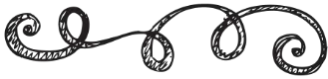
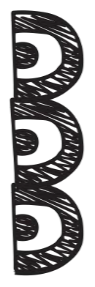
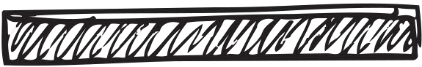
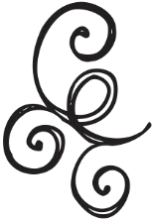
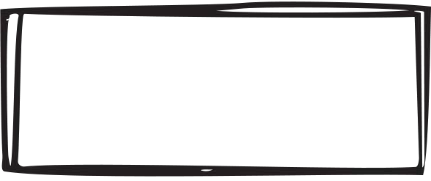
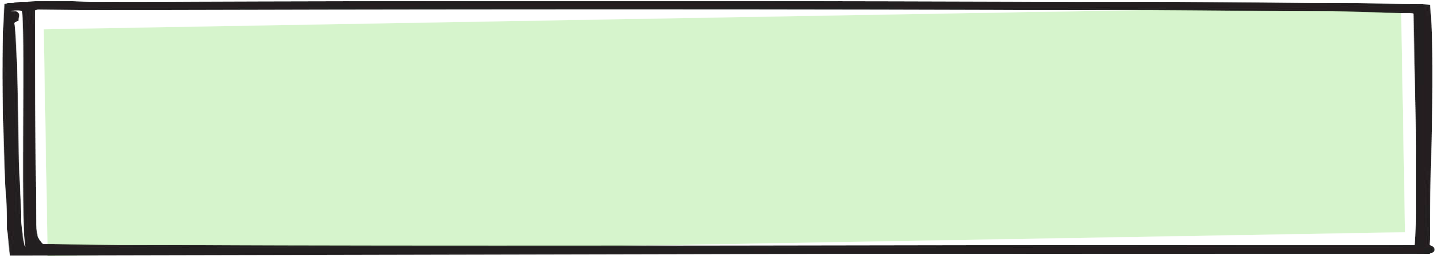
***Your monthly guide to school news, information, and events.***

**Maryland State Department of Education License Number 32975**

*NASA Goddard Child Development Center’s*

**The Lunchbox Press**

**DEC | 2022**



## Comets Culture Celebration

Dec 12

**Little Dippers Culture Celebration**

Dec 13

**Milky Way Culture Celebration**

Dec 14

**Shooting Stars & Constellations Culture Celebration**

Dec 15

**Curriculum Break**

Dec 19-23

**Winter Break—GCDC Closed**

Dec 26-Jan 2

**Parent Teacher Conferences** Jan 3-Jan 11

## Science Fair

Jan 17-20

**Reducing Challenging Behaviors During Transitions**

By The National Association for the Education of Young Children

Transitions are when children move from one activity to another. Everyday transitions include arriving at an educational setting from home, moving from dinner to playtime, finishing playtime and cleaning up, brushing teeth, and then taking a bath, and going from bath time to bedtime. Transitions can be

difficult for some parents, particularly when taking their young children out into the community, picking them up from educational settings, or moving

between activities and routines at home. For some children, transitions may

be frustrating or may provoke anxiety, and they may lead to challenging behaviors. In this article, we adopt the definition of “challenging behavior”

provided by the Center on Social and Emotional Foundations for Early Learning:

* Any repeated pattern of behavior that interferes with learning or engagement in pro-social interactions with peers and adults.
* Behaviors that are not responsive to the use of developmentally appropriate guidance procedures.
* Prolonged tantrums, physical and verbal aggression, disruptive vocal and motor behavior (e.g., screaming, stereotypy), property destruction, self-injury, noncompliance, and withdrawal.

Difficulty with transitions can occur for a number of reasons, such as when children are tired, hungry, confused, or not ready to end an activity. Difficulty

with transitions is also common when children have communication delays, limited social and emotional skills, or intellectual disabilities (Hemmeter,

Ostrosky, & Corso 2012). By considering children’s needs and abilities and planning accordingly, parents can avoid problems at transition times. For example, instead of racing from one errand to another on a Saturday

morning, parents might plan a 20-minute break to play with their children between stops. P*ut yourself in your child’s shoes* and look at the world from

their vantage point as you consider how to show your child what to do (“Leo,

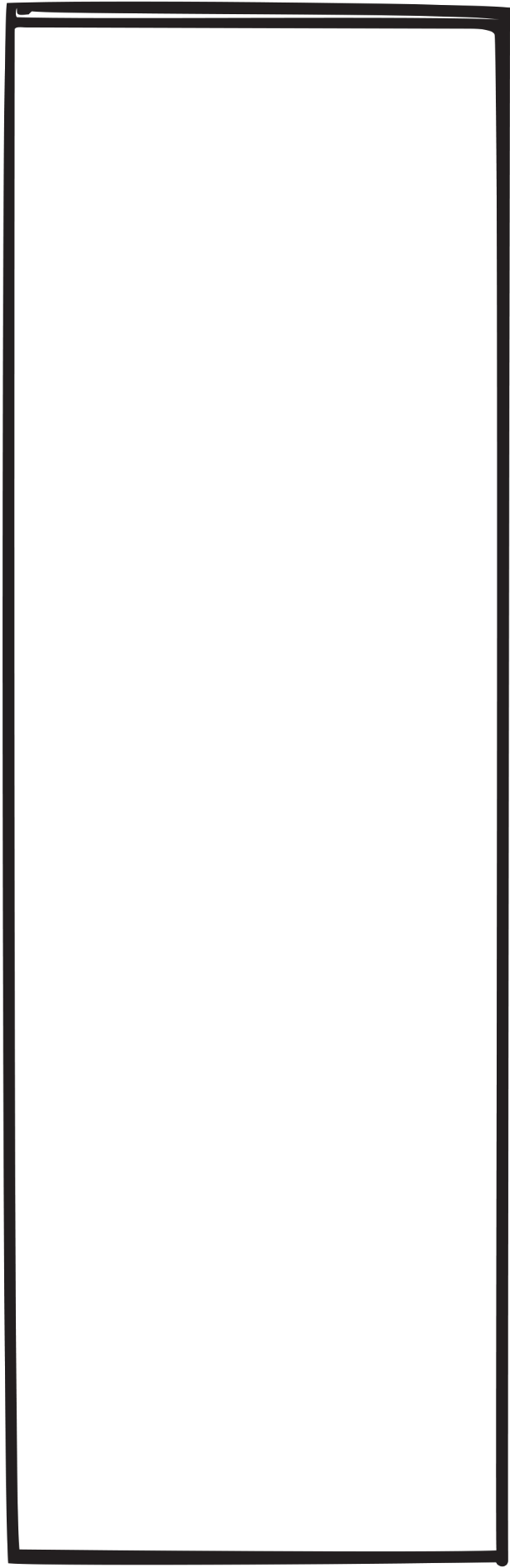
put the washcloth like this to scrub your legs.”); how to keep their children busy (“Alex, while we wait for the server to bring our food, why don’t we look

at these books we brought along?”); and how to prepare your children for what comes next (“Jade, after we go to the bank, we will stop by the park for

some crackers and juice and play on the slide for a bit.”). To ease transitions, parents can:

* + Identify skills children can do independently and help your child to develop skills they are still learning.
  + Teach your child a variety of emotion words to help them better communicate what they are feeling during transitions.
  + User “first, then and next” statements to help your child prepare for the transitions.

**GCDC’s Annual Family Dinners**



**2022-2023 GCDC**

**Association Board of Directors**

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President

**Martha Wawro**

Vice-President

**Molly Jackson**

Registrar

**Claribel Ferrolino**

Treasurer

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**Brad Cenko**

Member At Large

**Stephanie Arcido**

Member At Large

**Robin Mahoney**

GEWA Operations Manager

GCDC Family’s That Have Questions or Concerns About Our Program May Visit Board Meetings for the first 10 minutes are scheduled.

This month, as a way to celebrate customs and traditions, each

class will have a family dinner. Families are asked to bring a prepared dish that is reflective of their culture/family traditions.

Food items may be homemade or store-bought; however, fast foods are not allowed. **Volunteer credit will not be awarded for this activity.**

To sign up to bring a dish, visit your classroom link listed below:

Because the celebration includes homemade food, families must make their child's plate. For your child’s safety, the Teachers will

not do this. If you are unable to attend, please identify a parent to stand in for you during meal service.

Before the meal, the children will share a brief performance. The performances will begin promptly at 3:30 and usually last less than 10 minutes. If you do not want to miss the performance.

**Classroom Sign-up Links**

Comets: [**https://signup.com/go/LAesncg**](https://signup.com/go/LAesncg)

Constellations: [**https://signup.com/go/DFSUzok**](https://signup.com/go/DFSUzok)

Shooting Stars: [**https://signup.com/go/SvEncim**](https://signup.com/go/SvEncim)

Milky Way: [**https://signup.com/go/NUQuWZJ**](https://signup.com/go/NUQuWZJ)

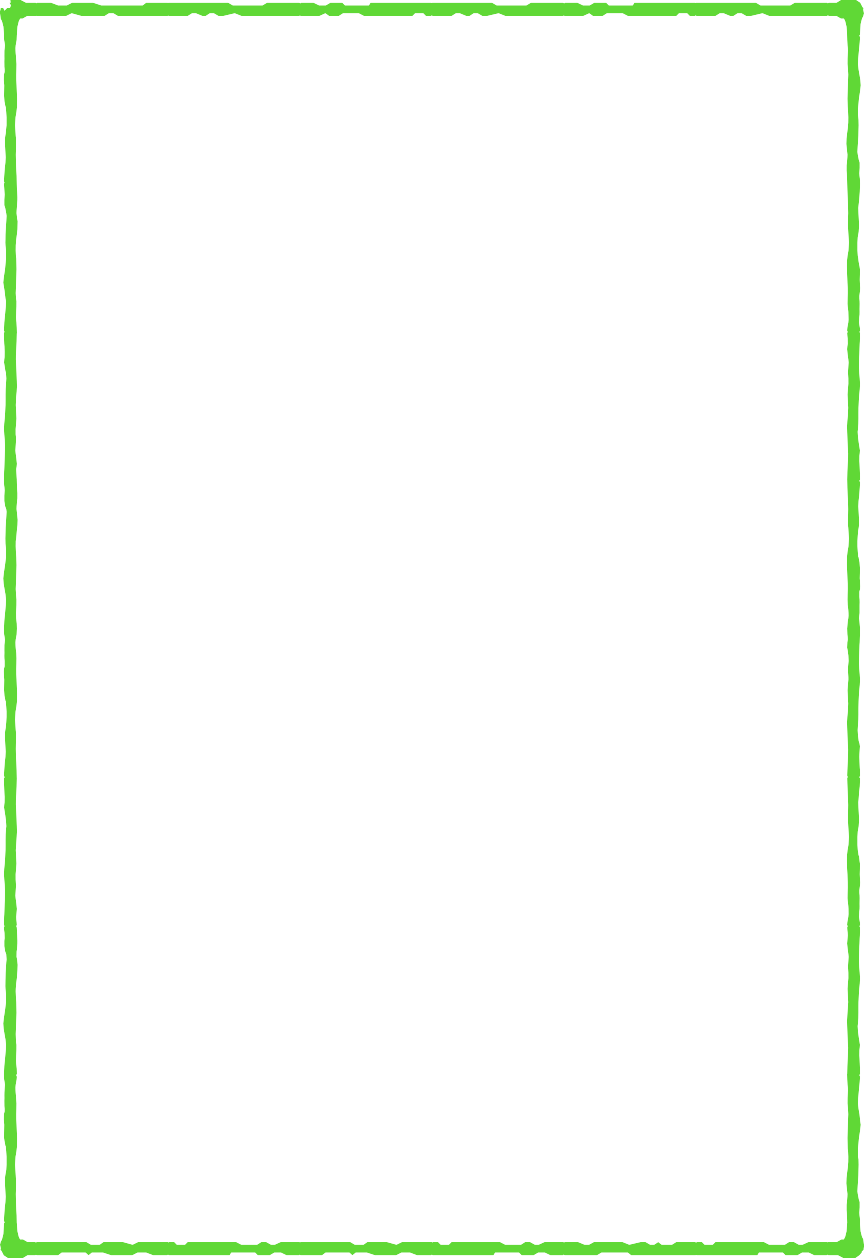
Little Dippers: [**https://signup.com/go/sRzJNbi**](https://signup.com/go/sRzJNbi)

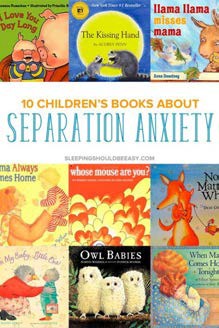
**Outdoor Play Reminders:** Outdoor play is an integral part of our program. Weather permitting, we are required to provide at least 2 hours of outdoor play each day. On other days, the amount of time the children spend outdoors is determined by the weather. Families can find this information in the parent handbook. Please note that we cannot exclude children from outdoor play at parent request. The typical rule of thumb is that children should be well enough to participate in the full

daily schedule (to include outdoor play) if they are in attendance. In support of this requirement, children

must have a coat, hat, and gloves available each day. Additionally, children need well fitting, closed toe shoes that are appropriate for the weather.

Please help us throughout this winter season by ensuring that your child is prepared for outdoor play each day.

**Children’s Literature Recommendations**

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# Indoor play places that you and your child may enjoy this winter.

Badlands Playspace [http://badlandsplayspace.com](http://badlandsplayspace.com/)

Play and Learn Superstore [https://www](http://www.playnlearn.com/).pla[ynlearn.com](http://www.playnlearn.com/)

During this Combined Federal Campaign (CFC) Season, consider NASA Goddard Child Development Center (GCDC) as your charity of choice. NASA GCDC is committed to providing financial assistance to qualified NASA/GSFC families through income-

**Love You All Day Long** by Francesca Rusackas

**The Kissing Hand** by Audrey Penn

**Llama Llama Misses Mama** by Anna Dewdney

**I Miss You, Stinky Face** by Lisa McCourt

**Mama Always Comes Home** by Karma Wilson

**Whose Mouse Are You?** by Robert Kraus

**No Matter What** by Debi Gliori

**Oh, My Baby, Little One** by Kathi Appelt

**Owl Babies** by Martin Waddell

**When Mama Comes Home Tonight** by Eileen Spinelli

based scholarships. To that end, all funds received

**Articles About Separation**

through the Combined Federal Campaign will be used to support the GCDC

Scholarship Fund. Persons interested in supporting our scholarship fund

**Anxiety**

## https://kidshealth.org/en/parents/ sep-anxiety.html

**https://tinyurl.com/y8fef3u6**

should identify our school using the

**https://tinyurl.com/yb2r2z2t**

CFC Code 76902. For more information about CFC, visit [**www.cfcnca.org**](http://www.cfcnca.org/)

## https://tinyurl.com/ybg5d95w

**Newsletter Editor**

Leona Adams.

GCDC Program Director

**Contributors:**

**Sign up For A Parent-Teacher Conference**

Comets (Jan 3): <https://signup.com/go/fmGwDxw>

Little Dippers (Jan 4): <https://signup.comgo/KvSsJKV>

The Milky Way (Jan 5): <https://signup.com/go/ZsrkdMe>

Shooting Stars (Jan 6): <https://signup.com/go/eFUhXOa>

Constellations (Jan 9/10):

<https://signup.com/go/KoqKPyu>

Dominique Ferguson

Lakshini Wijeweera

Kiara Clark

# Character Trait of The Month

The character trait of the month is Caring.

Through studying this character trait, we want children to understand that people of

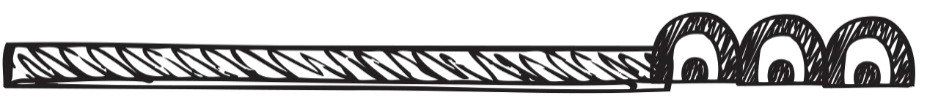
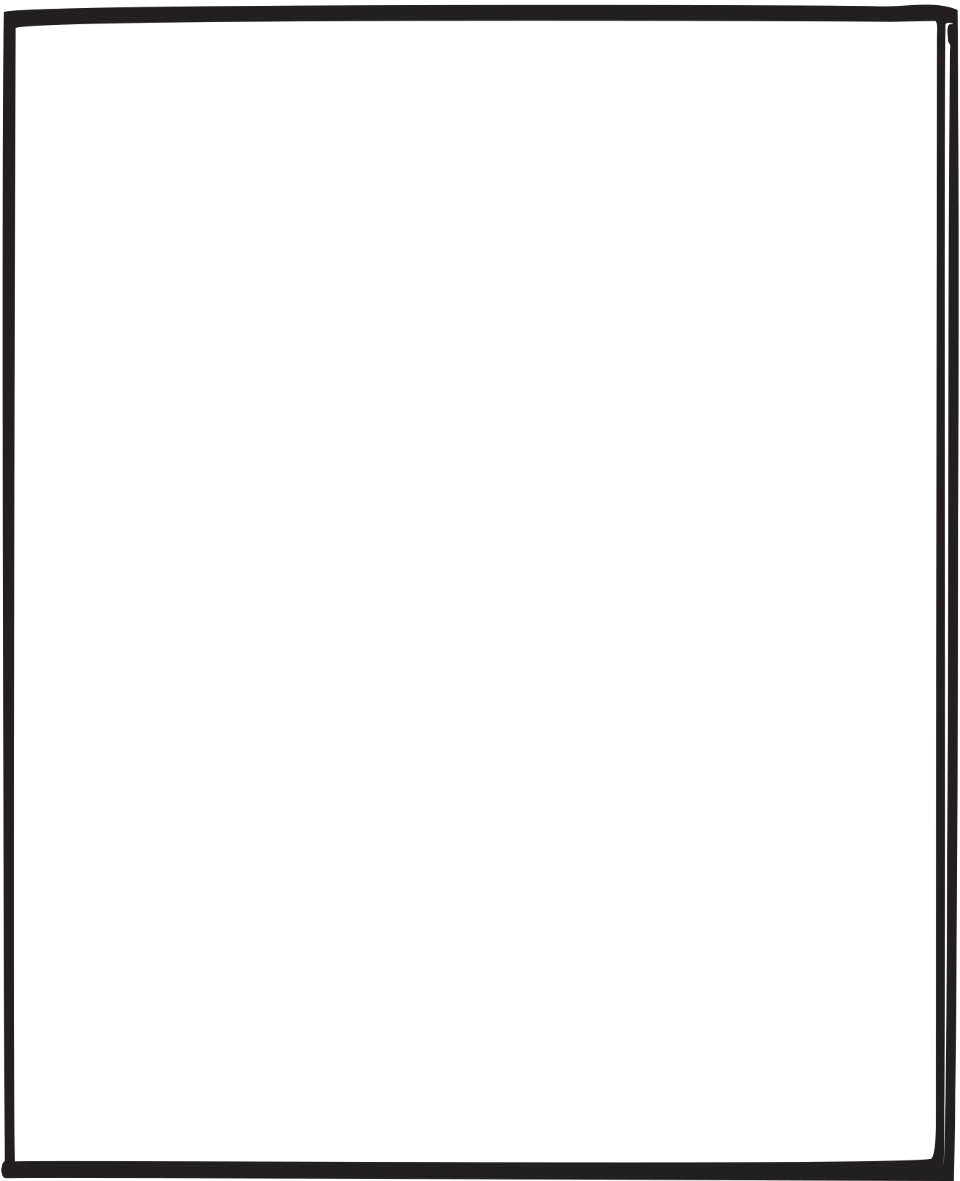
character: Are kind • Are compassionate •

Please note that GCDC

Show they care • Express gratitude • Forgive

will be closed for winter

others • Help people in need



break from December 26th-January 2nd.

**Note:** No tuition is due for the week of December 19th.

We will resume regularly scheduled hours and tuition billing on December 26th for the week of Jan 2nd-6th.



**PS 2: Comets**

Dramatic Play/Veterinarian



**PS2: Little Dippers**

Plant Helper

**PS 2: Comets**

Building Gross Motor Strength



**PS 2: Little Dippers**

Community Helpers



**Current Volunteer Opportunities:**

Put together Yoga Mat Holder

Clean/Sanitize Yoga Mats

Put together Wooden Puppet Stand

Catalog New Books for Library

STEM Presenters for January

Support Accreditation Portfolios





**PS3: Milky Ways**

Engineering

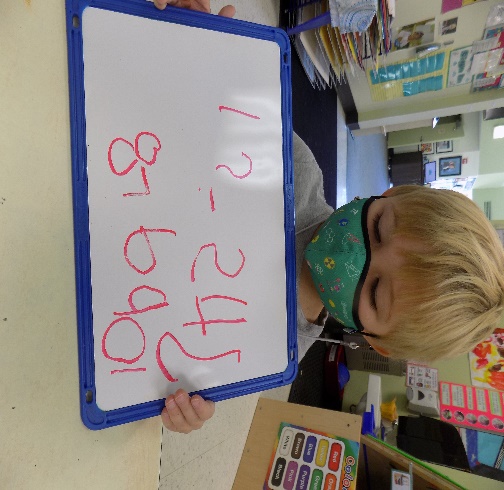


**PS4: Shooting Stars**

Stages of Writing

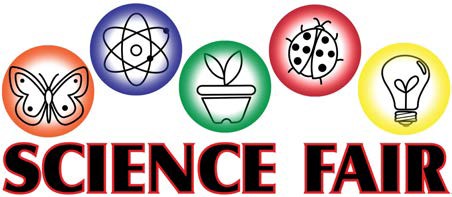
**Pre-K: Satellites**

Science Experiments



**PS4: Shooting Stars**

Stages of Writing



The GCDC Annual Parent/ Child Science fair is just around the corner. The Science Fair is required for Pre-K & PS-4 Students and is recommended for PS3 & PS2.

**Science Fair Dates**

Jan 17th: Shooting Stars Science Fair

<https://signup.com/go/wQEtdJt>

Jan 18th,20th: Constellations

<https://signup.com/go/TBkBFOK>

Jan 19th: PS 2’s & 3’s (Make up day)

<https://signup.com/go/XBsGRNF>

GCDC providers one science board per student.

Each month we will announce the question of the month. These questions are designed to help our students think about the information they may need in an emergency. The question for December is, “What are your parents Full Names? **PS2** will need to know both parents **first names**. **PS3** will need to know at least **one parents Full Name** (first & last) **PS4 & Pre-K** will need to know **both parents’ Full names**. Often children learn their parents’ titles and never their names, knowing your name will help in the event of an emergency.

Students will come to the office and answer this question by December 23rd, they will be given a prize from the mystery box.

*BIG QUESTION OF THE MONTH?*