DIRECTOR’S DESK
Hello CDL families! Welcome to another Fall semester at the CDL! Our semester is off to a busy start. We have 14 practicum students this semester who have been ready and eager to get into the classrooms. Our enrollment is full! We have a total of 44 children enrolled at the CDL, and we welcomed 13 new families! Also welcome to all of our staff; we have a new assistant teacher Graduate Assistant in the Preschool room, Kat Dolan! We are thrilled Kat is our new GA as she just completed her 490 practicum this summer in the East classroom. Please join me in welcoming Kat as our newest staff member. Another new addition is a child development volunteer student, Tena Callahan. Tena volunteers on Thursday mornings in the East classroom, and she will be completing her 490 practicum in the summer. The CDL has a full house with enrollment, students, and staff!

We are off to a fantastic start for a new year at the CDL. Thank you to all the families who were able to attend the Family Open House on August 19! I know the practicum students really appreciated the opportunity to get to talk to many of you before the start of the semester. Also, as many of you know, the CDL was closed on August 12 for a professional development day. The entire day was full of insightful and relevant workshops and topics for our staff; and also within this day, we as a staff worked through annual priority planning for the CDL. Taking the results of the Family Surveys, the Staff Surveys, and the Practicum Student Evaluations, we formulated 3 annual priorities that will address areas of needed growth to strengthen the CDL. In regards to the Family Survey, parents indicated several strengths at the CDL including: families feel respected, strong relationships with the teachers, and good communication (verbally). Communication also faired as an area of growth in regards to knowing community events and/or feeling a part of the ‘parent community’ at the CDL— having parents feel more connected with each other in the program. As such, a annual priority for us this year will be to formulate and follow through on action steps that will assist in strengthening relationships between families at the CDL.

The CDL will be resuming Parent Advisory Board meeting this semester. The dates are scheduled for September 29 and October 25 from 3:00-4:00 pm. All parents are welcome; email to follow with more details.

Finally, I would just like to wish everyone a great fall semester! Please read through the rest of the newsletter to see what is going on in the classrooms!

Lisa Schmidt
Co-Director for Operations
Welcome Preschool Families!
We are very excited to welcome our new friends Amod, Aliana, and Jude to the CDL and Jane and Archie from ITT. We also have four fabulous new interns for the Fall semester! Vanessa and Angie are our morning interns and Frank and Jaclyn are our afternoon interns. Our two grad assistants are Sam Dedina and Kat Dolan.

We had a refreshing lemonade stand in dramatic play where we served up smoothies and juices. We have been harvesting our garden. We picked tomatoes, basil, and cilantro. The children were eager to eat the tomatoes. We explored cause and effect by scooping and pouring water in the media table as well as the sand box on the playground. We counted how many scoops it took to fill up the bowls and also watched it trickle through the funnels.

Over the last few weeks, we have been talking about the weather and a variety of storms. Several children were interested in thunderstorms, hurricanes, and tornados. We have been experimenting with sounds especially emergency vehicles. We started pulling over on the bike bath if someone made a siren sound. We also heard the tornado warning siren as we heard it from our playground and discussed what we need to do if it was a real warning siren. We had our fire drill by listening to a smoke detector beep. We played a listening game of sounds we would hear outdoors and indoors by listening to the sound and identifying a picture on the participants game card. Hope you have a wonderful semester!

Sincerely,

Kristi, Jamie, Sam, and Kat
Greetings from the ITT East Classroom!

We hope this update finds you all well and enjoying the last few weeks of summer. First of all, we would like to give a warm welcome to our new children; Makari, Eleazer, Manna, and Iris. We are very excited to have them in our classroom and are glad to have our old friends back from the summer as well! We are excited to see each child change and grow over the next few months!

We would also like to welcome our five new interns. Michelle and Brittany are our morning interns, working 7:30-1:30. Ashly, Christina, and Taylor are our afternoon interns, working 11:15-5:15. They have been busy developing relationships with their primaries the last few weeks and getting to know them quite well. Ashly and Brittney are the first to lead teach starting September 6th. We are excited to see what they have planned for us!

Many exciting things have been happening in the East classroom these first few weeks of the semester. Along with helping our new friends settle into our classroom we have been taking several walks exploring the campus. One of our frequent stops is the fountain by Cole Hall and the Huskie hill in front of DuSable. It is nice to get out and explore, enjoying the fresh air. We also have been working hard at developing our fine motor muscles through sidewalk water painting, rabbit connectors, and painting with various objects. We will be introducing playdough into the classroom in the next week to help with these skills as well.

Some quick and brief reminders:
- We will be closed September 5, 2016 due to the Labor day holiday. Enjoy your holiday!!
- Also, please be sure to provide indoor shoes for your child to wear in the classroom.
- Along with that, please check your parent pocket located above our cubbies in the classroom and take home water play gear if you haven’t already.

If you have any questions or concerns please feel free to contact us via email or in person. We hope that you have a great start to the new semester!

Best Regards,

ITT East staff
Welcome ITT West Families,

What a great start already to the fall semester! The ITT West room is full of new faces this month! We want to first welcome all of our Fall 2016 interns! They have been getting to know their primaries well and building relationships with all of the children. Lead teaching first this month will be Alex and Ashley. There are very excited about adding new ideas and activities into the classroom! Stay tuned for updates about the parent community involvement!

Alex (A.M.)

Eva (A.M.)

Ashley (P.M.)

Leigha (P.M.)

Mariannah (P.M.)

Next, we want to welcome some new friends; Max, Avery, and Logan! Our new friends have been adjusting well to their new environment and we all look forward to lots of developmental milestones this semester! “Milestones/Domains of Development: Children’s development is looked at through four core developmental domains: social and emotional, physical, language, and cognitive. Children develop across these four domains at the same time, with each area of development dependent on growth in all the other areas” (Illinois Early Learning Guidelines Birth-Three).

Reminders:

- Sunscreen and swim wear can be taken home this month.
- Please make sure to have at least 2 full outfits for your child’s cubby
- CDL CLOSED SEP. 5th for LABOR DAY

Stay Cool,

Casey, Ecila, Krysten, and Christina
Allergies and Alternatives  
Submitted by FCNS Nutrition Intern, Kristen Fasano

When it comes to a child’s nutrition even parents who have instilled a foundation for healthy choices hit snags as their child moves further into toddlerhood. As growth and discovery of new foods continues, toddlers and parents also discover food reactions—allergies and food intolerances. The top three foods that cause reactions in toddlers are peanuts, milk, and wheat. Regardless of the food that causes the reaction most symptoms of allergies include an itchy rash, tingling or swelling of the tongue, mouth, or throat, and abdominal cramps. Symptoms of food intolerance are similar to allergies because of the gastrointestinal reactions like diarrhea, gas, and cramps. The difference between an allergy and intolerance is that an allergy affects the immune system and can cause a life threatening reaction called anaphylaxis while food intolerance affects the gastrointestinal system and is uncomfortable instead of dangerous.

If your child’s diet is limited, it’s important to be aware of alternatives that allow him/her to receive the nutrients lost. Children with nut allergies must receive protein, and some vitamins and minerals from other sources like fruit, vegetables, grains, and lean meats. Peanuts rarely cause food intolerance so it’s safest to assume an allergic reaction. Milk and wheat can cause an immune or digestive response. Lactose in milk and gluten in wheat are the components that cause digestive issues that mark food intolerance. Cutting milk from your child’s diet can cause deficiencies in calcium, riboflavin, phosphorus, and vitamins A, D, B12. Removing wheat can cause deficiency in iron and B vitamins. To avoid these problems use substitutes like calcium fortified products, milk alternatives (soy and almond milk are popular choices), other whole grain products (oats and brown rice are easy choices), leafy greens and protein foods like fish, poultry, eggs, and legumes.

Whatever the motivator in your child’s diet it’s important to remember that increased knowledge about food’s varieties, benefits, and hazards is that best way to form lifelong positive eating habits.

Resources: