

March  
2011

# Preschool Press

Ann Arbor Preschool & Family Center 734-994-2303



## Principal's Corner

### Dates to Remember

**March 7th**  
No Preschool  
ALL Students

**March 8th**  
Teddy Bear  
Picnic  
6-7p

**March 10th**  
Free Fresh  
Produce  
11a-1p

**March 18th**  
No Preschool  
ALL Students

### Upcoming Dates

**April 4th-8th**  
School Closed  
Spring Break

**April 22nd**  
No Preschool  
ALL Students

Dear Parents,

It is hard to believe that it is that time of year when we start planning for the enrollment of children for next year (2011-2012). Ann Arbor Public Schools has several options available for families! If you know anyone who has a 3 or 4 year old, please encourage them to call or visit our website to inquire about Preschool Programs. We will begin enrollment of new families who may be eligible for Free Preschool based on low family income and "risk factors" starting April 12th. More details are included in this newsletter.

Some of you have seen our new Preschool Progress Notes. Teachers will be using a new online assessment, known as GOLD, to monitor your child's progress this year. The new system is a web-based tool, based on the Creative Curriculum Developmental Checklist. All students attending the Ann Arbor Preschool and Family Center will be assessed with this tool. This has been a long time goal of the program, to have continuity of curriculum and assessment for all students in our 3-5 year old programs. Please visit the Teaching Strategies: GOLD website for more information (<https://www.teachingstrategies.com>). Students in the general education classrooms have all been assessed with this system for this past marking period. Students in the Early Childhood Special Education classrooms will all be assessed with this tool for the last marking period of the school year (June).

Remember that March is Reading Month. Enjoy sharing books with your child on a daily basis.

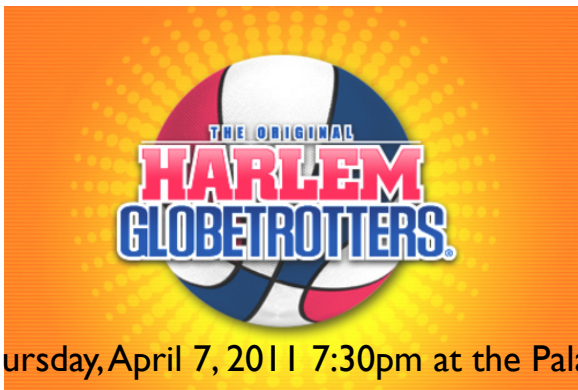
Michelle Pogliano  
Principal

## News You Can Use

SAVE THE DATE  
KINDERGARTEN READINESS  
(FREE INFORMATIONAL MEETING FROM FIRST STEPS & AAPS)  
THURSDAY MAY 5, 2011 6:30P-8P  
PLEASE CALL TO REGISTER  
734-997-1245 EXT 53186



Are you interested in seeing



Thursday, April 7, 2011 | 7:30pm at the Palace

Send an email to Kecia [rorie@aaps.k12.mi.us](mailto:rorie@aaps.k12.mi.us) or  
call 734-997-1245 ext 56204  
by Thursday March 17th

### Transportation

Below are due dates for changes and when the changes will occur for the rest of this school year.

Changes for **April** due Monday, Mar 28th

Changes for **May** due Monday, Apr 25th

Changes for **June** due Friday, May 27th

If you have any questions please call Amy  
(734) 997-1245 ext 56200

Not able to attend the monthly

## Head Start Policy Committee Meeting?

Not to worry.

Catch up by reading the Meeting minutes!

Located in the Main Office in the Policy Committee Binder.

### Who is the Policy Committee?

It is everyone that has a child in preschool. This group meets once a month, and the next meeting is March 15th at 5:30pm. Dinner and child care are provided for FREE. If you have any questions please contact the Chairperson, Jamila James who's child is in Marion Van Luenen's PM class.

# Language and Literacy

What the research says:

Talk to children about things beyond the here-and-now so they learn to understand and use this kind of talk themselves. Encourage the children to:

- Relate their own **Experiences** to what they are learning about
- Consider their own **Emotions** and how others might feel in various situations
- **Explain** why things happen
- **Evaluate** a situation, make judgments and offer opinions

The ability to use this kind of abstract language provides a critically important foundation for learning to read. Massey, S.L., Pierce, K.L., Justice, L.M., & Bowles, R.P. (2008). Educator's use of cognitively challenging questions in economically disadvantaged preschool classroom contexts. *Early Education and Development*, 19(2), 340-360.



Tips for helping your child develop language and literacy skills:

**Daily Activities** **Explain:** Go beyond the here-and-now by asking "why" questions and talking about reasons or explanations with your child. For example, "We need to hang up the wet towels after your bath because then they can get dry."



**Pretend Play** **Experiences:** Give your child opportunities to draw on her previous experiences during pretend play. For example, play "school" or "child care" together, and pretend to be the child while your child is the teacher.



**Reading Books** **Emotions:** When reading a story with your child, ask her to think about how the characters in the book might feel. For example, "How do you think that girl felt when she couldn't find her dog?" Give her time to answer.



**On the Go** **Evaluate:** Encourage your child to evaluate events as they happen during the day, and tell you how she reached her conclusion. For example, "Do you think it was a good idea to park the car in the shade?"

## Tips for Kids' Computer Health!

Because kids (and their parents!) often sit too long or don't maintain proper sitting posture when using a computer, increasing numbers of kids and adults are experiencing health problems like carpal tunnel syndrome, tendonitis, tension headaches and low back pain. Here are some tips from the American Physical Therapy Association to help you and your child use the computer correctly:

1. Keep feet on the ground. Make sure feet are touching the ground with knees at a 90 degree angle. If children can't touch the ground, use a stool or phone book under their feet.
2. Sit up straight.
3. Eyes should be level with the screen.
4. Forearms parallel. Forearms should be parallel to the floor with elbows at a 90 degree angle.
5. Shoulder blades settled. Shoulder blades should be settled on the back of the ribs, not arched or hunched.
6. Correct mouse. Consider using a child-sized mouse for your child. A larger mouse can cause the child's hand muscles to become over stretched and fatigued.
7. Rest the eyes. Look away from the screen as much as possible and focus on a distant object to avoid eye strain and headaches.
8. Take a break. Take a break from the computer at least every 20 minutes.
9. Stretch and move. Do stretches such as head turns, shoulder rolls, arm stretches and marching in place while at the computer.

Watch for problems. Listen to your child for complaints of headaches, fatigue, muscle pain or cramping and intervene early.-Kathy Gaines, PT



APPETITE, BEHAVIOR, & CORTISOL  
STUDY

### Appetite, Behavior, and Cortisol Study

The ABC Study is a voluntary-participation research project headed by Dr. Julie Lumeng, a pediatrician at the University of Michigan. Parents and children, ages 3 to 4, in Morning and Full-Day Head Start classes are eligible to participate. The purpose of the study is to understand how children's stress (cortisol) impacts their eating behaviors. We measure cortisol by collecting and analyzing the children's saliva.

Parents consent to participation by completing an Intake Packet and returning it to the teacher. Parents receive \$15 via a Visa Gift Card or check by mail to compensate them for the time it takes to complete the packet. Eligible participants will receive an additional \$75 for completing several questionnaires, and the child's participation in providing saliva samples. The research team also measures the height and weight of the mother and child.

Children provide 3 samples of saliva a day for 3 days; before breakfast, before lunch and around 3:30pm in the afternoon. Generally children chew on a cotton roll to produce the saliva needed. The first two samples always take place at school. The final sample takes place at home, if the child is in a Morning Class, or at school, if the child is in a Full-Day class. After the child has completed 3 days of saliva collection, he or she participates in a short eating activity designed to record eating behavior after the child has had a nutritious breakfast at Head Start.

THIS STUDY IS OPEN TO ALL **AM HEAD START STUDENTS** CALL NURSE NANCY  
(734) 997-1245 Ext. 56206

# Free Preschool !!

(for those who qualify)



Ann Arbor Public Schools

Preschool & Family Center

Head Start Program & Great Start Readiness Program

Walk-In Enrollment Dates  
for the 11/12 school year:

**Monday-Thursday**

**April 12-June 2**


**9am-11am or 1pm-3pm,**


**Tuesday, May 3 or June 7, 4pm-6pm**


Call 994-2303 for more information

## You MUST bring:

- Birth Certificate (child)
- Proof of Residency
  - Utility Bill or Lease
- Immunization Record
- Health Insurance Card
- Proof of Income
  - 3 check stubs and 2010 taxes
  - DHS letter if you receive cash assistance
  - SSI

 Child must be 3 or 4 by  
Dec. 1<sup>st</sup>

 Family must meet income  
qualifications.

 Children with disabilities are  
encouraged to apply!

Dear Preschool Families,

The purpose of this letter is to share a my professional story and our Physical Education Program with you. I have been teaching in the Ann Arbor Public Schools for 12 years. I began my career as a kindergarten teacher at Bryant Elementary in 1999. I have devoted the last five years to the Preschool, as your physical education teacher.

Physical activity is critical to the development and maintenance of good health. The goal of Physical Education in the Ann Arbor Public Schools is to develop the knowledge, skills, and confidence in each student so they foster, enjoy and maintain a lifetime of healthful physical activity.

Expert research reveals that children need a *minimum* of one hour of moderate to vigorous exercise each day. Eating healthier diets and being more physically active are necessary components in the pursuit of achieving and maintaining a normal weight, and can reduce chronic diseases.

Our emphasis with preschool children is awareness. We design our health-related curriculum to promote the awareness of fitness components while having fun participating in activities that promote physical fitness. Health-related fitness components include: cardio-respiratory endurance, muscular strength and endurance, flexibility, and body composition.

Physical education activity is designed to foster the psychological, intellectual and social, and physical development of each child.

Physical education is offered to all Preschool students for 30 minutes once a week. Students are asked to wear appropriate clothing and gym shoes on the days they will be participating in physical education. Children work on skills such as gymnastics, locomotor skills, fitness level, including muscular strength and conditioning, ball handling, cooperative games, and gross motor skills.

For your convenience I have set up a parent info center outside of the gym. There is also a parent return folder for any questions, comments, or concerns you may have. I have an open door policy, you are welcome to visit any time.

Best Wishes,

Phil Campbell



# Nancy's News

## Your preschooler in the kitchen.....

Having your preschooler help you in the kitchen is a good way to get your child to try new foods. Kids feel good about doing something "grown-up." Give them small jobs to do. Praise their efforts. Children are much less likely to reject foods that they helped make. As preschoolers grow, they are able to help out with different tasks in the kitchen. While the following suggestions are typical, children may develop these skills at different ages.

### **At 2 years:**

- Wipe tables
- Hand items to adult to put away (such as after grocery shopping)
- Place things in trash
- Tear lettuce or greens
- Help "read" a cookbook by turning the pages
- Make "faces" out of pieces of fruits and vegetables
- Rinse vegetables or fruits
- Snap green beans

### **At 3 years:**

All that a 2 year old can do, plus:

- Add ingredients
- Talk about cooking
- Scoop or mash potatoes
- Squeeze citrus fruits
- Stir pancake batter
- Knead and shape dough
- Name and count foods
- Help assemble a pizza

### **At 4 years:**

All that a 3 year old can do, plus:

- Peel eggs and some fruits, such as oranges and bananas
- Set the table
- Crack eggs
- Help measure dry ingredients
- Help make sandwiches and tossed salads

### **At 5 years:**

All that a 4 year old can do, plus:

- Measure liquids
- Cut soft fruits with a dull knife
- Use an egg beater

Make sure that they wash their hands before helping. Learn about the behavioral milestones that happen as your child ages from 2 to 5. Call Nurse Nancy for any help: (734) 997-1245 Ext. 56206

[www.mypyramid.gov/preschoolers/](http://www.mypyramid.gov/preschoolers/)

# Ann Arbor Preschool And Family Center



## March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 No Preschool ALL Students	8 Policy Council (Leforge) 5:30p  Teddy Bear Picnic 6p-7p	9	10 Free Fresh Produce 11a-1p	11	12
13	14	15 Policy Committee (Preschool) 5:30p	16	17	18 No Preschool ALL Students	19
20	21	22	23	24	25	26
27	28 Deadline for Changes to Transportation 12p					