

**University  
of  
Wyoming  
Early Care  
and  
Education  
Center**



**Inside this issue:**

Welcome Parents	1
Infant Classroom News	1
Toddler Classroom 1	2
Toddler Classroom 2	2
Preschool Classroom 1 News	2
Preschool Classroom 2 News	3
Preschool Classroom 3 News	3
Preschool Classroom 4	3
Fall Recipes	4

**Upcoming Events:**

Please check the doors of your child's room for upcoming family events!

***ECEC Newsletter Fall 2013***

**ECEC Families-**

We are so excited to be starting a brand new school year with you all. Our Fall semester is always fun as we welcome our new families to the ECEC as well as saying hello again to friends who were with us last year. We also welcome our 2 new lead teachers; Adina Davila and Shaila Limon. We know that they are excited to be here and be part of your children's lives.

We plan on holding many celebrations this fall such as our soup day from our Garden Harvest, Family Potluck in November, individual birthdays, and many other individual and group celebrations. Be sure to check your child's classroom doors for notices as well as the front desk area in addition to email notices. We always welcome you to come visit the ECEC and spend time with your child's class whether it be for field trips, meal times, or just to sit and read a book or two.

As we have mentioned before, this fall the ECEC will begin the process of reaccreditation through the National Association for the Education of Young Children (NAEYC) which means that at some point you will be involved in participating in surveys as well as other program information regarding the accreditation process. We will of course keep you up to date with regards to the self-evaluation work we will be doing.

We know that all of you have the choice of having your children at the ECEC and we truly appreciate that you chose to enroll your child here. We feel that the ECEC is a program that values children and families and we want to make sure that you always feel good about what your children are doing here. If you ever have any questions or concerns, please feel free to call or email Mark or Nikki and we will make sure to help answer your questions.  
Have a great Fall!

**MARK**

***Infant Classroom:***

**Greetings from the Infant Room!**

The fall semester has been flying by! The last couple of weeks have been very busy for all of us. We have noticed that the children have been really interested in cause and effect lately. "When I push this button, it makes a sound." "When I push this car, it goes across the floor." Watching their facial expressions and body language relay to me that they are trying to process what is happening and how they did it. Some of the items we have been exploring are containers, musical instruments, play-dough and paper.

Each of the children explore the materials in a different way, which has also been exciting to watch! This is when I wish that there was a way for us to see into their minds and watch what was is going on. Observing their explorations can be so fascinating! We will definitely continue to support their interest by providing other opportunities for them to experience cause and effect.

As the weather gets colder, please make sure your child has shoes/boots, a coat, hat and mittens/gloves at school. Thank you for your help and support!



### *Toddler Classroom 1: Christy*



Toddler 1 is off to an exciting start in our new classroom! So far this semester, we have enjoyed exploring light. The children have enjoyed using flashlights while “Going on a Bear Hunt”, as well as drawing with highlighters while using the black light. We started the semester with a kitchen and pretend food, which led to restaurant play and pretend baking. We joined Pre-school 1 in a baking project. We are excited to see what comes next in our classroom!

### *Toddler Classroom 2: Shaila*

It has been a wonderful year so far! We have done many activities where we use our senses such as sight, sound, and touch to explore the materials around us. We have also used a variety of materials to paint and create art. As the year continues we will have activities that involve more of our senses. We will also continue working on our fine motor skills as we practice building and doing art projects. The social skills are beginning to emerge and we will be helping the children practice sharing and using their words to express themselves to other children and to the teachers. The children are building bonds with each other and we are going to continue to build on these bonds.



### *Preschool Classroom 1: Jaclyn*



P1 has become consumed by a fascination in the Titanic this semester. We began by creating ships with magna-tiles and blocks, then decided we needed something bigger for everyone to enjoy. That was when we began planning to transform our loft into the Titanic. Now, it is complete with port holes, a flag and a helm. The children also enjoyed drawing plans and then creating their own boats from recycled materials. They are excited to see if they will float! We are also looking forward to creating ship tickets and adding luggage to our play so we can set sail on a great adventure!



### *Preschool Classroom 2: Adina*

We're off to a great start in P-2! We have quickly learned the routines and our days are going great! We are making new friends, having a great time playing and exploring and playing outside. The kids really enjoy building so we have used lots of materials to build. Magna-tiles seem to be their favorite. There has also been a lot of talk about maps and I've seen many treasure maps being made. It looks like this interest in maps will be one of the first things we explore. I'm excited to see where this exploration takes us! We will also be doing messy, sensory play!! It's so much fun to see the children explore new materials or old materials in a new way. I'd like to thank all of you for getting my first semester at ECEC off to a fantastic start!

### *Preschool Classroom 3: Stephanie*

Preschool three is building, building, building. We are excited to try new things this year with building materials. So far we have built the town of Laramie with big room blocks, the welcome center, some big towers and a few castles. Our class is excited about working together as a team. This semester we are setting goals to explore new ways to create and learn in all spaces of the room. As the year continues we will build many friendships and a bunch of great masterpieces.



### *Preschool Classroom 4: Linda*

Greetings from Preschool Room 4. We have really enjoyed the first several weeks of school this fall and have spent time getting to know each other as well as reviewing our rules and routines of the ECEC. The children were also very excited to go out during our first snow storm. They made snow angels, threw snow balls, ate snow and played the *Three Billy Goats Gruff* in the snow. They were concerned about what would happen to the sunflowers in the garden, so we will be interested to investigate!

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## *Fall Recipe Corner*

### Blueberry Oatmeal Squares

**Prep and cook time:** 25 minutes

**What you need:**

- 1½ cups quick oats
- ½ cup whole-wheat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ cup fresh or frozen blueberries
- 1 egg
- 1 cup skim milk
- 3 tablespoons apple sauce
- ¼ cup brown sugar

**Equipment and supplies:**

- Large mixing bowl
- 8x8-inch baking pan
- Measuring cups and spoons

**What to do:**

1. Preheat oven to 350° F.
2. Coat baking pan with cooking spray.
3. Place all of the ingredients into a large bowl and mix until just combined.
4. Pour into prepared pan and bake for 20 minutes or until a toothpick inserted into the center comes out clean.
5. Allow to cool for 5 minutes and cut into squares.

**How much does this recipe make?**  
9 squares

Reviewed by: [Mary L. Gavin, MD](#)  
Date reviewed: January 2011



### Nutrition Facts

Serving Size 1 Square

Amount Per Serving

Calories 120    Calories from Fat 15

% Daily Value\*

**Total Fat** 1.5g    **3%**

Saturated Fat 0g    **0%**

**Cholesterol** 25mg    **8%**

**Sodium** 95mg    **4%**

**Total Carbohydrate** 23g    **8%**

Dietary Fiber 2g    **10%**

Sugars 9g

**Protein** 5g

Vitamin A 2%    •    Vitamin C 4%

Calcium 6%    •    Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4