

Preschool Press

October
2009

Ann Arbor Preschool & Family Center 734-994-2303

Principal's Corner

Dates to Remember

October 16th
Wasem's Apple Orchard

October 20th
Policy Council
5:30pm

October 28th
Policy Committee

October 22nd
Bingo for Books
6-7pm

October 30th
No School
ECDD Students

Upcoming Dates

November 3rd
No School for
Head Start
GSRP/ECDD
Students

November 6th
Special Friday
School in Session
for Head Start
GSRP/ECDD
Students

November 12th
FREE FRESH
PRODUCE

November 24th
Thanksgiving
Break Begins at
end of School
Day

Dear Parents,

Well the air is much cooler, the winds are blowing, and the leaves are all changing and falling to the ground. Along with these signs of fall, we get to see all your children coming into school and begin a year of learning. It has been great to see all the kids settle into their classroom routines. Each month (October - May) you will be receiving a copy of the Preschool Press in your child's backpack. Each issue will contain calendar updates; as well as information regarding health, motor, language, and literacy development along with much more helpful information. Please take time to read through each newsletter.

Although the weather is changing preschool children play outside everyday. Please be sure to send appropriate clothing for your child to go outside. Label each item of clothing your child will be wearing. It is amazing how many blue, black, or pink jackets, snow pants, hats, etc show up in one classroom.

Changes in the Preschool Office – I would like to take this opportunity to let you know of some administrative and office staff changes. At this time, due to some personal circumstances Connie Toigo, Preschool Principal has had to take a leave from work for period of time. During her absence some administrative adjustments have occurred, I have stepped in as Interim Principal. I have been the Assistant Principal of the program for going on 3 years. Classroom teacher James Podojil has stepped in as Interim Assistant Principal. Connie continues to provide the Preschools staff with invaluable guidance and we look forward to her return. Along with administrative changes you will also see new faces up front in the main office. Angela Anderson is our new Office Manager. Although she is not new to our program she is new to this position. Rachel Ortiz is an Office Professional in charge of student records.

Important reminder – please call the office (997-1245) each time your child is absent. We are required to complete and submit weekly health reports to Washtenaw County Health Department. We need detailed information regarding the reason for the absence:

Child' name

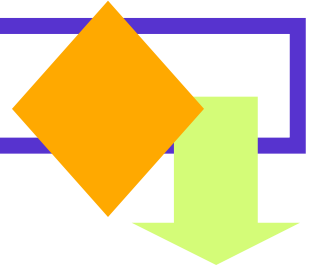
Teacher

Symptoms the child is experiencing (fever, vomiting, diarrhea, cough, etc)

We cannot complete accurate reports without this information.

Family Events – We have several family activities planned for this year. Your calendar has the dates, there are updates in the newsletters, and notes will come home in your child's backpack. These are great opportunities to show your interest and support of your child's education, meet other parents, and sometimes get free RIF books. Our first event was in September with our Dance and Playground Mixer. We learned several versions of the Hustle and had a lot of fun. Bingo for Books is coming up in a few weeks and is one of our biggest events. I will look forward to seeing you there!

Michelle Pogliano, Interim Principal



Physical Therapy: Does the Shoe Fit?

Are your preschooler's tennis shoes from the summer getting a little snug? Is it time to look for something a little more "heavy duty" for the wet weather ahead?

- The American Academy of Orthopedic Surgeons (AAOS) recommends checking your child's shoe size often, since young feet grow so rapidly (for children under 2 years, feet can grow a half to a full size every 2-3 months, and for 2-5 year olds, feet grow about a half size every 3-4 months).
- Have the store measure your child's feet (while they're standing) every time you shop for shoes.
- You can check your child's shoe size at home by outlining your child's foot while they're standing, then putting their shoe over the tracing.
- Don't just look for length...their forefoot shouldn't be wider than the shoe.
- Look for shoes with good arch support and heel to toe cushioning, and make sure they are comfortable right away-don't wait for them to get "broken in".
- Also, remember to feel inside the shoes to make sure there are no rough spots, staples, tags, etc. that can irritate your child's feet.

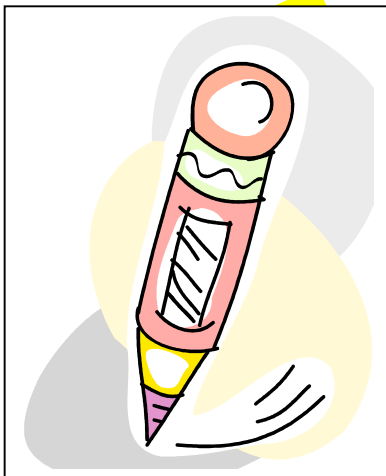
Teaching Early Writing Skills

Parents should give their children lots of opportunities to enjoy early attempts at writing. The following activities encourage children to begin to see the visual forms, structural and spacing necessary for writing and to understand that symbols convey meaning.

Use modeling in early writing just as you do in speech. Draw a letter and have your child draw a letter. Hang the letter up in the child's room.

Have available pencils, crayons, pens, chalk, markers and paper for children as young as 18 months old to use for marking and drawing.

Talk to your child about difference shapes and describes how they look. Use words such as straight, circular, and zig-zag.





Nurse Nancy's News

If your child is not feeling well ...

Watch carefully for signs and symptoms of flu. Some children may not be able to tell you about their symptoms, which can delay your response to their illness. Symptoms of flu include fever or chills and cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.

A fever is a temperature measured by mouth with a thermometer that is equal to or greater than 100 degrees Fahrenheit (37.8 degrees Celsius). If you are not able to measure a temperature, signs and symptoms that may indicate your child has a fever include chills, feeling very warm to the touch, having a flushed appearance, or sweating.

Watch for emergency warning signs that need urgent medical attention. These warning signs include one or more of the following:

- Fast breathing, trouble breathing, shortness of breath, or no longer breathing
- Bluish, purplish, or gray skin color especially around the lips and the inside of the mouth, or around the nails
- Not drinking enough fluids, refusing to drink
- Not urinating, decreased number of wet diapers, or no tears when crying
- Severe or persistent vomiting
- Not waking up or not interacting (e.g., unusually quiet and inactive, no interest in playing, no interest in favorite toy)
- Being so irritable that the child does not want to be held, or cannot be consoled
- Pain or pressure in the chest or stomach
- Sudden dizziness
- Confusion
- Flu-like symptoms improve but then return with fever and worse cough

Stay home if you or your child is sick with the flu until at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Children and teenagers should not be given aspirin (acetylsalicylic acid); this can cause a rare but serious illness called Reye's syndrome.

Make sure your child gets plenty of rest and drinks clear fluids (such as water, broth, sports drinks) to prevent dehydration. For infants, use electrolyte beverages such as Pedialyte®.

Contact your doctor immediately if a child younger than 5 years of age is sick. This is important because the antiviral medicines used to treat flu work best when started within the first 2 days of getting sick. Your doctor will tell you what special care is needed for your child.

To protect other family members ...

Make sure your child's hands are washed often, and especially after coughing or sneezing. Help your younger child wash them for 20 seconds with soap and water. If soap and water are not available, you can use an alcohol-based hand cleaner.

Have your child **cough and sneeze into a tissue** or into his or her elbow or shoulder if a tissue is not available. Make sure your child throws tissues away right after use.

Clean surfaces and objects that your child frequently touches with his or her hands, mouth, or body fluids. Wipe these surfaces with a household disinfectant that is usually used, following the directions on the product label. Additional disinfection of these surfaces beyond routine cleaning is not recommended.

Keep your sick child in a separate room (a sick room) in the house as much as possible to limit contact with household members who are not sick. Consider designating a single person as the main caregiver for the sick child.

For more information about flu, call 1-800-CDC-INFO or visit www.flu.gov