

**LENEXA UNITED METHODIST CHURCH  
PRESCHOOL/CDO  
OCTOBER NEWSLETTER 2018**

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 19<sup>th</sup>!**

**Enjoy this lovely fall day with your family.**

**IMPORTANT UPCOMING DATES FOR YOUR CALENDAR**

Oct. 8 - Carnival/Open House 5:30-7:30 (Carnival games end at 7:00)  
Oct. 15 – Ms. Kristi/Ms. Heather Pictures  
Oct. 16 – 3-yr.-old Preschool Pictures  
Oct. 17 – Ms. Suzy/T-K Pictures  
Oct. 16 & 17– Preschool Conferences (check with your teacher for your date)  
Oct. 19 - NO SCHOOL

**PRESCHOOL PICTURES**

Our preschoolers will have individual pictures taken during class time according to the schedule listed above by Lil' Angels. These ARE NOT the dress up pictures they do in the spring. Your child may wear any outfit you choose. 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. Siblings also available by appointment. No make-up date for pictures due to the photographer's tight schedule.

**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 8<sup>th</sup> – 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 everyone 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. Firefighters visited our preschool classes the last week in September and we 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**

This month in T-K we will be studying...

- Nuts - Variety, shape, size and weight.
- Forest animals will come to life as we build our forests and add animals, as well as the study of leaves (shape, color, veins, rubbings & more).
- Rhyming words – What does it mean to rhyme?
- Patterns
- Spiders in Kinetic Sand/Shapes
- Pumpkins

It's fall y'all!

### **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. We have explored the alphabet and coconuts while we worked on spelling our names and enjoyed Chicka Chicka Boom Boom. And, at the end of September, we had a special visit from the firemen who taught us fire safety! We are very anxious to show you some of the things we have been working on in class during the upcoming carnival! October will be just as much fun and full of exciting activities! We will explore apples and pumpkins using all our senses! Measuring, weighing, counting seeds and art projects will fill our days. Capping off our apple unit will be a fun day of reading a recipe and making applesauce! Spiders will creep into our last couple of days before we celebrate Halloween. We will learn 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-filled activities! Don't forget to

watch for our sign-ups for conferences which are held mid-October. These conferences can be either in person or with a phone call. 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**

What a fabulous start to our school year. We have enjoyed getting to know each of the kids in our classes and their families. We learn a lot from family photos!! We have great kids who love learning and play. It will only get better. This month will bring fun play with all things farm. Barns, tractors and farm animals will keep us busy for a couple of weeks. Next, we'll jump into pumpkins and harvest. We'll cut open a pumpkin to see the seeds and explore the inside. We will set up our farmers market and enjoy all the yummy foods that come in the fall. We will end the month with spiders, bats and Halloween fun (time to dance the Monster Mash). We also will do a little trick or treating at circle time and will send more info home as it gets closer. Also, our shape this month is the square and our colors are orange and black. Thanks for sharing your kids with us. We truly 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!

### **MONDAY & WEDNESDAY ENRICHMENT**

Enrichment is off to a good start. We are making many friends and getting comfortable with eating lunch. Fall brings bats, spiders and pumpkins. We will be learning many facts about bats. We will also make a life cycle for spiders. Mixing red and yellow paint and painting with marbles...what will happen to the paint color?

### **TUESDAY & THURSDAY ENRICHMENT**

We have had a great month in Enrichment! Everyone is becoming familiar with our routine. The children are also enjoying talking with classmates 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. Helping your child learn to independently put on and take off a jacket is very helpful for school as well. As we talk about Fall and Halloween this month, we will have many fun art activities involving leaves, painting, and the color, orange. Each month your child will have an art project on the outside of the classroom window, so be sure to watch for those!

### **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!

### **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!

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

Compiled by Celia R. Baker, Deseret News  
Published: Friday, Dec. 28 2012 6:55 p.m. MST



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.

*EMAIL: [cbaker@deseretnews.com](mailto:cbaker@deseretnews.com)*

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