

National Eye Care Month

Below are some helpful hints for taking care of your eyes:

- Have a complete eye exam every 1 to 2 years. Most eye diseases can be treated if detected early.
- Have a test for glaucoma every 1 to 2 years.
- Take extra care if you have diabetes or a family history of eye disease. Have an eye exam every year.
- See an eye doctor immediately if you have any loss or dimness of eyesight, eye pain, double vision, extreme redness or swelling of your eye or eyelid



National Volunteer Blood Donor Month

January is usually a difficult month for blood centers to collect blood donations, due to fewer people donating during the holidays, poor weather, and more people getting sick. A reduction in turnout can put blood inventory at a critical low. In some parts of the country, blood centers are currently on critical appeal.

There is a continuous need for blood and most individuals do not realize that donated blood has a short shelf life - approximately 42 days for Red Blood Cells - which means that our blood supply needs to be constantly replenished. Our nation has a continuing critical need for blood throughout the year and our challenge is to keep meeting this need every day.

If you are at least 17 years of age (some states permit younger people to donate with parental consent), weigh at least 110 pounds and are in good health, you may be eligible to donate blood. Celebrate National Volunteer Blood Donor Month (NVBDM) with the American Association of Blood Banks (AABB) by "Giving the Gift of Life" and encouraging others to donate as well.



January Daily Celebrations and Observances

New Year's Day—January 1, 2004

New Year's Food Traditions

Everyone around the globe celebrates with food. Here are just a few traditional foods eaten around the world to ring in the New Year.

Olie Bollen a donut-like fritter is popular in **Holland** for New Year. Eating pickled herring as the first bite of the New Year is said to bring good luck to those of **Polish** descent.

Eating noodles at midnight is traditional at Buddhist temples in **Japan**. In **Cuba** they eat 12 grapes at the stroke of midnight for good luck. The 12 grapes signify the last twelve months of the year.

Black-eyed peas, fish, apples, and beets are eaten for luck at the **Jewish New Year's** celebration.

German tradition is eating herring at the stroke of midnight to bring luck for the next year.

In the **southern United States**, it is believed eating black-eyed peas on New Year's Eve will bring luck for the coming year. Other customary New Year foods in the south include eating greens such as cabbage, collard greens, mustard greens, kale or spinach to bring money and cornbread to bring wealth.

The traditional eating greens can be found in other cultures as well, although the cabbage can take many forms, such as sauerkraut or even kimchee.

In the **Philippines**, it is important to have food on the table at midnight in order to insure an abundance of food in the upcoming year.

In **Denmark** Boiled Cod is the fare for New Year's Eve.

Martin Luther King Jr.'s Birthday

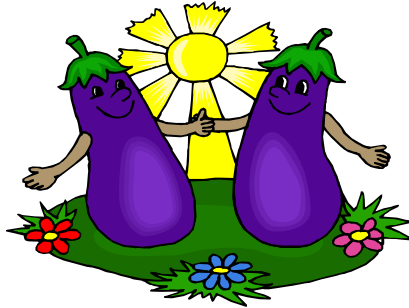
January 19, 2004 (observed the 3rd Monday in January)
(Actual Date of Birth 1-15-1929)



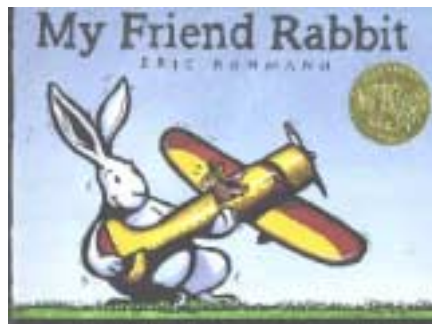
During his lifetime, Dr. Martin Luther King, Jr. sought to forge the common ground on which people from all walks of life could join together as equals to address important community issues. Service, he realized, was the great equalizer. As he once said, "Everybody can be great, because everybody can serve."

Let's strive to serve each other and continue King's legacy.

LET'S READ ALL ABOUT
MAKING FRIENDS



Making friends is an important part of our lives from the time we are children. I have selected a few children's books that share the importance of developing friendships.



The 2003 Caldecott Medal winner is ***My Friend Rabbit*** illustrated and written by **Eric Rohmann** (Roaring Brook Press/Millbrook Press)
In the book, Mouse shares his brand-new toy airplane with his friend Rabbit, and no one can predict the disastrous—but hilarious—results. When the airplane lands in a tree, the chaos only builds as Rabbit drags, pushes and carries the whole neighborhood, including Elephant, Hippo, and Crocodile, to the rescue. It's a lighthearted celebration of a friendship that will last – even if whatever Rabbit does and wherever he goes, trouble follows.

Chicken Sunday by Patricia Polacco

The three children in this story are different in many ways -- two are boys, while one is a girl; the boys are African-American Christians, and the girl is Jewish; the boys live with their grandmother, but the girl has lost her *babushka* long before. What's most important, in this story, is how the three children hold onto a friendship that lasts a lifetime. A touching narrative of challenge and commitment, *Chicken Sunday* is a wonderful read for older children.

Jessica by Kevin Henkes

How do you make friends? Jessica has an imaginary friend who goes everywhere with her. But when Jessica is going to start school, her parents want her to leave her imaginary friend at home! How will this little girl find a way to make new friends? Read this book to find out!

Duncan and Dolores by Barbara Samuels

Dolores has a terrible time making friends with her new cat, Duncan. Her older sister, Faith, seems to have no trouble at all! Dolores tries everything to get Duncan to play with her. Finally, he does! A favorite story for kids 3 and up, and a Reading Rainbow Book.

Maebelle's Suitcase by Tricia Tusa

Maebelle is a one-hundred-eight year old woman, who lives in a tree and makes special hats. On the day of the big hat-making competition, Maebelle needs help! Her special friend, Binkle the bird, lends her all the right ingredients for the best hat in town. Or is it Binkle who needs help? (also a Reading Rainbow selection; great for kids 5 and up)

Enemy Pie by Derek Munson

When his dad suggests making an "enemy pie," the boy in this book is excited, but confused about the requirement of spending an entire day with his adversary. In the end, he learns how to turn a best enemy into a best friend.

IN THE NEWS



Educational Tips—Working with Children With Disabilities

- Have a variety of materials available
- Give message seven (7) times in seven (7) different ways
- Promote acceptance and consistency during activities
- Build awareness

READ—VIEW—DO ACTIVITY

Read: Mama Zooms or Lucy's Pictures

Create a flannel board story using textured pieces

View: Dragon Tales Episode 108 A Doodle Fairy

The dragons are preparing for the School in the Sky Talent Show, but Cassie can't think of a talent to share. She goes to the Talent Pool for help, but finds that the Talent Pool is in no mood for giving advice. Cassie cheers the Talent Pool up and realizes that her talent is helping people.

Do: Treasure Map

- Place sounds around the room
- Use flashing lights, bells, et cetera
- To add texture, use sand paper, felt, aluminum foil, and edible materials, et cetera.
- Use large bold prints
- Books on tape
- Story boards

Modify resources used to meet the needs of the specific children involved.

Teachers/Caregivers: Remember that parents want ideas for taking their child to the next step. Building confidence in children is important. Parents need to be included and involved.

- Maintain open lines of communication between school and home
- Use the parent as a resource. Parents have really high expectations for their children. They want their children to believe in themselves.
- Help parents feel competent and confident by providing a consistent message
- Help parents to understand that their child is “a child first” and a child with disabilities second. The child with disabilities needs the same stimulus and children without disabilities.
- Help parents to understand that their child is capable of doing things

These suggestions came from Maryland Public Television Ready To Learn Coordinator.



Check Out Clifford's All-New Series:

Clifford's Puppy Days™

Clifford's Puppy Days first aired on UNC-TV in September 2003. This series complements, but does not replace, *Clifford The Big Red Dog*®.

- The series is a prequel to *Clifford The Big Red Dog*®, recounting his days as a small puppy living in the big city.
- The show features an all-new urban setting and a colorful cast of new characters.
- The same 10 simple life lessons of *Clifford The Big Red Dog* TV series -- "Clifford's Big Ideas" -- are also the backbone of *Clifford's Puppy Days*, referred to as "Ideas to Grow On" in the new series.

Clifford's Big Ideas are positive character traits modeled by the characters in the *Clifford the Big Red Dog*® TV series.

Be A Good Friend

Be Kind

Be Responsible

Be Truthful

Believe in Yourself

Have Respect

Help Others

Play Fair

Share

Work Together

These same ideas are the backbone of the new Clifford's Puppy Days™ TV show, though they are referred to as Clifford's Ideas to Grow On in this series. These ten ideas represent social and emotional challenges that children face and must master in the course of development. Each episode of the TV series supports one or more of these Ideas through classic storytelling.

Each episode concludes with a one-minute vignette featuring Clifford and his friends modeling (or learning to model!) one of these ten Big Ideas/Ideas to Grow On. Visit Clifford's home on the Web, where we reinforce these themes in all of our activities.

This section of the site will help you bring Clifford's Big Ideas/Ideas to Grow On from the TV screen and into a child's life.

While on the website, you and your child can discover a great learning resource that is packed with fun activities.

- A description of what the idea means to a young child
- An explanation of the developmental theory behind episodes and activities that support the big idea/idea to grow on
- Links to episodes and activities that reinforce the big idea/idea to grow on

Puppy Days Story Builder

- No doubt that Clifford the Puppy knows how to have fun playing with his friends in the city! Share with your child that a real friend is honest, kind, helpful, and understanding.
- Encourage your child to retell favorite stories read or heard.
- Check for comprehension by asking your child describe the setting, identify characters, and express what happened in the story.
- Explain that pets can also be friends, just like Emily Elizabeth and Clifford.
- Name pets and talk about ways that taking care of a pet with food, shelter, exercise, play, and grooming are good ways to show a pet true friendship. Identify places that friends play and learn together like parks, schools, neighborhoods, church, and daycare.
- Encourage your child to accept "new and different" friends from other cultures and ethnic backgrounds; birthday parties, overnight stays, and playtime activities can open doors for new friendships to develop.

SUBJECT AREA SKILLS

In collaboration with the U.S. Department of Education, the staffs of PBS Kids Ready to Learn and PBS Children's Programming have identified nine subject areas to guide development of the growing minds of young children. These subject areas are based on the list of school-readiness skills identified by the Technical Planning Subgroup on School-readiness for the National Education Goals Panel (1991). Skill development within these subject areas is woven throughout the Clifford TV series and the activities on the Clifford website.

Social and Emotional Skills

Language and Literacy Skills

Physical and Motor Skills

Critical Thinking/Problem Solving Skills

Understanding and Appreciating Diversity

Music and Art Appreciation and Performance Skills

Cognitive Skills

Life Skills

Science and Discovery Skills

IN THE COMMUNITY



Teacher

Burton World GEO Elementary School

Some of the books given to me to use with my summer school ESL students proved invaluable.

I used *Who Took the Cookies from the Cookie Jar* out loud to the class. We said the names of the animals in both English & Spanish. I read the book a 2nd time, this time I held up the card with the name of the animal printed in English & the children said the animal's name with me.

The next day, I read the book again & had all the children help me say – Who took the cookies from the cookie jar? I shuffled the animal name cards & gave one to each child. When the picture of his animal came up in the story, he had to say the English word on the card, after we all asked the question 3 times. Everyone had an ant card & we all said that one when we got tot the last part of the story. I read this same book on three or four days. The children liked it.

Foster Grandparents

Here are a few comments from the grandparents who participate in First Book project with the Foster Grandparents program.

Grandma Degraffenreadt at Frankie Lemon School for special needs has read over 100 books so far this year. She is very excited about the First Book program and can't wait to get more books.

Grandma Beatrice Johnson located at Polk Montessori School says, " The mothers really appreciate the grandmothers reading to their children. The children really enjoyed reading the book *Froggy Goes To School*.

Grandma Phyllis, a retired teacher, is located at Gethsemane Daycare. She reads with the children everyday. She reads both English and Spanish books to the children. She also practices a Spanish word of the day with the children.

Wayne County Trainer

“What to do with the Mad You Feel” has been very well received in Wayne County by childcare providers. High School teachers have approached me about doing a “Train the Trainer” session for them so that they could do the workshop for their students.

Volunteer Ready To Learn Trainer

I am a retired Prek-12 educator. My sessions as a volunteer RTL trainer are “times” enjoyably well spent. It is truly exciting to be a part of the tremendous acceptance parents, teachers, and other caregivers’ exhibit when the RTL trainers share wonderful literacy treasures at workshops!

Ready To Learn Trainer

It has given me wonderful resources and materials to share with families and other professionals & increased my skills. Everything about RTL/PBS fits perfectly with the goals of our program.

- Age appropriate
- Brain based
- Continual support
- Useful in classroom

Rocky Mount K-12 Teacher and Ready To Learn Trainer

UNC-TV has provided a wealth of resources for the children, parents and myself. Opportunities for children with special needs and low literacy to receive materials. Learning different ways to share the resources to help enhance the children’s education. I find that we all learn together when sharing.

Durham County Parent

UNC-TV Ready To Learn has been amazing for me as a parent. Everything I’ve learned helps me feel like a better parent. The information I share with my children as well as the activities. Being a parent is my most important job.

Alamance County United Way Director

Ready To Learn has greatly impacted our programs. We use Ready To Learn as the backbone for early literacy and child development outreach. The Sesame Street and Between The Lions curriculums are being using by juniors and seniors at Graham High and Cummings High Schools. We are very excited about Ready To Learn.

FAMILY LITERACY WORKSHOP

Wake Technical Community College

Participants in a November Family Literacy workshop created Read-View-Do lesson plans based on Reading Rainbow Family Literacy Kit: “How to Make an Apple Pie and See the World.”

Read-View-Do #1

Objective: The children will learn how to measure

Topic: Measuring

Introduction:

View segment when LeVar Burton measured dry ingredients

Read "Eating Fractions" by Bruce McMillan

Do: Have the children measure dry ingredients in the science center and then mix them together. Provide measuring tools at the sand table.

Read-View-Do #2

View segment depicting gathering the ingredients and making the apple pie

Read "If You Give a Mouse a Cookie" by Laura Joffe Numeroff.

Do: Make cookie dough with the children. Bake. Use for snack.

Read-View-Do #3

Preparation

Collect different clothing (especially hats) pertaining to what children might want to be when they grow up

View segment depicting "being a chef."

Read "What Will I Be?" by Wendy Lewison

Do: Create a role play activity. Example: Being a chief. Create a cooking activity. Talk about what the person would wear. Provide appropriate role play clothing. Incorporate shapes, colors and other concepts.

New Vocabulary

The group brainstormed a list of new vocabulary that could be incorporated throughout the unit of study.