

THE LUNCHBOX PRESS

NASA Goddard Child Development Center

GCDC's philosophy is to meet children's developmental and individual needs and to create a stimulating environment in which children learn through exploration and discovery.

Upcoming Events

April 2
Jump Bunch

April 7-11
Week of The Young Child
Celebration

- **7** Monday/Jean Day
- **8** Pajama Day
- **9** Wacky Wednesday
- **10** Tie Dye Day
- **11** Parent Child Kite Day, Ice Cream Social, Dance Party

April 7-30
Learning Gardens

April 14-18
Curriculum Break

April 16
GCDC Association Board Meeting

April 17
Parent Advisory Committee (PAC) Meeting

April 22
Earth Day

April 21--25
Earth Day Projects on Display

April 25
PS2 Farm Field Trip

April 30
Gold Released



Help Your Preschooler Gain Self Control

By NAEYC adapted from Message in A Backpack

When asked about developing skills to navigate school, many teachers point to activities that help children develop ways to interact in a group, such as following through when a task is difficult and listening to directions for a few minutes. These skills are linked to self-control. Children can develop them at preschool and at home. Here are a few ways families can help children learn self-control.

Change the rules of a game to make it an opposite game. For example, instead of playing the familiar version of Simon Says, play Simon Doesn't Say. Explain the new rule in words and actions: "Do the opposite of what Simon asks you to do. If Simon Says, 'Touch your head,' you should touch your toes." Be sure to demonstrate how this works. Keep directions simple. Take turns being Simon.

Finish what you are doing, then respond to requests for attention. For example, if you are on the phone and your child asks for something (and it's not an emergency), let her know you need to take time to complete your conversation. This is a good way to let your child practice waiting for a short time.

Do activities together that require following directions. For example, put together a model, play follow the leader, or cook or bake: "I'm going to read the recipe aloud. Listen carefully so we will both know what to do. I'll read them again as we do each step."

Help children understand how long they will have to wait for something and suggest activities to do while they wait. Say to your child, "Grammy and Grampy are coming over before dinner. Would you like to draw some pictures to give them?" or "As soon as I put your sister to bed, I will read you some stories. You can choose three books for us to read together."

Work with your child to complete a puzzle that has a few more pieces than he or she is used to. Set up the puzzle in a place where you can work on it for several days, if needed. Celebrate together when one of you puts the last piece in place.

Plant some easy-to-grow marigold seeds in a pot or in a garden. Check together every day until the plants pop up. Over time, watch the plant grow leaves and flowers.

Volunteer Opportunities

- Coding Bee Bots Lesson Plan Pre-K
- Library Catalog
- 2 Gardner's per classroom
- Toy Shed Organization
- Fun Run Chaperones
- Fun Run Pace Setter
- Toy Cleaning
- Toy Sanitizing
- Newsletter Editor
- Field Day Planners
- STAW- Volunteers



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2024-2025 GCDC**Association's
Board of
Directors****Marilyn Tolliver**
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Acting Member At Large**Robin Mahoney,**
GEWA Operations Manager

GCDC Family's That Have Questions or Concerns about our program may email the President to join in the first 10 minutes of the monthly board meeting. The next meeting is scheduled for April 16th, 2025, at Noon.

Parent Advisory Committee (PAC)

You are invited to join the PAC! The Association will be working together to brainstorm ways to support the schools fundraising efforts and enhance the quality of care provided to our children. This month the PAC will be working with the STAW committee to plan a memorable Teacher/Staff Appreciation Week. Next month the PAC will host a guest speaker: **Sophie Westfield**, a licensed speech pathologist. She collaborates with parents, to develop strategies that support children's communicative effectiveness, language development, and feeding steps.

Action items:

1. Fun Run Fundraiser
2. Staff Teacher Appreciation Week – STAW

The April PAC Meeting is scheduled for April 17@ noon.

Please look out for the virtual invitation from Jessica Erlingis-Lamers

Look for the **2025 sunscreen permission slip** with your weekly note email from your child's teacher. If you would like your child's Teachers to apply sunscreen in the afternoons, please provide a completed sunscreen form and a new bottle of sunscreen by April 28th. Ensure that the sunscreen bottle is labeled with your child's name.





May 5th - May 9th

Please look for an email from the parent representative for your class with details about how you can participate and support the planned activities for Teacher and Staff Appreciation Week.



You did it!
Congratulations



This month, we will focus on our final Character Pillar Respect. Parents can extend these lessons at home by using the word **RESPECT** in real and relevant ways.

Key Beliefs:

- Show Respect to everyone
- Be considerate of feelings
- Never bully hit or hurt others
- Use good manners and language.

Congratulations to Ms. Laura McKeon! We are celebrating Ms. Laura as the newest certified reliable **CLASS** Observer in the State of Maryland for both infant and toddler classrooms.

CLASS- Stands for Classroom Assessment Scoring System- it is a validated tool that measures the quality of teacher-child interactions. These interactions are essential for children's social emotional, cognitive, and academic development. By using CLASS programs and teachers can identify areas for growth, leading to better child outcomes for children. Ms. Laura is now able to conduct state observations for GCDC including providing valuable feedback for professional development. This is a major rare and valuable accomplishment for both Ms. Laura and GCDC.

Please help us in acknowledging and celebrating Ms. Laura's big achievement.

School Reference Forms

It is that time of year when parents of graduating students often request that GCDC Teachers complete various forms in support of applications to other schools.

These requests and addressed/stamped envelopes must be submitted to our office.

Once the Teacher completes the forms, the forms are mailed directly to the requesting school. Neither the forms nor the copies are given directly to the parents.

Please allow two weeks for this process.



We understand that families may have many prospective schools for their child; however, we can only support four requests per child.

Upcoming Dates

DATE	Event
4/30	GSFC/GCDC Fun Run
5/1	GCDC Closed 1/2 @ 1:00 pm to attend conference for Professional Development
5/2	GCDC Closed for Professional Development
5/5-9	Staff & Teacher Appreciation Week
5/5-6/6	State CLASS Observations
5/6	Spring Picture Day
5/6	Switch out Change of Clothes (Seasonal)
5/8	Sign Up for Parent Teacher Conferences
5/16	PS3 Zoo Field Trip
5/27	GCDC Closed Federal Holiday
5/28-6/6	2 nd Semester Parent Teacher Conferences



The Week of the Young Child is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC). The purpose of the Week of the Young Child (WOYC) is to focus public attention on the needs of young children and their families and to recognize early childhood programs and services that meet those needs.

GCDC will celebrate WOYC as follows:



Tie Dye Day

Dress for Mess! Each child will need a new white t-shirt

Wacky Wednesday

Wear your craziest outfit!



Pajama Day

Wear your Pajamas to school today.

Jean Day

Dress up in denim. Hats are welcome.



Parent Child Fun Day

Come enjoy a day of dancing, ice cream and flying kites with your child at the Pavilion. See flyer for more details.



March Reflections



2 Time for PE with Jump Bunch



1 Exploring Airflow



3 Cookie Sampling Thumbs Up



2 Airplane Contest

GSFC/GCDC Fun Run Fundraiser

Goal \$10,000

Date: April 30th Noon start for 2-mile race, other races will be held before noon, right in front of GCDC

How to help:

1. Enlist friends and family to sponsor your child in their race by donating to GCDC.
2. Encourage as many colleagues as possible to register to run in the race.
3. Speak with your room parent about ways to volunteer during the race.

March Reflections



5 Observation Chemical Reactions



4 Simple Addition



6 Exploring Science, Chemistry Obbleck



5 Observing our Butterflies as we learn about their life cycle.

March Reflections



7 Exploring Nature Echoes of Adventure



10 Airplane Contest



8 Learning about Inclines



11 Gathering Cookie Sampling Data



9 Life Cycle of a Butterfly! Time to Release



12 Measuring ingredients in volume for our Smoothie.