



# College of San Mateo

## Mary Meta Lazarus Child Development Center

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## Small Prints

**Healthy Eats, Active Feet:**  
**Our health and nutrition program funded by Sequoia Healthcare District's Healthy Schools Initiative**

### Family Meals: Is it enough to just sit down together? Or is there more to the story?

Findings from a new research study, conducted at Harvard Medical School, linked calm, pleasant family mealtimes with a lower risk of childhood obesity. The study revealed that certain aspects of the family meal made a difference when it came to fostering the development of healthy eating habits in children. Children who had warm, positive interactions during meals were less likely to become overweight.

#### At home you can:

Sit down together and enjoy eating –strive for at least 20 minutes together;  
 Eat your family meals in the kitchen or dining room rather than in front of TV;  
 Talk to each other during meals, have everyone share highlights from their day;  
 Keep the mood positive (try not to lecture about food or eating);  
 Turn-off TV, computers and cellphones – be present and use mealtimes to connect w/ one another;  
 Parents can be in charge of **what** is served at the meal, **when** the meal is served and allow children to choose **which food items** offered at the meal they want to eat, **how much** and even **whether** they choose to eat.

**Results from the study suggest helpful strategies we can use during mealtimes at school and at home.**

#### At school we can:

Empower children by giving them responsibilities, such as, setting tables, serving, passing & pouring their own food/milk and bussing their spot. Incorporate their ideas, model politeness & manners, be clear & consistent about expectations during meals, think out loud with children about the rules, and reinforce their positive behaviors. We can also engage in interesting conversations during meals, ask children open-ended questions, use "mirror talk" (verbalize what we see & hear children doing), encourage peer conversations and relate concepts being discussed to children's own experiences. Staff needs to determine **what** is served, **when** the meal is served and allow each child to choose **which** food items to eat, **how much** and whether he/she chooses to eat.





Nikolas explores the speed sound affects by attaching speed cards to the wheels and pedals fast and slow.

## CLASSROOM A: Zip, Wham, Kaboom!

Each year as part of our annual planning process, we conduct a Program Self-Evaluation using data collected from children's developmental profiles, assessments of the classroom environments and parent surveys. The annual plan serves as our roadmap to program improvement. This year, one of our primary focuses is in the domain of language and literacy and involves fostering those abilities children need in order to become successful speakers, readers and writers. During the past month in Room A, we have been exploring the sounds in our environment, everything from making musical instruments, sound bingo, identifying mystery sound sources, nursery rhymes and songs, sounds from nature, and vehicle sounds. This is the first step in being aware of sounds in our world. Where do the sounds come from, what changes sounds, and how we can transform sounds? These investigations lay a strong foundation for the next step in language development: focusing on speech sounds and experimenting with onsets and rhyming, the beginning and end sounds of words.

Looking at his breakfast waffle strips:

"Are these ladder waffles?"

Dominick, Age 4

## Family Connections

Katherine, Dominick's mother reading aloud to the children at CSM's Bookstore Event



Honoring Anthony, Austin's Dad, Chrystina, Marlowe's Mom and our CSM's Veterans



Zumba with Sandra Cano, Stephanie's Mother



## Celebrating the Talented Staff in Classroom A

Six years of professional experience teaching children

Associate of Science Degree in Early Childhood Education/Child Development

Interests: Literature and Realistic Fiction Novels, Bachata Dancing

What excites you about teaching young children? "Being part of the child's educational journey during their preschool years."





*Elyas, Future Space Cadet, is always ready at a moment's notice to don the uniform!*

## CLASSROOM B: Blast Off into Space!

As young scientists, children actively explore & investigate, they try things out to see what happens and learn through experimentation. Our earth science project capitalizes on children's natural interest in learning about their world through scientific inquiry. The project fosters language development, concept development, social skills and large and small motor skills not to mention their creative capacities.

The children have been exploring outer space, rocket ships, and planets. They have been intrigued with visiting the constructed space station and practicing the reversal countdown from 10, 9, 8 ... As investigators, they have been learning about the properties of earth (sand, dirt, and rock) and are still grappling with the issues around gravity. They were highly engaged with the 'balloon rocket' launching. "It went up, up, up! The air pushed it!" Let's not forget the astronaut ice cream that Elizabeth, Clark's mom made with us. Let us not forget our visit to the campus Planetarium!

## Professional Development

During Fall semester, staff from both classrooms participated in a 3 part series called "Powerful Interactions".

A powerful interaction has three steps:

- 1) Being Present with Children
- 2) Connecting with Children
- 3) Extending Their Learning

Step One: Be Present means to slow down for a moment so you can be intentional in the interaction with the child.

Step Two: Acknowledge and validate the child to awaken the trust and security developing between you.

Step Three: Model for the child how to learn and stretch

the child's thinking and knowledge—all in a way that is just right for the child.

These strategies support the best practices of teachers as measured on the Instructional Support domain of the Classroom Assessment Scoring System.

"Does Annie  
speak

Germany?"

Justine, Age 4



## Celebrating the Talented Staff in Classroom B

Maiden Voyage into the field of Early Childhood Education

Associate of Science Degree in Allied Health and Liberal Studies with 15 units in Early Childhood Education/Child Development, working toward her 24 unit Early Childhood Education Certificate

Interests: Food, Hiking, and Arts and Crafts

What excites you about teaching young children? "I love the children's innocence and their perspective on things."

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## SEMESTER EVENTS

### September/October : Family Teacher Conferences

**October 8: Practice Fire Drill w/ Children 10:30 am**

**October 17: Earthquake Shake Out Drill with Children  
10:17 am**

**October 30: CSM Bookstore Story-time for Children 11 am**

**October 31: Pajama Day and Harvest Carnival w/our  
friends from Middle College**

**November 4th: El Dia de los Muertos Celebration 11 am**

**November 14: Ready Set Go helping Your Child's Transi-  
tion to Kindergarten for Families 3:00 pm**

**December 4th: Family Holiday Celebration**



**Zofia's Salt Resist Painting**

**Ivan's Roly Poly**



**Semi's Natural Collage**