



# Bear Creek Newsletter



April 2019

## Awesome April!

It's staying bright longer, temperatures are warming up and everyone is eager for summer! With that in mind, please note that **our last day of care for the school year is May 22<sup>nd</sup>**. We encourage you to begin planning for care those last days of May.

## Fall Registration Opens April 8th

Currently enrolled families will receive priority notification for registration but we do need you to register if you want care next year. We expect to fill up before the school year begins and don't want any of you to end up waitlisted!

<https://www.rccc.edu/school-age-childcare/registration-forms>

## Summer Orientation

If your child(ren) is signed up for summer camp please join us for our summer orientation for the Kendallvue Camp on **Thursday, May 9th**.

The first day of camp is May 28th our first field trip is that Friday to Jungle Quest! You can find the full calendar of field trips here: <https://www.rccc.edu/school-age-childcare/summer-information>

## Contact Information

### Site Manager:

Beth Williams  
303-519-6377

[Beth.Williams@rccc.edu](mailto:Beth.Williams@rccc.edu)

### Staff:

Naomi Carrillo  
Colleen Wright-Austin  
Christy Perry  
Katelyn Sage  
Lexi Blom  
Brady Marques  
Maddy Luley

### Program Manager

Sarah Espinoza  
303-914-6452

[Sarah.Espinoza@rccc.edu](mailto:Sarah.Espinoza@rccc.edu)

### SACC Administrator

Elizabeth Jackson  
[Liz.Jackson@rccc.edu](mailto:Liz.Jackson@rccc.edu)

### Accounting

[SACC@rccc.edu](mailto:SACC@rccc.edu)

Website – [rccc.edu/sacc](http://www.rccc.edu/sacc)

### Payments –

<http://www.rccc.edu/school-age-childcare/online-bill-pay>

### Hours of Operation

6:45 AM – 6:00 PM

## Important Dates

### Tuition Due

April 1st

Tuition is always due on the first of every month, even on weekends.

### Full Day Sign-up

April 26 @ Bear Creek

Please fill out the registration form using Chrome or Internet Explorer by **4/12!**

### Flex Testing

May 3<sup>rd</sup> & 6<sup>th</sup>

We offer Full Day care on testing days. Please register online.

We will put a sign-up sheet on the parent table for testing times!



## How To Make Sure Your Math Anxiety Doesn't Make Your Kids Hate Math

A spike in blood pressure. A racing heart rate. Sweaty palms.

For many adults, this is what they feel when faced with difficult math.

But for kids, math anxiety isn't just a feeling, it can affect their ability to do well in school. This fear tends to creep up on students when performance matters the most, like during exams or while speaking in class.

One reason for a kid's math anxiety? How their parents feel about the subject.

"A parent might say, 'oh I'm not a math person, it's okay if you're not good at math either,'" says Sian Beilock, a cognitive scientist and president of Barnard College, says. "It can send a signal to kids about whether they can succeed."

But new research from Beilock and her team shows that parents don't have to overcome their fear of math to help their child succeed, as long they changed their *attitudes* about the subject.

The researchers gave families in the Chicago area math-related bedtime stories to read at night, through an iPad app called Bedtime Math. The stories featured fun facts about walking frogs or the world's largest cupcake. After reading the stories with their parents, kids answered questions about what they just read, practicing simple addition or measuring the amount of an ingredient. Families did this for a total of three years — while kids grew from

first to third grade — because this is when kids tend to solidify their fear of math.

After a year of reading these stories, parents felt more confident in their children's math potential and valued the importance of math skills more. Now, after three years, when those students were tested on their math ability, they did just as well as the kids whose parents felt confident about math.

One caveat: Two years into the study, families rarely used the app (less than once a week) and parents still felt anxious about their own math skills. Using the app to read bedtime stories didn't get rid of math anxiety — it was a way for families to normalize math at home and foster a relaxed dialogue around the subject. There's more than one way to do it: Beilock suggests other fun activities like puzzles and cooking to give families an opportunity to talk about math.

Creating an environment in which math is part of everyday life won't transform kids into overnight math sensations, but perhaps it can help kids realize math is a subject for curiosity, discussion and growth.

"It's almost socially acceptable to be anxious about math," in a way that doesn't apply to reading, Beilock says. But early math skills form an important foundation for academic success and have [predicted](#) achievement later in school, including reading skills.

### Learn More:

<https://www.npr.org/2018/12/16/676188220/how-to-make-sure-your-math-anxiety-doesn-t-make-your-kids-hate-math>

***In April we will explore the Native American culture, travel to Greece as well as celebrate Earth Day!***

