

December 2017
& January 2018

Waterloo Cooperative Preschool Newsletter

A Place to Grow...

Teacher Tracey's Letter

December

*Teacher Tracey's
Letter*

Reminders

*Tips for Children with
Special Needs*

Holidays are Upon us! Tis the Season to be Merry!!

I would like to embrace this time of the year to celebrate our relationships and the unique nature of a cooperative preschool environment. The friendships and networks that are created as the children grow and learn together, and as between parents in the hall and during duty days are irreplaceable. I am so pleased and honoured to be part of this special time in your lives.

The festivities of this time of the year are so very exciting! The children will be mingling between social and creative activities all month. We embrace all celebrations around the world and will try to acknowledge the diversity within our preschool community. If your family celebrates or practice any traditions, we would be pleased to share these special times and traditions in the classroom.

Any special family traditions; be it music, games or activities that you enjoy together around the holidays are welcome as part of our preschool celebrations. As a duty parent, please feel free to come prepared with a CD, books, activities to share with the children and teachers.

As the month unfolds, the children will be provided with a variety of materials to explore and to create wonderful crafts with over the next few weeks. They will bring home a nice collection of projects and art designed by them, especially for you.

We will be playing familiar games like "Duck, Duck, Goose", but will be modifying it for the season, (Elf, Elf, Santa) and enjoying fun with The Gingerbread Man and Stone Soup books.



January

The New Year will bring us back together during the week of January 8th. We will dive into the fun and wonder of winter, hibernation, bears, buildings and structures. We will further expose the children to number concepts. Our book studies will continue into January to include activities around The Mitten.

*Please come a half
hour early on your
child's last day
before the break to
mingle and share
some cheer!*

The children will continue to have fun with Jolly Phonics. We soon move on to explore letters H, R and M, and review all that was learned in the Fall: S, A, T, I, P, N, C, K, E. We will have a variety of crafts and science experiments, will explore our 5 senses (sight, sound, touch, smell, taste), and we will continue to work on scissor skills and pencil grip.

In January, the Preparing for Kindergarten children should continue to bring a cup so they can practice pouring and should also bring a food container with a lid on it so they can practice opening and closing their own lunch containers. This is important to encourage the children's self-confidence and independence needed in kindergarten.

*We are closed from
December 25th to
January 8th*

Each child is unique and develops at their own pace. We like to focus on children's strengths and interests and build on those. Some children may be more science, drama, or math oriented and you may see some great creations, music or drama, experiments, matching and sequencing, or sensory events happening.

My hope for the New Year is that we continue to gain a deepened sense of community. Please watch for updates and emails with emerging topics, activities, or events that may come up! I hope everyone has a great holiday, building precious memories with your families and loved ones!

Thank You!!!

A great big THANK YOU to Marilyn Woolner, our Resource Consultant through KW Habilitation, who spends numerous days with our children, teachers, and families. Thank you so much for your expertise! We are fortunate to partner with services that enable our children to find their maximum potential!

THANK YOU to Brad for his Kinesiology work with our families and to the speech pathologists and occupational therapists who work closely with some of our families.

THANK YOU to the Board of Directors and Duty Parents for their hard work in making sure the preschool days are a success for everyone involved. It does not go unrecognized the amount of work it takes for us all to work together to ensure a high-quality program for our families



A great new resource for families. Please check out this new website

www.parentingnow.ca

Reminders

Tis the season to also test your sight! Get your child's hearing and sight tested before school begins!

If your family has a special person with a talent or career they want to share please talk to Teacher Tracey to come in as a special guest speaker or visitor!

One visitor I know we will welcome this month is our very own **Preschool Firefighter ~ Remy's Dad** on Tuesday December 5th at 1pm and Wednesday Dec 6th at 11am.

Check out nutristep for information on nutrition. <http://www.nutristep.ca/>

Stay active as the weather gets cooler! Dress for the weather and enjoy the outdoors, get active today! Please come prepared for the outdoors. It is suggested that you help your child learn to put their mittens and their hat in their coat sleeve to help avoid lost items.

Please adhere to our health care policy and remain absent from class should you not feel well enough to participate;

- have had a fever
- vomiting or diarrhea
- have a cough or cold that is causing discomfort
- green nasal discharge indicating an infection is present.

Please also remember to wash your hands and your child's hands and face PRIOR to coming to class each day. We regularly practice hand-washing both before and after snack and after messy crafts.

Please remember to take your boots off on the carpet mats & bring indoor shoes for yourself too if staying!

Tips for Children With Special Needs

ReachingInReachingOut.com

Self-regulation – practice **deep breathing** and other self-regulation skills regularly. Praise your child for using these skills when stressed and dealing with difficulties or new challenges. Role model and narrate how you are coping with stressful experiences or challenges as you go.

Play together– this strengthens parent-child relationships and banks positive memories to help when times are tough.

Feelings – explore feelings with your child (see **Understanding feelings**). Explain that while all feelings are OK, we don't necessarily have

If at any time you have concerns with your child's development or social skills, please make an appointment with the teachers to discuss. Referrals can be made at any time throughout the year.

Children's needs are ever-changing and situations change over time, and we respond to those needs as the year unfolds.



to act on our feelings. Help the child understand that negative feelings (like sadness, anger, frustration) are to be expected and don't last forever. They'll soon feel better (give an example of past experiences when your child was upset and then felt better).

Perseverance – help your child understand that learning something new or hard requires effort. We have to **keep trying** and not give up.

Actively and continually role model, especially when you are struggling with something yourself or making a mistake.

Encourage, encourage, encourage – your child needs to know you are his/her corner.

Mistakes are OK – everyone makes mistakes. Mistakes are to be expected. That's how we learn and grow. After all, failure is just a learning opportunity.

Setbacks – help your child understand that everyone experiences setbacks. It doesn't just happen to them. Share some setbacks that have happened to you or others you both know.

Nobody is perfect. Life is about trying to be the best we can be, not necessarily the best.

Praise efforts as opposed to results and products. Celebrate small steps.

Offer "descriptive feedback" for accomplishments – describe exactly what the child did to create a positive outcome so s/he understands and can do it again. This helps build your child's **confidence**.

Expect your child to meet goals, whatever they are—and to not give up.

Boost strengths – look for and comment on your child's strengths (like patience, dealing with medical appointments) and positive behaviour (like helping or being kind to others). This helps build your child's sense of self-worth.

Look for positives together ("good time" nuggets) on a regular basis to help your child develop a **positive outlook** and appreciate good things that happen every day.

Expect your child to follow family rules. They don't get a free pass for inappropriate behaviour. (This is sometimes very hard to do!)

Promote health – special needs may require special attention to **diet**, rest, exercise and physical and emotional health

“You are not disabled by the disabilities you have, you are able by the abilities you have.”

Unknown

