

Preschool Press

January 2012

Principal's Message



Dear Parents,

It is amazing how quickly the New Year comes and goes. We are already beginning to plan for next year!

Many of our students will be moving on to Kindergarten in the fall. This can be a very stressful and overwhelming transition for young children and their families. In order to help you navigate the school system and make this transition easier we will be doing some preliminary work with you and the elementary schools. In order to start Kindergarten you must enroll your child in your assigned elementary building. We will be doing our best to make sure that you are well-informed regarding Kindergarten enrollment and Round-Ups. We have attached the AAPS District schedule for Kindergarten Round-Ups for the Elementary Schools. Students scheduled to move on to Kindergarten will receive a letter

regarding which elementary you are scheduled to attend based on your home address. We will also hold an informative meeting for parents on February 8th called **The Road to Kindergarten**. At this meeting you will receive more information about this transition and the steps you will need to take for enrollment. It is very important to read backpack mail and newsletters in order to stay informed.

If you have any questions or concerns about your child's transition to Kindergarten, please feel free to talk with your teacher or give me a call at your convenience.

Have safe and warm winter!

-Michelle Pogliano, Principal

A Note of Thanks.....

To the following churches, companies, and groups/organizations for adopting about 40 Preschool families this past Holiday Season. A total of 91 children received clothing, food, and/or gifts!!

American Title Insurance Company

Bethel AME Church of Ann Arbor

The Education Project for Homeless Youth

Neighborhood Church

Saline Rotary Club

Transportation Updates!



Most calls regarding Transportation will go to Amy at 997-1245 ext 56200.

If there is a day you do not need transportation (for example your child being sick) AND ***if your child is the only student getting on the bus at that stop, you need to call the Transportation Department at 994-5515.***

If you move, change daycares, need to add a drop off or pick up, or add/cancel transportation you must see Amy in the main office; these things are *not* handled at the Transportation Department. If you have questions regarding our group stops, times, routes, etc please contact **Amy 997-1245 ext 56200**

Changes to routes are being made only once a month

Submit Transportation Form by 12 p.m. on:for Changes to Begin on:
Friday January 27 th	Monday February 6 th
Friday February 17 th	Monday March 5 th
Friday March 23 rd	Monday April 9 th
Friday April 27 th	Monday May 7 th
Friday May 25 th	Monday June 4 th

You will receive a new letter and bus tag from your teacher by the Thursday before the changes will begin.

Reminders

Be outside at the bus stop at *least 10 minutes* before your scheduled pick up time.

Wait for the bus quietly away from the road.

Do not move toward the bus until the driver opens the door.

Never cross in front of a bus.

Always use the handrails while climbing the stairs.

Wait until the bus comes to a complete stop before getting on or off.

Obey the Bus Drivers and Monitors.

Always wear your Safety Harness.

Stay in your seat while the bus is moving.

Keep your hands to yourself while on the bus.

Sledding Safety Tips

Thousands of children are injured each year while sledding. Here are some tips from the American Academy of Orthopedic Surgeons to help you and your child have fun and be safe this winter:

- Children under 12 should always wear a helmet when sledding (although it makes sense for everyone to wear one).
- Wear warm clothing, not only to stay warm in the cold weather, but also as an extra layer to protect against injuries. This includes gloves and boots.
- Always sit in a forward facing position. Never sled head-first.
- Disks, saucers, inner tubes and plastic sheets are more dangerous because they cannot be steered. Also, never sled when it is icy because you will be unable to steer or stop the sled.



- Learn to steer or stop a sled by dragging your feet in the snow. If your sled gets out of control, just roll off and worry about the sled later.
- Only sled with adult supervision.
- Never sled near unsafe

areas like streets, driveways or parking lots.

- Never sled into a snow bank, which could be covering a rock or tree stump.

- Never sled in the dark.

For more information about sledding safety, go to www.aaos.org, or to U of M's page on many types of winter sports safety, <http://www.med.umich.edu/1libr/yourchild/wintsafe.htm>.

-Kathy Gaines, PT



And in January we will be working on **Hey Diddle Diddle**. If you're in the building with your child, check out the hallway leading to the orange and blue pods for a great mural of Hey Diddle Diddle on the wall. Visit the Media Center website for the words and tune. In January we will continue with reading books about where animals go when winter comes and looking at books about dressing for the weather.

and beverages. Please be sure to help your child find a safe place to put her/his library book away from a table with food and AWAY FROM PENS/MARKERS/CRAYONS/PENCILS. It is just too tempting for kids to see someone else writing and to have a blank page in their book with a crayon at hand.

Stay warm and enjoy your time reading with your child. Before you know it they'll be too big to fit on your lap for a story. Please feel free to call me if you have any questions or suggestions for our preschool library.

Yours in Reading,

Laurel Maguire
Library Media Specialist

Happy January
Preschool Families,

We have been having a great time in library reading wonderful books, singing songs, and doing Mother Goose nursery rhymes. For December, we focused on **Hickory Dickory Dock**.

Thank you to everyone for helping your kids learn how to take care of their library books. The overwhelming majority of them are coming back in the same condition in which they were loaned out. The books that are getting damaged are getting damaged from drawing in the books and from foods

THAT WAS YUMMY!!

HERE'S A GREAT RECIPE FOR 'MOCK' GARLIC MASHED POTATOES

Ingredients

- 1 medium head of cauliflower
- 1 bag instant potatoes
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon garlic salt
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 3 tablespoons margarine or butter

Directions

Set a stockpot of water to boil over high heat

Clean and cut cauliflower into small pieces

Cook in boiling water for about 6 mins or until well done. Drain well: do not let cool

Pat very dry with paper towels

Make potatoes according to directions on bag

In a bowl mash the hot cauliflower with the remaining ingredients until almost smooth

ENJOY!!

Preschool Parent Corner

Hello Parent/Guardian,

I hope you had a wonderful break! This year is going so quickly, it's hard to believe it's already January.

At our last Policy Committee Meeting, we did some brainstorming on ways to connect home and school. We agreed that parent/guardian involvement was the key.

Our goal is for more parents/guardians to be involved in their child's education beginning with Preschool. It is especially important that we remain involved in our children's education, especially since all school districts across the state are facing financial challenges and budget cutbacks. Our input is needed more than ever.

We would like one or two people from each classroom to volunteer to be your child's room parent/guardian. This is something that is done in the elementary schools and has proven to be very successful. If you are interested or would like additional information or would like to provide feedback, please feel free to contact me at mjcuppone@comcast.net.

I look forward to hearing from you or seeing you at the next Policy Committee Meeting January 19th at 2pm.

Thank you for your support,
MaryJo Cuppone, Mother of Shane Powers

Are You Ready For Change...

Please join us for a...**Health Expo** and a visit to your child's classroom for...

N.A.A.P.I.D Monday, February 13th 10am - 2pm

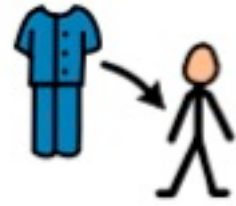
The Power of a Daily Routine

Routines! Studies have shown that kids that have routines at home are less anxious and more regulated. "Whatever one's own temperament, it is important for children's sake to find a balance between novelty and routine, because in spite of all their sensation-and novelty-seeking impulses, they also need the regularity of on-time meals, bedtime rituals that conform to sleep needs, and the security of knowing what to expect, in general, from their days and nights." (R Hammond, zerotothree.org)

The routine that the teacher has at school support your child's independence. Regulation at school and a routine at home can do the same for your child. Routines can help support your child completing activities that they do every day such as mealtime, getting dressed, bath time, and bed time. You know how difficult it is some days to get everyone ready and get out of the house? Think about the routine you currently have. Do you have a routine? Can you switch things around a little to make things easier?

Example: Mom wakes Kendra up in the morning. Kendra watches television (insert looks at books here if your family does not watch television). Mom then has to remind Kendra over and over to go to the bathroom and eat breakfast. Kendra is too slow to get dressed so Mom ends up dressing her. Kendra does not want to leave her tv show so getting her coat on and into the car is always a struggle.

New routine! Mom wakes up Kendra. Before she can watch any tv, Mom brings Kendra to the bathroom and then she gets dressed. Kendra goes into the kitchen with Mom. Mom says "first breakfast and then you can watch your show". Kendra sits and eats breakfast. When breakfast is done, Mom puts a 15 minute video on the tv and sets the timer for 15 minutes. 15 minutes later the show is over and the timer goes off. Mom says "time to go. Get your coat on and then you can pick out a CD (or toy) for the car ride" Kendra gets on her coat and they head out to the car to put on the CD.



Routines provide a framework for your child of comforting expectations of what their day will be and their role in the routine. Establish a routine, tweak a routine, add some built in rewards to the routine and everyone's day will be a little easier.

-Cathy Schuh, Occupational Therapy at AAPS Preschool and Family Center

LEARNING THE A-B-ZZZZZZZ'S OF HEALTH SLEEP HABITS

-From Nurse Nancy

UM Dr. Hoban's 5 tips for healthy sleep habits for children and teens:



*** Keep a regular wake-up time and bedtime:** If a child is having sleep problems, oversleeping or missing school, it's important to create a regular sleep routine for them that will work seven days a week. "But children who only have occasional sleep problems may not require an extremely rigid schedule, and sometimes tolerate slightly greater flexibility of bedtime and wake-up time," says Hoban.

*** Establish a bedtime routine:** A bedtime routine can help promote an easy and quick transition to nighttime sleep, he says. For younger children, try 15 to 30 minutes of quiet activities before bedtime, such as reading. Activities parents should discourage before bed include watching television, exercising, and using the computer or video games.

*** Create a balanced schedule:** Identify and prioritize activities that allow for downtime and sufficient sleep time. Help students avoid an overloaded schedule that can lead to stress and difficulty coping, which can contribute to poor health and sleep problems.

*** Don't use the weekends to catch up on sleep:** The effects of going to bed late or sleeping in on the weekends can create sleep problems, especially for adolescents, says Hoban. "Children who are weekend night owls or sleep in on the weekends will often have a very different sleep pattern than they do on weekdays, increasing the likelihood for insomnia during the week and

making it more difficult for them for them to fall asleep at an appropriate time on school nights."

*** Be a role model:** Parents can be role models for school-aged children by establishing their own regular sleep schedules and a home environment conducive to healthy sleeping habits.

But Hoban does caution parents against using sleep aids to help their sleep-deprived or drowsy kids. "As a general strategy, I recommend that families try to explore non-medication treatments as first steps since there is very little research on the safety and effectiveness of these medications. Instead, start with giving your kids a regular sleep schedule that provides the opportunity to have a sufficient amount of time to sleep."

The National Sleep Foundation recommends these basic daily sleep requirements for children, adolescents, pre-teens and teens:

- * Preschoolers: 11-13 hours
- * Elementary school students: 10-12 hours
- * Pre-teens: 9 - 11 hours
- * Teens 8 ½ - 9 hour

For more information visit these Web sites:

- **UMHS Your Child: Sleep Problems**
- **National Sleep Foundation: Pointers for Parents**
- **National Institutes of Health: Nine Hours of Sleep Key to "Back to School" Success**
- **Kids Health: How Much Sleep is Enough for My Child?**

KINDERGARTEN ROUNDUP 2012-13

Parents and Children are invited unless otherwise noted

SCHOOL	DATE	TIME
"UMCC Kindergarten Night"	1/18/12	4:30 - 6:30 pm
Abbot	2/29/12	6:00 pm
Allen	2/16/12	6:30 - 8:00 pm
Angell	2/28/12	6:30 pm
Ann Arbor Open	1/29/12	2:00 pm - Open House
	2/15/12	7:00 pm - Orientation
	3/10/12	10:00 am - Orientation
	3/18/12	1:00 pm - Orientation
Bach	2/29/12	7:00 - 8:00 pm
Bryant	2/3/12	2:00 - 3:30 pm
	2/9/12	6:30 - 7:30 pm
Burns Park	2/8/12	"Parents only 7:00 pm"
	2/10/12	"Parents & Students visit classrooms 1:30 or 2:30 pm"
Carpenter	2/28/12	7:00 - 8:00 pm
Dicken	2/16/12	"Parents only 6:00 - 8:00 pm"
	3/13/12	"Parents & Students visit classrooms 4:00 - 5:00 pm"
Eberwhite	3/6/12	6:30 pm
Haisley	2/7/12	6:30 - 8:00 pm
King	3/1/12	6:00 pm
Lakewood	2/28/12	6:00 - 7:30 pm
Lawton	2/29/12	"Parents Only 6:00 - 7:00 pm"
	3/21/12	"Parents & Students, Last Name A-M 5:30 - 6:00 pm"
	3/21/12	"Parents & Students, Last Name N-Z 6:15 - 6:45 pm"
Logan	3/22/12	6:00 pm
Mitchell	2/29/12	6:30 pm
Northside	2/7/12	6:30 - 8:00 pm
Pittsfield	2/16/12	6:30 pm
Thurston	3/1/12	6:00 pm
Wines	2/1/12	6:30 - 7:30 pm

Ann Arbor Preschool & Family Center

JANUARY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
N o S c h o o l			W i n t e r		B r e a k	
8	9	10	11	12	13	14
	Back to School					
15	16	17	18	19	20	21
	No School: MLK Day	Policy Council 5:30p (on LeForge)		Health Advisory 1:30p Policy Committee 2p	School in Session ALL Preschool Students	
22	23	24	25	26	27	28
			Free Produce 11a-1p Workshop: Tax Prep 1p	Winter Sing-A-Long 6 pm	Transportation Changes Due 12 pm	
29	30	31				
		No School				