The Sun Shines on...
Sunshine’s Preschool Teachers!

This month, the light shines on Sunshine’s Preschool Team: Amanda Rizzo, teacher; and Nahila Echavarria and Rachel Cecera, teacher assistants. While Amanda is new to this team, Nahila was in the classroom last year and Rachel joined the team this summer. They are all committed to making this an amazing school year for their students. The Preschool curriculum offers a healthy combination of learning and fun featuring a schedule that includes multiple sensory-oriented lessons, like learning about the weather and the days of the week, identifying shapes/numbers/letters, and language development through storytelling and singing. This tactile approach to learning also includes hands-on art activities (which the children love to share with their parents!). These talented teachers have created a happy learning environment so their students love to go to school each day. “The most rewarding aspect of my job is watching the progress each child makes throughout the school year. It is really amazing to see how teaching a child the smallest thing can have such a huge impact on them and their growth process!,” said Nahila. “I truly get to learn the personalities of each child and it is so amazing to watch them experience every day.” Amanda said, “My favorite part of working at Sunshine is seeing the children and watching their faces light up when something makes them smile or makes them happy. There’s something about seeing a child smile that truly brightens up your day and is all I need!” Although the school year has just begun – Amanda, Nahila and Rachel have been enjoying the collaboration and the teamwork they share. Nahila describes the teaching dynamics, “We get along extremely well and we share the responsibilities. It is very comforting to come to work and know that I have such great coworkers!” Rachel adds, “We plan together, prepare together and genuinely get along very well!” In addition to having supportive coworkers, the Preschool teachers feel grateful to be teaching in such a positive environment at Sunshine. Nahila says, “I knew that Sunshine was a good fit for me the minute I walked into the facility and was greeted by everyone with smiles on all their faces. It felt like a big family.”

Sunshine is happy to have Amanda, Nahila and Rachel included in our Sunshine family!
The Sunshine Therapeutic Activities Department, under the leadership of Kym August, CTRS, focused on fun and creativity this summer. They used creative arts and crafts projects to enhance learning and engaged with the children using play while providing stimulation and socialization. While many of the activities required hand-over-hand facilitation, the tactile experiences of playing in multi-mediums (water, paint, fruit, clay, wood) enhanced all their senses. The combined work of the team and the children were on display in the open-air 2020 Summer Art Show, held on September 1st. The staff was invited to walk along the front patio area to admire the many works of art. Everyone was delighted with the show and inspired by the various art projects. Kym shares, “I am so proud of the creative TA staff who worked tirelessly to help the children create and display the art they worked so hard on. We focused on each child’s ability to create unique and extraordinary masterpieces.”

Fall has arrived! Unfortunately, in addition to the COVID-19 virus, there’s an increased risk for getting the flu and other viruses.

Tips to help you and your family stay safe:

- Drink water! As it gets colder, you can lose the same amount of fluid as you might in hot climates due to the high rate of energy used in the colder climate.
- Enhance your Vitamin D intake. When fall arrives, daylight, which is one source of vitamin D, will be less available.
- Get your flu shot! It is possible to get COVID-19 AND the FLU! Getting the vaccine minimizes your chances of getting the flu and lessens the effects if you do get it.
- Test and replace batteries in your fire alarm AND carbon monoxide detector. Making this an annual routine ensures that your devices are working.
- Eat fruits and vegetables that are IN season. Produce in season retain higher amounts of vitamins and minerals.