



## THE SOUTH SHORE NATURAL SCIENCE CENTER



### Nature Center Preschool News

March is in like a lion and we are hoping it will be out like a lamb as the saying goes. The first day of spring is a tough concept when there is still snow everywhere. We are hoping to hear the first few wood frogs soon as that usually means spring is here to stay. We are immersed in Russian culture this month with Russian books and toys, babushka scarves, flower crowns, borscht, architecture, and matryoshka dolls. We will also be exploring Russian wildlife and habitat. The climate in many parts of Russia is very similar to our own. I wonder if they are experiencing any spring weather yet?! Happy Spring!

**Enrollment for Fall 2015 continues! There are limited spaces in the Tues/Thurs AM session and the PM sessions. Pass this on to your family and friends looking for a Preschool!**

## Swim

The current session for the NCP swim instruction program at the Emilson Branch of SSYMCA started March 9th and goes through April 9th. Sessions 2 and 3 have a make-up week for Columbus Day, Veterans Day, Thanksgiving, or Christmas April 13-16. Please refer to the swim schedule received at the beginning of the year!



Nature Center Preschool teachers participate in ongoing professional development opportunities to keep current on best practice for early education. This includes college classes over to the summer, engaging with the environmental education community at conferences and upcoming South Shore YMCA Early Educators Retreat in April. NCP teachers consistently seek continuous quality improvement. Recent examples include:

- Teaching Strategies Gold assessment tool
- Boston in Bloom Nature Preschool Conference
- Massachusetts Environmental Education Society conference

March 2015

## Did you know?



A SOUTH SHORE  
YMCA Organization  
ssymca.org

## Family Advisory Council News!

The Ladies Night Out event was a huge success! We raised over \$2000 for NCP, the annual campaign, and the Elsa Ryberg Scholarship fund! Thank you to Emmie Murphy, Erin Harris, Victoria Robillard, Katie Kunevich, Raegan May, Becky Oosterman, Chris Jacobs and everyone that came out that night to support your Preschool!

The next meeting for the FAC is:

- April 8<sup>th</sup> 6:30-7:30

## Dates in March

**March 8 SSNSC Maple Festival**

**March 17 Dental Hygienist Visits**

**March 25 Tribal Rhythms**

**March 28 Bunny Eggstravaganza  
10am and 1pm shows!**

<http://southshorenaturalsciencecenter.org/event/bunny-eggstravaganza/>  
<http://southshorenaturalsciencecenter.org/event/bunny-eggstravaganza-2/>



## March Areas of Learning!

- **Science:** Russian flora and fauna, Spring Equinox
- **Geography/Social Science:** Maps, exploring culture, traditions and celebrations, Maslenitsa, flags
- **Language:** name writing, upper and lowercase letters; acting out folktales  
Literature Choices: *The Princess of Borscht*, *The Giant Turnip*, *The Hat*, *The Mitten*
- **Social/Emotional:** following directions, using words to express feelings
- **Math:** shapes, sequencing, ordinal numbers
- **Music:** Russian folk music, classical music, dancing, Tribal Rhythms
- **Art:** Painting to music, Wassily Kandinsky

## Nature Notes

### Russia!

Russia contains the planet's largest expanse of forest, over eight million square kilometers of mixed woodlands that are home to rare carnivores such as tigers, bears and leopards. The rest of Russia ranges from semi-desert to cold tundra, from snowy mountain peaks to open grasslands. The Himalayas and other mountain ranges have cut Russia off from the warmer southern climes, leaving most of the country temperate to subarctic and snowbound in winter, though the summers can be surprisingly hot. Russia's easternmost parts are the most biodiverse, though they also experience the harshest winters. To see more about animals we have in common or animals that are only found in Russia, see the link below! Excerpted from:

<http://www.bbc.co.uk/nature/places/Russia>



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# NATIONAL NUTRITION MONTH

"Bite into a Healthy Lifestyle" by celebrating National Nutrition Month. This is a great opportunity to encourage kids, staff and families at your Y to adopt a HEPA (Healthy Eating and Physical Activity) lifestyle at home.

The following resources are great places to start to find out more about ways to eat healthier, get moving, and eating well on a budget.

<http://www.choosemyplate.gov/NNM.html>

<http://www.letsmove.gov/action>

<http://www.choosemyplate.gov/budget/index.html>



Nature Center Preschool participates in the YMCA's Healthy Eating and Physical Activity standards by preparing healthy snacks, cooking healthy snacks with preschoolers, making snack table connections to our organic garden, and providing opportunities for children to get outside and be active daily.

These are some examples of the standards that we follow:

- Water is accessible and available to children at all times, including at the table during snacks and meals.
- Children serve themselves (family style) all food from common bowls with limited help.
- Staff sit with children during snacks and meals.
- Provide fruits or vegetables at every snack.
- Offer only whole grains, as determined by confirming that the first item listed in the ingredients contains the word whole (e.g., whole wheat, whole oats, whole-grain flour, whole brown rice).
- Provide foods that don't list sugar (e.g., sugar; invert sugar; brown sugar; words ending in -ose; and syrups like high fructose corn syrup, honey, etc.) as one of the first three ingredients or that contain no more than 8 grams of added sugar per serving.

You can get your Preschooler involved with growing healthy foods in the garden, planning a menu and helping in the kitchen to cook healthy choices. Children are more likely to try new things when they are part of the preparation!



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