

The Sunshine Room Newsletter

August



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What's Been Happening

This month we welcomed many incoming kindergartners, who became known as the "Rainbow Unicorns."

This month, too, we harvested the carrots that the children had planted last spring. How exciting to pull them out and find out how big they had grown. And what a treat to eat them for lunch!

It's always fun to get something in the mail. As promised, a box from Ms. Kristin sent all the way from Australia, finally arrived. We opened it to find a nice long letter and some delicious chocolates! We thanked Ms. Kristin personally (and got to see her again) in a Skype chat.

The big highlights of the program were the Dance Show, the Art Museum and cooking a multitude of delicious foods (ranging from pizza—made from scratch—to fruit and grain bars.

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Dance

In recognition of her favorite season (and because it is timely, too), Ms. Randi choreographed this summer's dance show to summer-themed songs. And what a summery show it turned out to be, complete with an island-themed backdrop, yummy cookies reminiscent of each group's dance, and juicy watermelon.

The Rainbow Unicorns were brand new to Ms. Randi's dance class, and quickly caught on to the structure, terminology, and expectations of her class. Ms. Randi is very pleased that the children learned and behaved so well in rehearsal. She is certain that in upcoming performances (the earliest being the Halloween show), the children will feel and display more confidence now that the first time is over! Their dance ("Crazy Little Thing Called Love") included some very silly moments which the children embraced and had fun doing.

The Shooting Stars and Pegasus Tamers, more seasoned performers, once again gracefully danced through yet another show. The dances "Poison Ivy" and "Back to the Island" seemed tailor-made for these groups of children, and Ms. Randi is extremely proud of the children for their hard work.

If Ms. Randi could have her wish, the first graders could continue working with her: their performance abilities are so well-developed and their professionalism has been such a wonderful example for the incoming kindergartners. It is Ms. Randi's hope that her students find some way to include dance in their lives as they move on from The Seed!

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THE SEED DAY CARE CENTER
where children blossom



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Announcements



A big "Thank You" to Zak, Noah's brother, for volunteering in the Sunshine Room. You played so nicely with the children were a great role model for them.

Another highlight of August was Zak's performance on the guitar. What a rock star!

Happy
Birthday!



Sophia

Art



The second half of August was a relaxed, personalized time in art for the Sunshine Roomers. Though they were given specific projects, there was endless opportunity for individuality.

Painting was the main theme in the first week of Session 4. The children painted in various ways: first, there was free paint, and their colorful, original paintings decorate the Sunshine Room. Next, they completed a Fold-a-Print, where they painted just one side of a piece of paper, then folded it in half to make a mirror image of their work. Next came dot painting, which involved painting strictly dots. These original works transformed into greeting cards that the children may save for a special occasion or give to whomever they choose.

The children painted with watercolors, too, discovering what happens if we try to paint on top of crayons or pastels. Their favorite was the "Name Savers" project: Ms. Randi had previously written each child's name on a piece of paper with a white crayon, and their names magically appeared once the watercolors hit the page – it was like a secret message!

Everyone tried their hand at sculpting with clay, creating various objects, such as animals, jewelry, knick-knacks, modes of transportation, and nature.

We returned to watercolors to make our own original marble paper. The paint was dripped onto shaving cream, swirled into a marble-like design, and transferred onto paper. Pretty cool!

And finally, the children did some straw paintings to make some explosive bursts of color on the page!

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Sports and Games

The month of August has been a very active month! The children were very busy learning some new and exciting games! We started the month out by learning a new game called “Elbow Tag”. This particular game requires the children to pair off into groups of two, linking arms. When the tagger chases another child, that child must quickly run and link arms with another pair of children. Whoever is on the opposite end must be the next person to run away before they get tagged. This is a fast paced game and the children really enjoyed it!

Another game the children learned was called “Steal the Bacon”. This game requires the children to pair off into two separate groups. The two groups face far apart and each child from a particular group receives their own number. A ball is sitting

in the center of both groups. When a specific number is called out, a child from each group with that particular number must run as fast as they can to bring the ball back to their group. Whoever grabs the ball first, scores a point for their team! These new and fun games support listening skills, cooperation, teamwork and of course physical activity! The children also learned some yoga poses! These poses included: the tree pose, the crab, the turtle, the flamingo, downward dog, and mountain. The children really enjoyed forming a variety of different animals and yoga poses with their bodies!

Upcoming Events

**The start of a learning-filled,
fun-filled new school year!**



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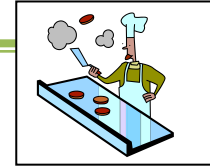


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August photos



Cooking



The Sunshine Roomers put on their aprons and became chefs this month! All Session 4 long the children tried out tasty recipes that they later compiled into a cookbook so they could recreate the treats at home with family and friends.

The children also enjoyed watching cooking-themed movies like *Ratatouille* and *Cloudy with a Chance of Meatballs* and reading food-themed books like *What's On My Plate?* by Ruth Belov Gross, *It's Disgusting and We Ate It!* by James Solheim, and *Thundercake* by Patricia Polacco. We learned about where our food comes from and that people can cook with almost anything!

We started off with a delicious ice-cold treat, Frozen Berry Fruit Pops. The children made both strawberry- and blueberry-flavored pops using yogurt, syrup and fresh fruit. Yum!

A favorite among the class were Moon Rocks, which look like a cross between a scone and a cookie. The Pegasus Tamers made red Mars Attacks rocks using food coloring, while the Shooting Stars made Comet Clusters with chocolate chips, and the Rainbow Unicorns used rainbow sprinkles to make Meteor Shower moon rocks. Everyone enjoyed taking a trip to outer space with these themed cookies!

From moon rocks, we returned to Earth to enjoy a lunch-time favorite, pizza! All the children had fun watching the yeast react in water and kneading their own individual pizza pie.

Munchy Oat Bars was the next recipe our chefs tried. The Sunshine Roomers particularly enjoyed mixing all the different ingredients and using a potato masher to level the high-energy bars into the baking pan.

Everyone's hands got a little dirty when the chefs learned how to make Play-Dough Bread. Everyone had lots of fun rolling their bread into a unique shape. Faces, trucks and nature items were all shaped into delicious rolls for snack time!

Multicolored Meringues were next on the menu. Each child had a chance to help whip egg whites into a tasty swirl of pink, blue or green. We then turned these meringues into sandwiches with whipped cream in the center. Delicious!

Ms. Halie also shared two special recipes her grandma taught her; Blueberry Muffins and French Butter Cookies. The children loved making shapes with the cookie dough; from Chihuahuas to characters from Star Wars, the children made all types of delicious cookies to share with their families at the Sunshine Room Art Museum!

Everything was turned upside down with our next kitchen creation, Upside-Down Cupcakes. All the children had a chance to create their own fruit design on the bottom of a cupcake which was then served bottom side up. Everyone worked extra hard to make sure these special cupcakes would be a delicious addition to the second day of the Sunshine Room Art Museum.

Our final day of camp had our chefs trying their hand at two recipes: Applesauce and Vanilla Ice Cream. The Rainbow Unicorns loved peeling the apples and the Pegasus Tamers enjoyed the delicious smells of fresh cream and vanilla! At snack time we had a sundae party with our own homemade ice cream. Yummy!