



Family Newsletter February 2010



Full Days & Closures

February 8th (Monday) – Full day for Mark West District & Wright District = All JX Wilson & R L Stevens students will attend the Wright center; all Mark West & San Miguel students will attend the Riebli center

February 12th (Friday) – Full day for Windsor District – All Cali, Brooks & Windsor Creek students will attend the Mattie center

February 15th – ECC will be closed!

March 29th – April 2nd – Mark West District & Wright District spring break – Mark West & Riebli students attend San Miguel; RL Stevens & Wright students attend JX Wilson center

April 1st – 9th – Windsor District spring break - All Brooks, Cali & Mattie students attend Windsor Creek

Remember to sign up at the center for the full days that you need care!

Parent Surveys

This month you will be receiving a Parent Survey with your bill. These surveys are one of the ways that we evaluate our program to make improvements. Your input is a valuable part of this process so please take the time to complete the survey and mail it back with your check. You can also complete the survey at our web site – www.extcc.org Thanks for taking the time to give us your input.

Thinking Ahead to April 15th

Please save your monthly statements for your year end tax purposes. These statements, in addition to the year-end summary, should help you figure any credits you may be entitled to. Year End Summaries were mailed to you in mid- January.

Incoming Kindergartners

If you have an incoming kindergartner for the 2010/11 school year, please call the main office immediately, 545-2402, so we can set up your child in our system and prepare packets for enrolling. Siblings are given priority for enrollment in the program with no wait, but we need to know about them.

Time to Start thinking about Summer!

In March, we will begin our enrollments for our Summer 2010 program. Summer programming at ECC means lots of summer fun activities, including dance, sports, water activities, drama, field trips and other special events. Our teachers focus on helping children to retain their academic skills during summer vacation. Our centers will be open from 7am to 6pm Monday-Friday all summer.

Our Summer program will begin the first day that school is out which is May 27th (Thursday) in Mark West district and June 1st (Tuesday) in the Wright and Windsor districts. Parents have the option of continuing care for the summer or returning in the fall. Enrollment options are 3, 4 or 5 full days (more than 5 hours per day) or 5 part days (0-5 hours per day). We are also offering an option of less than 5 part days per week. This requires a set schedule either morning or afternoon. Daily fees include a nutritious breakfast, lunch and snack. Enrollment information will be in the March newsletter.

Whole Foods is making a donation for Sonoma Co after school programs each time you bring your own bag. This funding helps ECC to train our teachers. We appreciate your support of this fundraiser!

REMINDERS

- Winter break full day charges will appear on your February statement.
- If you have a new address, cell phone, work phone, want to add a person to your emergency card or any other changes, please call the ECC office at 545-2402 with this information.
- All schedule changes must be called into the main office at 545-2402. Informing someone at the center is not enough.

Children Require TLC

Time, limits and **caring** help build character in children .

As for **time**, frequently eating dinner together and doing other activities as a whole family has been shown to reduce the risk for drug use and other problems among teens

When it comes to **limits**, being consistent, about even a simple chore like keeping one's room clean, can teach children responsibility.

Really listening to your child and setting an example of **caring** for others by volunteering for some type of community service can make children less self-centered.

From Hope Health Letter – February 2010

Kids' Turn – Help for Parents & Children Facing Separation & Divorce

Kids' Turn of Sonoma County is an educational program to help families deal with issues arising from separation and divorce. Children and teens ages 5-14 meet in small groups according to age. Therapists help these children address the difficult feelings they are having about separation and divorce and use age-appropriate approaches to help resolve them.

Parents also participate in Kids' Turn by joining with other parents in a discussion group where they can meet separately from their former partners. Parent participation is important to the program's success and while both parents are invited to attend, at least one parent must commit to the Kids' Turn program.

Kid's Turn comprises six weekly sessions that are held on Wednesdays, from 6:30-8:30 pm. The program is offered four times a year at a Santa Rosa school location. Thanks to donor support, the cost of attending Kids' Turn has been reduced to \$60 per each parent and child that attends.

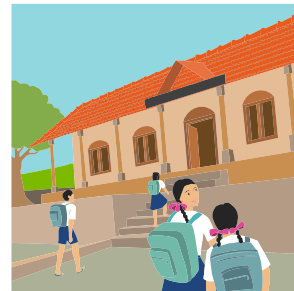
Kids' Turn goals for children are to:

- Help them identify and communicate feelings
- Encourage them to talk about the changes in the family
- Improve their coping skills and adjustment

Kids' Turn goals for parents are to:

- Help parents understand how children are affected and how parents can help
- Show how to deal effectively with the emotional consequences of separation and/or divorce
- To improve communication between parents and children, especially with other parent.

For more information about Kids'Turn, call 585-6108



Next ECC Board Meeting – February 22, 2010 at 6:45 p.m. at 1745 Copperhill Pkwy, Suite #5, Santa Rosa. Parents are always welcome.

