Hello CDL families!

The summer is winding down, and we are quickly approaching the end of another semester. As with all ends to semesters, it is bittersweet to say goodbye to our 490 practicum students as they all move on to new chapters in their lives. We will miss them all! We will also be saying goodbye to our Nutrition student intern, Kristen Fasano. Kristen and the preschool children planted the garden on the playground, and she has done a number of cooking activities with the children in both age groups. Please see the article included at the end of the newsletter that Kristen contributed. This was the first time the CDL has had a Nutrition student intern, and we enjoyed the experience. We wish Kristen good luck as we say goodbye and thank you!

This time last year, I was writing in our newsletter that we are gearing up to prepare for our upcoming NAEYC accreditation visit in 2016. Our NAEYC assessor came for a day-long visit on May 12, 2016, and we have all been patiently awaiting their decision. It is with great pleasure that I am able to announce that the CDL has successfully earned NAEYC re-accreditation through 2021! The CDL has a history of being a high quality program earning national accreditation since 2006. The accreditation process is a rigorous, yet insightful, assessment that helps us to see where our strengths lie, and where we need to focus with continuous quality improvements.

I want to thank all the families who were able to come to the Family Night in July. The practicum students put forth a lot of work and energy planning for and executing this event. Each classroom had a unique focus: ITT East - Transportation and Art; ITT West—Anti-Bias Curriculum; and Preschool - Recyclable Art. We hope you enjoyed your evening.

At the start of the fall semester, updated Family Handbooks will be sent to everyone. Based on parent suggestions, I have included a section in the Family Handbook that describes emergency preparedness procedures. Hopefully, parents will have a better understanding of what types of drills the CDL conducts and what happens during them.

While the CDL will be sad to say good-bye to the current group of students, we are excited for fall to have our new students join us. It was a small group this summer with only 9 practicum students; being at the CDL 8 hours a day was a good experience for the students to get the ‘feel’ for working all day with children! In the fall, each ITT room will have 5 students and Preschool will have 4. Parents are invited to join us for the Family Open House on Friday, August 19 from 10-11:30 am. All families are welcome to attend! All the practicum students will be here at that time for you to meet your child’s primary caregiver!

Please enjoy the rest of your summer! The time certainly flies by quickly and before you know it we will all be busy with fall.

Lisa Schmidt
Co-Director for Operations
Hello Preschool Families!

As we continue to take advantage of the warm weather and outdoor play, we were fortunate enough to have an NIU nutrition student come visit us. She taught us about a variety of plants and engaged the children in planting in our very own preschool playground! We planted a variety of vegetables such as tomatoes, squash and herbs such as basil, cilantro, oregano and parsley. The children helped water and weed the garden. Some of the herbs were ready to harvest after a couple of weeks. We are looking forward to using some of these vegetables in our cooking activities in the classroom.

We would like to thank all of the families that attended our Family Night on July 18th. We hope that you all enjoyed creating recyclable art and learning about how creating art benefits your child! We would like to also thank Courtney and Sean, who donated a fish tank and new fish for our classroom! Preschool took a vote and decided that the Goldfish would be named “Cookie” and the Eel would be named, “Boss”! We are very excited and fortunate to have these two fish as an addition to our classroom.

As we reach the end of the semester we have a few goodbyes to be made. We would like to say thank you to our Summer interns, Rebecca, Raquel, and Brittani. Good luck on your future endeavors! We will be having new interns that will beginning on August 22nd. We would like to welcome Angelina, Frank, Jaclyn, and Vanessa to Preschool!

Sincerely,
Kristi, Jamie, Katie & Sam
Greetings ITT East families,

We hope your summer was relaxing and fun! This summer was great and we had so much fun with many of the outdoor activities such as nature walks, science inspired activities indoors and outdoors! We would like to thank everyone for attending Family Night! We truly hope you enjoyed our “E-Zone” automobile experience. We had a blast washing vehicles and painting with trucks! Fall semester here we come!!! We are sad to say farewell to Bennett, good luck at your new school. Along with that, we would like to say good bye to our summer interns Kasey, Kat and Alexis. We want to thank them all for all of their fun group times and small groups. Good luck ladies with your future endeavors! Also, Krysten Jones will be continuing as Extra Help in the ITT West classroom. We would like to welcome back our new Grad assistant, Elena Paloma. Elena did her practicum in the East classroom of Fall 2015. Last but certainly not least, we would like to say, “WELCOME” to our new Child Development Supervisor Christy Pelikan. Christy completed the practicum in the Spring 2014 semester. Welcome to the team Christy P! All of us are happy that she is part of the CDL Family now.

We would like to introduce our new interns for the fall 2016 semester. Michelle Doran, Brittany Hester, Ashly Regalado, Taylor Williams and Christina Zettek. Please give them a warm welcome to our classroom. We look forward to getting to know them as well as we are elated to see what innovative ideas they have for our classroom. Just a friendly reminder that beginning August 8 to August 19, 2016 we will have our interim schedule. On August 12, 2016 the CDL will be closed for the staff’s professional development day. Please plan accordingly. If you have any questions or concerns please feel free to speak with us in person or via email.

Have an awesome week!

Best Wishes,

ITT East Staff

Clarissa, Christy P., Natalalee & Elena
Welcome ITT West Families!

First off, we want to thank our students for a great summer! Each student created and planned a Parent/Community Involvement. First, we had dried flowers and plants glued onto construction paper to make a classroom nature book. Second we had a NIU police car visit us. The children got to sit in the car and turn on the flashing lights. Lastly, we painted pots and planted plants to watch them grow in the classroom. What a wonderful learning experience this was for everyone! We wish you all the best of luck on your new future endeavors!

Currently, the children are interested in zoo and sea animals, gross motor activities, and books. A few of our friends have been to the Zoo on a regular basis. They have purchased summer passes at the Brook Field Zoo and attend frequently on the weekends. We also had a couple friends go to the Shed Aquarium! So the teachers have put in more books about the zoo animals and filled up the media table with some water and sea creatures to expand on the children’s real life experiences.

It has been a hot one, but the children are still very active outside. The children are constantly working hard with their large muscles to complete obstacles. “Gross motor development” includes the control and movement of large muscle groups such as the torso, head, legs, and arms. Children begin working on their gross motor skills as soon as they are born. Large muscles refer to the muscles found in the arms and legs. Large muscle movements include crawling, kicking, walking, running, and throwing” (Illinois Early Learning Guidelines).

Also, reading has been a hot topic this semester! Most of the time you can find our older children reading to the younger children. The older children will ask open ending questions just like their teachers do. The older children are great role models to their younger friends by helping them identify and sound out objects and people.

Reminders:

- August 5th-Summer Interns last day
- August 12th—CDL CLOSED
- August 19th—Family Open House 10am-11:30am
- August 22nd –First Day of Fall Semester

Stay cool,
Casey, Ecila, Brittney & Christina
Making Summer Super
By Kristen Fasano, Nutrition Intern

The plants in your garden aren’t the only thing you must worry about growing strong this summer. Just like your perennials, kids ages 1-8 need nutrient packed meals to support their growing bodies and brains. Luckily summer is the best time to try some new foods on your youngster. Here are five superfoods that will not only enrich your child’s diet but are also easy to add to your table—if you haven’t already!

**Eggs**
Eggs are high in protein and are great breakfast options because they are versatile and will fill your child up. Protein is essential in the morning because it helps build brain tissue and provides a boost of energy for the day. Eggs also contain vitamin D which aids in calcium absorption, a necessity for bone growth.

**Tofu**
You don’t have to be a vegetarian to enjoy tofu and while some meat eaters stick up their nose at it, they are missing out on some great benefits. Growing girls will especially benefit because it aids in developing lean tissue on the body. Tofu is a form of the soybean or edamame bean so it can be added to stir fry, soups, and even smoothies. Be a role model, the best way to add foods to your kid’s diets are by adding them to yours.

**Basil**
Its high in vitamins A, C, and K. Also contains potassium, iron, and calcium. Serve it in flakes across chicken or pasta.

**Oats**
They are fiber rich and provide satiety because as a whole grain, they digest slowly. Whole grain options are important at a young age so healthy food habits can develop. Oats are an excellent whole grain option for gluten free kids and can be eaten as oatmeal, oat bars, or as dry cereal. Just make sure to read the sugar content to ensure the option is healthy.

**Fruit**
Berries and melons and oranges, oh my! Fruit is a perfect summer snack that can be added to the table cooked, raw or in a smoothie. Fruit is low calorie and packed with free radical destroying antioxidants. The possibilities and varieties are endless but remember that eating a variety of colors is important. If you’re worried about your child choking do not feed them grapes or small apple chunks. Mash them up, put them in a smoothie, or use a substitute like applesauce.

References
http://www.choosemyplate.gov/fruits-nutrients-health