon Pyne share her musical talents with us every Tuesday morning.

Ms. Sharon has a degree in Early Childhood Education and is a licensed Music Together teacher. She taught as a Montessori School teacher for 15 years. Her bands,

“Ladies of the Lake” and Portland Ceili Band have performed for concerts and festivals for many years. Her calm experienced leadership invites children’s musical ideas. Celebrating every season with song, she joins young and old together in rhythm and harmony.





BATH AREA FAMILY YMCA

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The Bath Area Family YMCA Child Care programs offer opportunities for children to interact in an inclusive, child-directed environment. We focus on learning through the developmental areas of social-emotional, physical, cognitive and language, utilizing “play” as the focal point for all learning. We respect and support children in the acquisition of new skills, believing that children learn at their own pace, developing skills as they build upon gained knowledge.

Families are an integral part of our program. Teachers help to introduce diversity while working with the children and families involved in our programs. Our goal is to create an environment that nurtures, encourages respect, promotes self-esteem and trust. Our hope is that the experiences we offer will promote unique and positive outcomes for the children and families we serve.

www.bathymca.org



It Starts With Child Care

The Bath Area Family YMCA is proud to participate in the 5210 Goes to Childcare Program

As children age their habits solidify and become much more difficult to change. Good nutrition and plenty of physical activity are key to a young child’s growth and development. The early years of childhood – from birth to age 5 – is a critical period for the development of these healthy behaviors that can have a lifelong impact on a child’s quality of life.

Many children are in a childcare setting, often for several hours each day. Because of this, the child care environment and providers play an important role in helping the children in their care develop healthy eating and physical activity habits that will last a lifetime.

What We Do

The goal of *Let’s Go!’s* Early Childhood work is to bring about environmental and policy changes that support healthy eating

and physical activity. We aim to do this in multiple settings that reach children from birth to age 5.

Because *Let’s Go!’s* Early Childhood efforts focus on child care settings, the program is called *5-2-1-0 Goes to Child Care*. *Let’s Go!* uses this program to support child care providers in raising a healthier generation of children. *5-2-1-0 Goes to Child Care* is based upon the ten key strategies listed below, and uses a 6-step process to guide child care programs in creating an environment that supports healthy eating and physical activity for the children in their care.

1. Provide healthy choices for snacks and celebrations; limit unhealthy choices.
2. Provide water and low fat milk; limit or eliminate sugary beverages.
3. Provide non-food rewards.
4. Provide opportunities for children to

get physical activity every day.

5. Limit recreational screen time.
6. Participate in local, state, and national initiatives that support healthy eating and active living.
7. Engage community partners to help support healthy eating and active living at your site.
8. Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.
9. Implement a staff wellness program that includes healthy eating and active living.
10. Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.