



# Bear Creek Newsletter



**November 2018**

Thanksgiving Break is upon us! We will be holding care at Bear Creek K-8. Be sure to sign-up by November 2<sup>nd</sup> for the regular rate!

We appreciate your support during check-out. We've seen an improvement in kids getting signed out properly each day. Thank you so much!

We are teaching the kids to put their baskets and magnets away and say good-bye to a teacher **each day!** This is an important part of our tracking system to keep everyone safe. Please help us by reminding your kids to complete the process before leaving.

## Weather Policy

- Red Rocks follows Jeffco weather policy so if the schools close due to inclement weather, so does RRCC SACC.
- With cold weather upon us, please make sure children have appropriate clothing (jackets, gloves, hats, boots, etc.) if they would like to play outdoors.

## Voting?

As a resource for families we have placed the Jeffco ballot initiative book highlighting 5A, 5B & Amendment 73 at the family center.

## Important Dates

### Tuition Due November 1st

A Professional Development fee will appear on your Nov Statement to help fund training for the staff who care for your children.

### Full Day Sign-Up

November 2<sup>nd</sup>  
@ Kendallvue

Please sign-up by filling out the form using Chrome or Internet Explorer by **10/19!**

### Thanksgiving Break

November 19-21  
@ Bear Creek

Please sign-up by filling out the form using Chrome or Internet Explorer by **11/2!**

## Contact Information

### Site Manager:

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### Staff:

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### Program Manager

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### SACC Administrator

Elizabeth Phelps

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### Accounting

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

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

### Payments –

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

### Hours of Operation

6:45 AM – 6:00 PM

## Parent Resource Center

HealthyChildren.org published an article with fascinating facts about Digital Media Use and the impacts on children.

### *Tips for Healthy Media Use:*

Children today are growing up in a time of highly personalized media use experiences, so parents must develop personalized media use plans for their children. Media plans should take into account each child's age, health, personality, and developmental stage. All children and teens need adequate sleep (8-12 hours, depending on age), physical activity (1 hour), and time away from media. Check out this [Online Template](#).

Here are some guidelines for healthy media use.

- Find out what type of and how much media are used and what media behaviors are appropriate for each child—and for you. Place consistent limits on hours of media use as well as types of media used.
- Check your children's media use for their health and safety.
- Avoid exposure to devices or screens for 1 hour before bedtime. Do not let your children sleep with devices such as smartphones.
- Discourage entertainment media while doing homework.
- Plan media-free times together, such as family dinners.
- Decide on media-free, unplugged locations in homes, such as bedrooms.

- Engage in family activities that promote wellbeing, such as sports, reading, and talking with each other.
- Set a good example and turn off the TV and put your smartphone on "do not disturb" during media-free times with your family.
- Use sites like [Common Sense Media](#) to help you decide if movies, TV shows, apps, and videos games are age and content appropriate for your children and your family values.
- Share your family media rules with caregivers or grandparents to help ensure rules are consistent.
- Talk with your children and teens about online citizenship and safety. This includes treating others with respect online, avoiding cyberbullying and sexting, being wary of online solicitations, and safeguarding privacy.
- Remember that your opinion counts—so make your voice heard. Let a TV station know if you like a program, or contact the makers of a video game if the content is too violent. Visit the [Federal Communications Commission \(FCC\)](#) website for more information.
- Get other parents and your school and community involved to advocate for better media programs and for healthier habits. For example, encourage your school and community to sponsor a "[Screen-Free Week](#)."

#### Read More:

<https://www.healthychildren.org/English/family-life/Media/Pages/The-Benefits-of-Limiting-TV.aspx>

*In November we have fun curriculum themes including Colonial America, Time Travelers and Fall Fun. We have great full day activities for our Thanksgiving Break camp!*

