



# My Friends News

## San Jose

QUARTERLY NEWSLETTER  
SPRING 2016

We hope you had a splendid holiday/winter season! Here is a little recap of what was going on at our center the last few months.

In December we had so much fun playing games. We celebrated the month with weekly themes like The Grinch Who Stole Christmas, Cocoa and Cookies and of course, Frozen. The kids enjoyed singing Christmas carols while making Christmas treats and creating fun winter crafts.

In January, we brought in the New Year with a bang! The kids enjoyed experiments like making fireworks in a jar, celebration playdough, and delicious breadstick dippers for snack. We explored our five senses and enjoyed smelling, tasting, touching, seeing and hearing what the New Year has to offer.

In February, the children spread the love by making Valentine's Day cards for families and friends, Valentine's Day heart cookies, and giving out cards to one another. We exercised our gross motor skills by dancing the mornings and afternoons away with their all-time favorite song the "Cupid Shuffle." We wound down this month with outdoor play and heart shaped animal crafts.

Winter was tons of fun and we can't wait to see what the upcoming months have to offer! Here is a sneak peek...

In March, we will be on the lookout for leprechauns and going on adventurous treasure hunts in search of four leaf clovers and gold. In April, we will eagerly await the Easter bunny and search for Easter eggs throughout the center and in our backyard. In May, we gear up for summer by starting water play and planning some fun filled trips for summer time. We will be dipping into our five senses with ocean sensory bins, under the sea animals, scavenger hunts, and exciting experiments.

Please let us know if your child has a particular interest such as certain music, movie, books, or games. This will aid us in successfully promoting your child's development. Also, since we will be spending more time outdoors, please send any sunscreen your child will need.

*"When I see you through my eyes, I think that we are different. When I see you through my heart, I know we are the same." – Doe Zantamata*



hello  
spring!

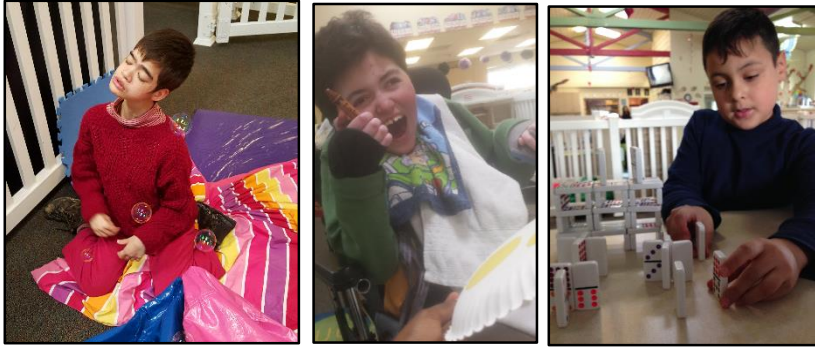


### Special notes to our parents:

- Please remember to send diapers, wipes and formula promptly upon request.
- Please remember any items or clothing sent with your child should be labeled with your child's name or initials.
- If your child uses a GT and /or nebulizer, please remember to send at least 1 GT syringe & extension set and 1 nebulizer treatment set on a monthly basis.

# SAVE THE DATE!

Pet Therapy is the First Tuesday of each month  
2:00pm-3:00pm.



## Meet Nicole...

Nicole is our Personal Care Assistant who is transitioning to the position of a Registered Nurse here at the San Jose My Friends Center. It has been wonderful to have her as a part of our team for the last six months.

Nicole demonstrates a strong interest in working in pediatric care. While in Philadelphia, Nicole worked as a Nurse Assistant at a children's hospital. Through that experience she was certain that working with and caring for children was what she wanted to do.



Nicole loves interacting with all of the children at the center. She enjoys the opportunity to see them grow and develop. She is happy to be a part of their lives and for the children to be a part of hers.

In her spare time, Nicole likes to go to the beach, hike, and do yoga. She was recently married this past October and looks forward to having children of her own someday.

## Our friends at My Friends!

### Meet Joshua...

We are so happy to have Joshua with us at the San Jose My Friends Center. He enjoys exploring toys and objects with different textures. Joshua has a blast touching and squeezing scented play dough; it is definitely one of his favorites! It brings him smiles and giggles every time. Also, Joshua has lots of fun bouncing around in the bounce house.

At first he was a bit shy, but now he has really come out of his shell. During group activities with crafts or music, Joshua will walk up to other children and sit right beside them. We love having Joshua at the center; he is so friendly and a delight to have around!



## ACTIVITY CORNER: TRY THIS AT HOME!

### Homemade Playdough

**Supplies Needed:** 1 cup flour, 1/3 cup salt, 2 tablespoons cream of tartar, 1 tablespoon vegetable oil, 1 cup water & food coloring or glitter of choice

**Instructions:** Combine the flour, salt, cream of tartar, vegetable oil, and liquid in saucepan. Stir over medium heat to the point where it starts to thicken. Once it's a fairly stiff ball, put it on the sheet of wax paper or safe surface. When cool, knead dough until its smooth and mix in any desired color or glitter. 😊

