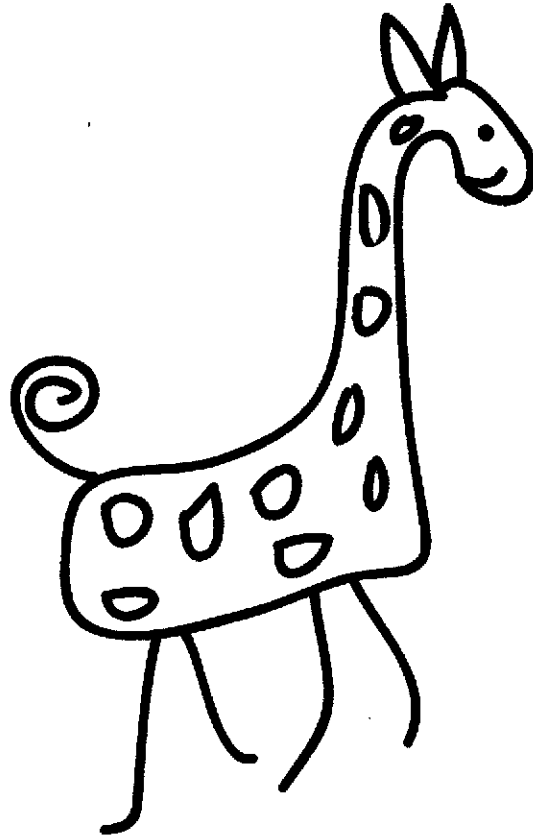


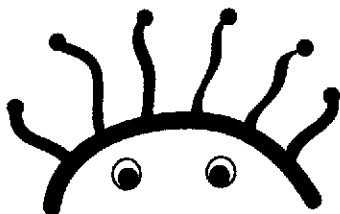
ARLINGTON CHILDREN'S CENTER  
703.528.5588



Hello Parents,

Thank you very much for your interest in our incredible school. At Arlington Children's Center we create a safe environment of care, love, support and respect for our children. We offer a curriculum which is rich and balanced in every field of education, thus preparing your child for kindergarten. Your child will be taken care of by our professional, dedicated and responsible staff. The enclosed information will give you an idea of our program. We would be happy to answer any questions that you may have. Welcome to Arlington Children's Center.

Sincerely,  
Director



Welcome to Arlington Children's Center! Here is a list of special programs and services we would like you to know about:

**CREATIVE ACTIVITIES** | Daily activities are designed for children to learn art, music, crafts, language arts, math, reading, writing, science, social skills and fine and gross motor skills. We create an environment that helps children to be creative in solving problems, redefining situations, demonstrating flexibility and being adventurous.

**FUN PROJECTS** | On a regular basis we engage children to explore and experience various kinds of educational projects using a variety of art media. Children will learn to be individually creative.

**COMPUTERS** | The computers are used as an extension to our curriculum. The special age appropriate educational programs are designed for your child to play and learn math, reading, writing, designing and problem solving.

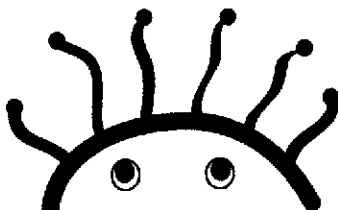
**MEALS AND SNACKS** | We serve breakfast, am snack, lunch, pm snack which are well balanced and nutritious. Fruits, vegetables, dairy products, whole grain products are a part of our daily menu. 2% milk or 100% juice is served with every meal.

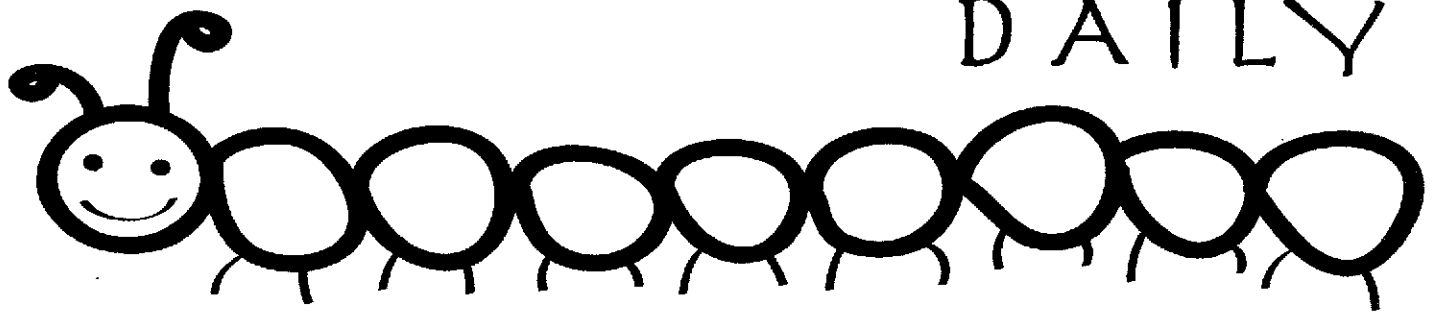
**OUTDOOR ACTIVITIES** | As weather permits the children are at the playground mornings and evenings.

**SUMMER CAMP** | Summer is fun. Our marvelous summer camp program includes amusing and witty daily themes such as: 5 senses, treasure hunt, jewelry making, weaving, kite flying, cooking and face painting. Water play, field trips, picnics, shows and fitness program are part of our summer camp activities.

**FIELD TRIP** | Older children will visit National Gallery of Art, Discovery Theater, Children's Museum, and tour Washington, DC.

**WHAT WE DID THIS WEEK** | Is posted on the Parent's Bullentin Board every Friday and keeps you informed of your child's activities and learning progress on a weekly basis.





# DAILY

# SCHEDULE

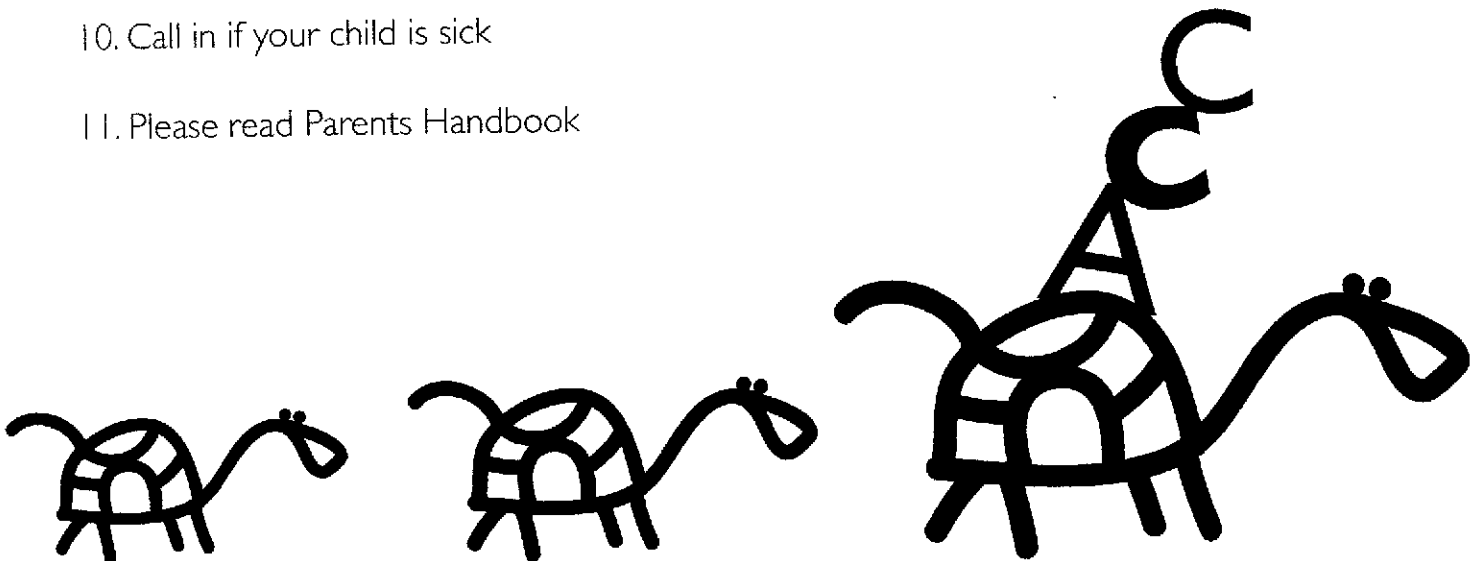
7:00-8:30 AM	Breakfast and Free Play
8:30-9:00 AM	Welcome! Morning Songs
9:00-9:30 AM	Circle Time
9:30-10:00 AM	Morning Snack
10:00-10:30 AM	Morning Activities: Weekly theme projects, Flash Cards, Tracing /Writing/Coloring
10:30-11:00 AM	Arts & Crafts, Reading Books, Games
11:00-12 NOON	Morning Playground/Outdoor Activities
12:00-1:00 PM	Lunch Time
1:00-3:00 PM	Rest Time
3:30-4:00 PM	Afternoon Snack
4:00-5:00 PM	Afternoon Activities: Music, Dance, Dress-up, Free play
5:00-6:00 PM	Evening Playground

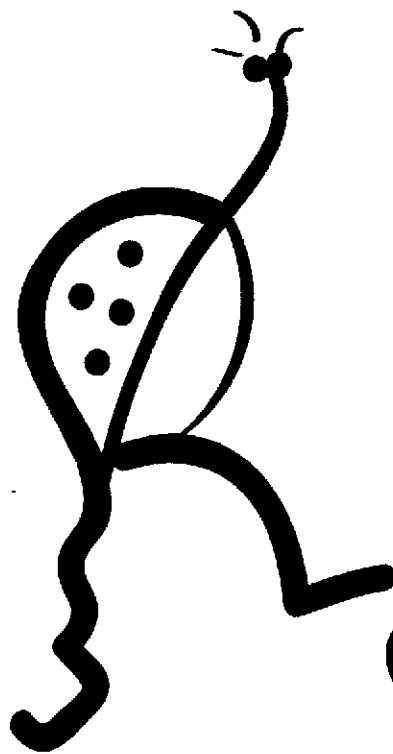
Outdoor activities if weather permits

# FOR THE FIRST

DAY

1. Fill out all the forms. Make sure all the phone numbers and addresses are correct. We must have two emergency phone numbers and addresses
2. Bring Birth Certificate or other proof of identity
3. Bring Health and Immunization Form
4. Bring two sets of labeled change of clothes:  
One stays in the classroom, the other in a ziploc bag with a small blanket for emergency—Virginia State Regulation
5. Bring small blanket and a fitted crib sheet for the cot
6. Diapers/pull-ups and wipes
7. Babys' food and needs
8. Make sure you notify the Director if your child has allergies
9. Sign-in and Sign-out every day
10. Call in if your child is sick
11. Please read Parents Handbook





# EXTRA CURRICULUM

We offer some extra curriculum classes for an additional charge. If you are interested please kindly sign your child up.

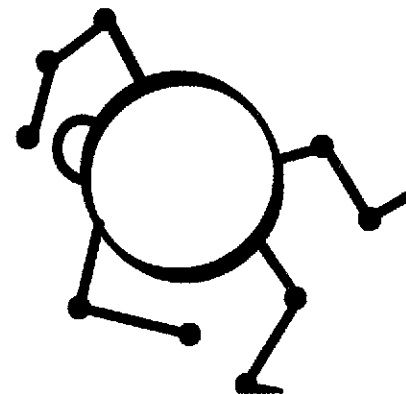
**SPANISH CLASSES** | Children will learn through songs, music, games, stories and projects.

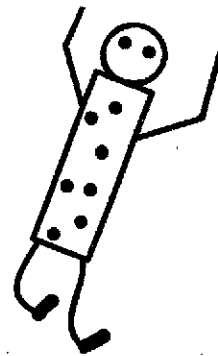
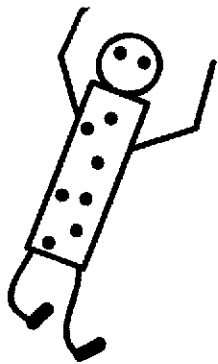
**BALLET/DANCE/GYMNASTIC PROGRAM** | Children achieve numerous benefits through dance, poise, grace, balance, flexibility, strength, coordination, confidence and awareness of rhythm and music.

**PERFORMING ARTS** | Children are introduced to theater with creative games, pantomime, storytelling, puppetry and acting.

**YOGAKIDS** | Traditional techniques are recreated in playful, simple and relaxing ways. Our Yoga time is filled with pose, games, breathing, singing and counting.

If your child is absent from the class there is no refund or make up. Please give 2 weeks notice if you want to withdraw your child from the class.





# P E R F O R M I N G A R T C L A S S E S

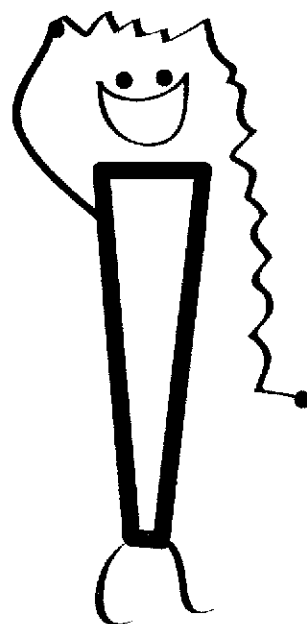
Ms. Paula has been teaching performing arts for over 20 years, she has a special gift in encouraging children to act. Ms Paula is a teacher who specializes in preschool drama and dance. The performing arts program presents stories in a dramatic form to allow children to speak, act and move like the characters present in the stories. The age appropriate program will teach children to perform to the popular preschool rhymes and melodies such as: Wizard of Oz, Pocahontas, Mother Goose, Peter Pan, Winnie the Pooh, Cinderella, Snow White, etc. The children through fantasy play develop their imagination, confidence, and awareness of the music that corresponds to the themes.

The session concludes with a show for families and friends.

The children will work on:  
body control, coordination, balance,  
movement, dramatic expressions,  
simple dialogues and character development.

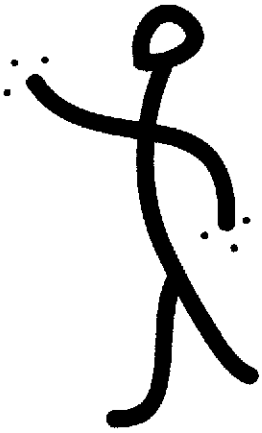
O N C E A W E E K  
F O R 4 5 M I N U T E S

Please make your check payable  
to PAULA BRASSFIELD for  
\$70.00 every 10 sessions in advance.

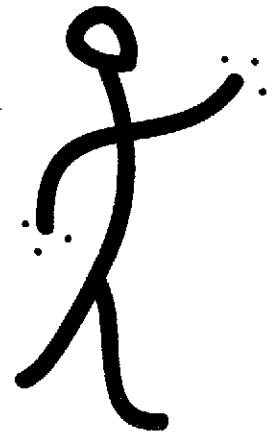




# DANCE EXERCISE BALLET



Gross motor development,  
flexibility, strength and balance  
Understanding physical capabilities  
Individual creative expression  
Self-discipline and confidence  
Building movement vocabulary  
Dance appreciation through exposure  
to different styles  
Awareness of rhythm, music and theatrics  
Stretching, tumbling, dance and fun  
Please make sure children wear  
\*Ballet Shoes  
\*Light active wear  
\*No dresses



The session concludes with a show for families and friends

ONCE A WEEK FOR 40 MINUTES

Please make your check payable to ACC for \$70.00  
every 10 sessions in advance.



# Y O G A F O R K I D S

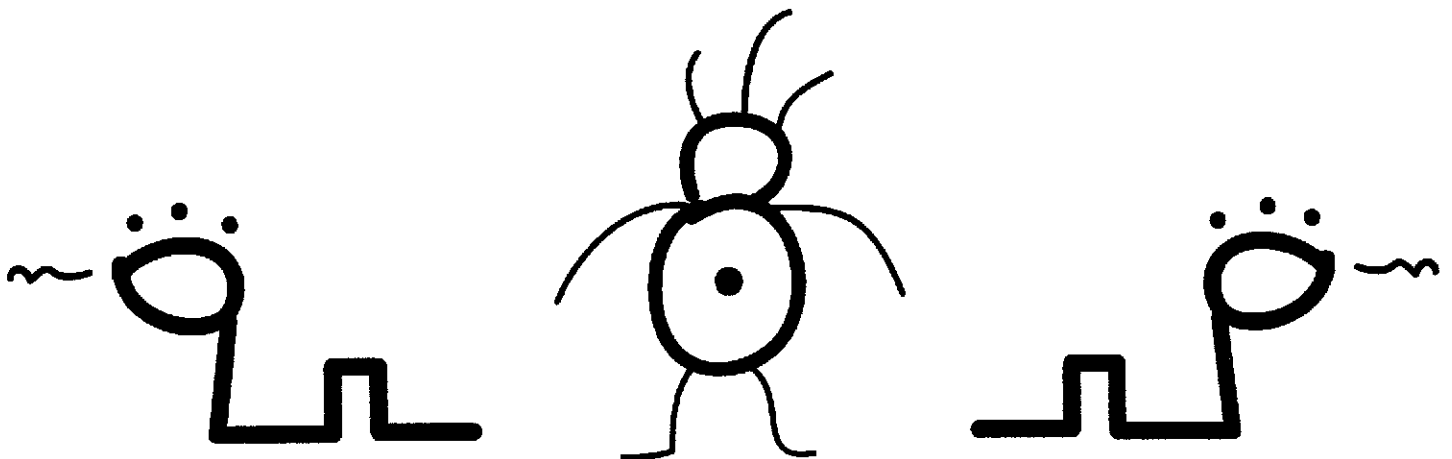
Ms. Louise is a certified Yogakids trainer with Yogakids International. She has practiced yoga for over 10 years and believes the benefits of yoga to children are immeasurable. Ms Louise completed her training with Yogakids in March 2007. She enjoys working with children of all ages and has worked with preschoolers through teens. Her training as a massage therapist (anatomy and physiology) also influences her work with the children.

Children who practice yoga develop strong, limber and healthy bodies, respect themselves and others, learn basic anatomy and physiology, acquire skills to deal with stress, relax, sleep better and much more...

Yoga for kids is playful, simple and lots of fun. Let your child enjoy Yoga designed especially just for them to explore themselves and discover yoga in fun and playful ways.

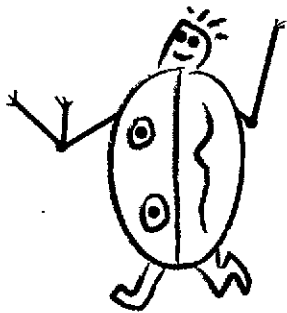
O N C E A W E E K F O R 3 0 M I N U T E S

Please make your check payable to LOUISE OTT for \$60.00 every 10 sessions in advance.

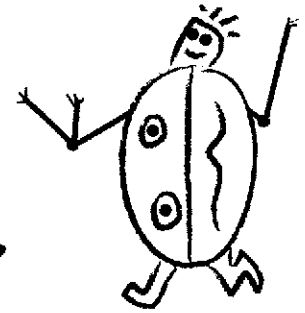




S P A N I S H C L A S S



HOLA



My name is Martha Patricia Nieto. I am from Bogota, Colombia. I hold a BA degree in Arts, Communication and Journalism from Universidad Jorge Tadeo Lozano(Colombia).

At Inlingua I was the Spanish teacher and also the coordinator for English as a Second Language. I conducted Spanish classes at Language One in Washington DC and at Stratford University in Virginia.

In May of 2002 I founded ABC EASY SPANISH. The school has been dedicated to teach Spanish and provide private Spanish tutoring for adults, teenagers and children of all ages in the metropolitan area. I will teach your child Spanish through cultural and educational activities such as Spanish songs, games, stories and different projects. Together we will share a time full of fun and enlightenment. My goal is to motivate and excite my students to learn Spanish and have fun.

O N C E A W E E K F O R 3 0 M I N U T E S

Please make your check payable to ACC for \$60.00 every 10 sessions in advance.



# WEEKLY MENU SAMPLE

	BREAKFAST	AM SNACK	LUNCH	PM SNACK
MONDAY	CEREAL WITH MILK & FRUIT	SCRAMBLED EGGS W/TOAST FRUIT JUICE	CHICKEN CASSEROLE IN ROTINI PASTA & BROCCOLI MILK-FRUIT	CROISSANT W/HONEY FRUIT AFTERNOON TEA
TUESDAY	CEREAL WITH MILK & FRUIT	DICED PEACHES W/GRAHAM CRACKES FRUIT JUICE	BAKED FISH STICKS W/RICE & MIXED VEGGIES MILK-FRUIT	WHOLE WHEAT PITA BREAD W/CREAM CHEESE FRUIT AFTERNOON TEA
WEDNESDAY	CEREAL WITH MILK & FRUIT	COTTAGE CHEESE & RITZ CRACKERS FRUIT JUICE	MINI TURKEY SWEDISH MEAT BALLS W/BAKED POTATO & ZUCCHINI MILK-FRUIT	PRETZELS & CHEESE FRUIT AFTERNOON TEA
THURSDAY	CEREAL WITH MILK & FRUIT	WAFFLES W/MAPLE SYRUP FRUIT JUICE	ITALIAN WEDDING SOUP W/TUNA FISH SANDWICH MILK-FRUIT	BREADED MOZZARELLA STICKS FRUIT AFTERNOON TEA
FRIDAY	CEREAL WITH MILK & FRUIT	STRAWBERRY YOGURT W/ANIMAL CRACKERS FRUIT JUICE	CHEESY PIZZA W/CARROT & CELERY STICKS & RANCH DIP MILK-FRUIT	OAT MEAL COOKIES FRUIT AFTERNOON TEA

\*FRUITS SERVED - ORANGES, APPLES & BANANAS