

**LENEXA UNITED METHODIST CHURCH
PRESCHOOL/CDO
OCTOBER NEWSLETTER 2017**

Fall has arrived and the seasonal changes it brings are on the way! Our staff is gearing up for another fun month. School got off to a great start in September. The children are more comfortable with their new environment now. There will be many new discoveries unfolding in our classrooms as the children learn that FALL REALLY IS FUN!

REMINDER – NO SCHOOL OCTOBER 20th!

Enjoy this lovely fall day with your family.

IMPORTANT UPCOMING DATES FOR YOUR CALENDAR

Oct. 10, 11, 12 – Preschool Conferences (check with your teacher for your date)
Oct. 16 - Carnival/Open House 5:30-7:30 (Carnival games end at 7:00)
Oct. 20 - NO SCHOOL
Oct. 18 - 3-Yr-Old Preschool Pictures
Oct. 19 - Pre-K Pictures

PRESCHOOL PICTURES

Our preschoolers will have individual pictures taken during class time according to the schedule listed above. Watch for a sheet with options to come home via backpacks and return it to your child's teacher. If you don't want your child's picture taken, please give a note to your child's teacher. CDO students won't have individual pictures taken this year, but may schedule an appointment during these 3 days by contacting Ms. Lori.

OUTDOOR PLAY

Our Preschool and CDO students have been enjoying recess outdoors on our playground. We will continue outdoor play when the temperature is 40 degrees or above. Please be sure to dress your child with that in mind as temperatures turn cooler. Dressing in layers works great! Please avoid bare legs on little girls – they always say they are cold. Please be sure to send jackets and coats labeled with names. Fall is a ball here at preschool! ☺

**SEE YOU AT THE CARNIVAL/OPEN HOUSE -
OCTOBER 16– 5:30-7:30 PM!**

PRESCHOOL HOMEWORK

Parents occasionally ask me what they can do at home with their child to reinforce what we are doing at preschool. My answer is read books to your child EVERY day. We don't use work sheets here at school. Research has shown that hands on learning is a superior method for preschoolers to learn. We also realize that parents are a child's first and most important teacher and don't always have the same resources we do at school. We'll occasionally provide activity sheets you may do with your child at home that will reinforce some of the same kind of fine motor, literacy, and math concepts we work on here at school. We'll plan to offer different activity sheets each month that include tracing, dot-to-dots, mazes, etc. Your participation is **TOTALLY OPTIONAL**. These will cover a diverse developmental level since they will be available to our 3's, Pre-K, and T-K students. Find them on the black table outside of the Preschool Office.

FIRE PREVENTION MONTH

October is Fire Prevention Month. This month is an excellent time for you to think about your family's fire safety plan. 1. Have a working smoke alarm on every level of your home and one in each bedroom. Check the batteries and write on the calendar dates to make sure they are changed twice a year. 2. Teach your child to identify "911" on your phone and "role play" appropriate times for them to call that number. 3. Practice your family fire escape plan with every one in your family. Talk it over as a group and then orchestrate your own fire drill practice. Show all of the children in your family what the smoke alarms in your house sound like. These suggestions are just a few offered in the hopes of keeping all of our families safe. We have discussed fire safety here at preschool, and have fire drills monthly.

PROSOCIAL CLASSROOMS – Dealing with Feelings!

Education research has shown that children with a higher level of social skills do better academically throughout their school careers. We focus on teaching and modeling social skills in our curriculum every day. We spend a great deal of time learning how to identify and appropriately deal with feelings, both in ourselves and others. You and your child can practice making faces in a mirror to help learn how to read people's faces (visual clues). Reading books often presents opportunities to talk about diverse ways to deal with feelings appropriately. Role playing situations you know your child may encounter also typically works well with young children. Act out a scenario and give your child specific verbal ideas about what to say when another child says "No, you can't play with me". Act out a scenario when two people want the same toy. Problem solve together with your child. Having opportunities to practice these situations at home gives your child confidence when they encounter them on the play ground! Also, ask your child questions like – "How did that make you feel when....", or "What could you have done instead of hitting?" If you are intervening in conflict with a sibling or a play mate you could say, "Look at her face – do you see her tears?" or "Would you like it if he knocked your block tower over?" Instead of saying "use your words", give children concrete examples of words they can use. We teach children to respond with words like "Please stop_____. I don't like it!" (or that hurts my

feelings, hurts my ears, etc.) Reinforce that feelings are not right or wrong, but there ARE appropriate and inappropriate ways of dealing with them. Consequences for dealing with feelings inappropriately need to be immediate, fair, and consistent. Children need a large repertoire of feeling vocabulary beyond the basics of happy, sad, and mad, and diverse strategies of dealing with feelings. Waiting patiently for turns, learning how to share, negotiate, and compromise takes lots of patience for adults and lots of practice for little ones. Children who learn to use these skills successfully will reap the rewards in school settings as well as life!

Attached is an article about “The 5 steps of emotion coaching” that helps further explain the importance of helping children understand and navigate their feelings.

SPARE CLOTHES WANTED

We occasionally have children attend school without their backpack and/or a spare change of clothing. Our spare clothes are running low so if you have any hand-me downs at home to donate we would love to have the following:

Boys shorts, pants long sleeve shirts, socks, underwear sizes 2-5

Girls shorts, pants, long sleeve shirts, socks sizes 2-5

Drop your donations by the preschool office! Thanks for your help!

T-K NEWS

We are getting acquainted in class and are learning about ourselves and our new friends. This month we will discuss patterns, woodland animals, form letters and sound them out. Its fall ya'll!

Pre-K NEWS

Wow! What a great start to the school year we have had! We have been learning all about each other, our friends and our school with the help of Pete the Cat and Rainbow Fish! We are anxious to see all of you and show you some of the things your kids have worked on at our carnival! October will be just as much fun and full of exciting activities! We will explore apples and pumpkins using all of our senses! Measuring, weighing, counting seeds and art projects will fill our days. We will even learn how to read a recipe and make our own applesauce! Spiders will creep into our last couple of days before we celebrate Halloween. We will learn about the difference between spiders and insects, count legs and create some wonderful spiders of our own. Halloween will be celebrated with a parade of costumes, then back into our class for some fun and messy activities! Don't forget to watch for our sign ups for conferences which are held mid-October. These conferences can be either face to face or phone calls. Remember that these conferences are to touch base and see how your child is adapting to school. Our conference in the spring will concentrate more on academic skills and kindergarten readiness. Get ready for a fun and exciting month!

3-YEAR-OLD PRESCHOOL NEWS

After a busy month of making new friends, learning how to stand in a line, maneuvering around from one activity to the next, and experiencing many other exciting “firsts”, our 3-year-olds have become very comfortable in their preschool environment. We will learn about the life cycle of an apple and a pumpkin. Our senses will explore the feel, smell, and taste of them. We will make apple prints and look inside a pumpkin. Did you know that spiders are not insects? Our book, The Very Busy Spider, will help us learn about spiders. The children will also be introduced to nocturnal animals, like the owl and bat. We will search with a flashlight around our rooms to find fun facts about animals that come out at night. Make believe vs. real? We will read Go Away, Big Green Monster! and discuss what is real and what is make believe. The Little Old Lady Who Was Not Afraid of Anything, will be read as one of our fun activities before Halloween. We do not have a Halloween party in 3-year-old preschool but we will have things to do to celebrate Halloween!

OLDER 2'S AND YOUNGER 3'S NEWS

We have had a fabulous start to our school year and we couldn't be happier. We have great kids who love to learn and play. This month will bring fun play with all things farm related. Barns, tractors and farm animals will keep us busy for days. Next we'll jump into pumpkins and harvest. We'll cut open a pumpkin to see the seeds and explore the inside. We will end the month with spiders, bats and Halloween fun...it's time to dance to the Monster Mash. Thanks for sharing your kids with us. We truly love them and love spending time with them.

TODDLER NEWS

The first month of school has passed very quickly. The children are becoming more comfortable with their school routine. The month of October will be filled with fall and Halloween activities. We will be painting jack-o-lanterns, making Halloween hand prints and finger painting. We will listen to the song, “There's a Spider on the Floor” and watch our spider puppet dance along. We will be counting pumpkins on our felt board and we'll read Five Little Pumpkins, The Itsy Bitsy Spider, and My First Halloween. We are looking forward to a fun and busy month!

PRESCHOOL MUSIC & MOVEMENT

October is such an awesome month for music! We'll start off wiggling and dancing to songs about apples, pumpkins and a spooky version of the “Hokey Pokey”. Skeletons and spiders will come to visit. And as we creep closer to Halloween, we'll be flying like bats, stomping like monsters and floating like ghosts to keep us moving and learning!

MONDAY & WEDNESDAY ENRICHMENT

We have LOVED getting to know our new friends this past month. October is going to be filled with fall experiments, lots of sensory play, and exploring. We will explore pumpkins, apples, bats and spiders-oh my! There are so many books to help us learn about and celebrate Fall. We will be reading The Pumpkin Book by Gail Gibbons, Stellaluna by Janell Cannon, and Johnny Appleseed by Jodie

Shepherd. We will trace our names in spiders, make a pumpkin volcano, and measure our height in apples. Bring on Fall!

TUESDAY & THURSDAY ENRICHMENT

We have had a great month in Enrichment! Everyone is becoming familiar with the routine and having fun talking and getting to know each other at lunch. Please continue to label ALL lunch items that come to school. Also, as the weather gets cooler, please remember to send a jacket with your child. As we talk about fall and Halloween this month, we will have many fun art activities involving leaves, painting, and the color orange.

FRIDAY ENRICHMENT & FANTASTIC FRIDAYS

As the October winds begin to change, we will start to focus on autumn activities. Exploring the parts of a pumpkin, collecting leaves, acorn painting and creating jack-o-lantern faces will be so much fun! Our class will learn all about owls this month. Using feathers and paint they will design their own unique owl. October is going to be a Hoot!

5 steps of emotion coaching help kids grow, develop, researchers say

Compiled by Celia R. Baker, Deseret News
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John Gottman's studies showed that helping children learn to deal positively with negative emotions resulted in greater self-confidence, improved school performance and healthier social relationships.

Helping children learn to manage their emotions isn't easy, but it pays off, say advocates of "emotion coaching."

John Gottman, a Washington state-based psychology researcher, wrote the [book](#) "Raising an Emotionally Intelligent Child: The Heart of Parenting." Gottman studied 120 families over many years to develop techniques parents can use to help children tame their emotions. His studies showed that helping children learn to deal positively with negative emotions resulted in greater self-confidence, improved school performance and healthier social relationships. He breaks the emotion coaching process down into five steps:

- Become aware of the child's emotions — which also requires parents to understand their own emotions
- Recognize emotional expression as an opportunity for intimacy and teaching — negative emotions are not threats to authority, or something for parents to fix or deny
- Listen empathetically and validate a child's feelings — simple observations might work better than probing questions
- Help the child find words to label the emotions they experience, without trying to tell them what they ought to feel
- Set limits while exploring strategies to solve the problem at hand

Succeeding with emotion coaching depends on letting children know that it's OK to have bad feelings, without accepting the bad behavior that sometimes accompanies negative emotions, wrote Christine Carter, a sociologist for UC Berkeley's [Greater Good Science Center](#).

“Terrible feelings like jealousy and fear and greed are invitations to grow, to understand ourselves better and to become a better person,” Carter wrote. “When you see these ‘undesirable’ emotions in children, think of them as opportunities to both learn more about their inner-world and — importantly — to teach them how to deal with negative emotions now and in the future.”

Carter uses an example of working through her own child's tantrum about not being allowed a play date at a moment's demand. She tells her daughter Molly that she can see she is very angry and frustrated, then asks if there is anything else she is feeling. Molly is helped to understand and verbalize her feelings, but the teaching moment doesn't end there. It's time to deal with the tantrum, which included name-calling and throwing her backpack.

Molly is told that these behaviors are not OK, even when she feels angry. Molly goes to her room for a five-minute timeout. After that, it is time for talking and problem-solving. Carter learns that Molly was already upset about something that happened at school, and the two brainstorm ways to fix the problem.

“The more we parents can stay in our role as a coach — holding back all of our terrific (bossy!) ideas and letting kids come up with their own — the better,” Carter writes. “Molly decides the next time she comes home from school feeling frustrated and disappointed, she'll walk the dog around the block while she eats her snack until she feels better.”

It's a simple story, but demonstrates something many researchers are talking about. [A long list](#) of studies show that children who haven't learned at home how to regulate their emotions and behavior are more likely to experience peer rejection, negative contacts with teachers, unpleasant family interaction patterns and school failure.

A paper compiled by Vanderbilt University's [Center on the Social and Emotional Foundations for Early Learning](#) identifies certain social skills as essential for academic success. Those include getting along with others, identifying and regulating emotions and behavior, thinking of appropriate solutions to conflict and correctly interpreting other's behavior and emotions.

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