



Newsletter

JANUARY NEWSLETTER 2022

Message from the Director Mrs. Shabana Syed**WELCOME BACK AND HAPPY 2022!****I hope you had a wonderful and restful Winter Break!**

Little Angels Preschool is genuinely committed to the well-being and success of your child's early education. There will be daily adhering to the safety protocols set by the Community Care Licensing Department which includes: daily fever monitoring, sanitizers/hand washing, masks to be worn by parents, kids, & staff. Keeping in mind that every child is unique and learns at a different pace, I encourage and teach your child to focus and to be responsible when completing his or her assigned work packet. To ensure a fruitful development process, I advocate for a strong support system at home that helps build a foundation to make school more enjoyable for your child. Be confident to know that your child is growing as an individual and learning many key lifelong skills at our school.

I am very excited to be partnering with you on your child's journey towards higher cognitive, social, emotional, spiritual, and language developments.

In December we did a lot of amazing activities. Pumpkin sensory play, art, math, science, baking pumpkin pies, and fine motor practice all with one pumpkin. Strengthening fine motor skills are important to complete tasks such as writing, cutting, feeding, zippering, buttoning, and completing puzzles.

This Month's Theme is Transportation and safety signs that we might see driving in a car or taking a neighborhood walk. We will be discussing different types of transportation throughout the month. We will be making stop lights with a variety of materials to help us learn about safety! We will also be spending time outside, trying to find different safety signs and observing the many different means of transportation! We will learn about cars, trucks, airplanes, boats and busses! The children will be making licenses plates, stop lights, painting with cars, and creating name trains. Also they will be pretending to be at a car wash using toy cars and the sensory bins. The children will be racing cars and creating parking garages in block area. We will be going on three different field trips to learn more about transportation. We are looking forward to another exciting month in the preschool classroom!!

IMPORTANT DATES TO REMEMBER

January 13th – Planes of Fame (Field Trip)
January 20th – Local Mechanic Place (Field Trip)
January 27th – Train Ride (Field Trip)

NO SCHOOL**January 17th- Martin Luther King Jr. Day****..... January 28th – Upkeep/In-service Day**

WHAT SCREEN TIME CAN REALLY

DO TO KIDS' BRAINS

TOO MUCH AT THE WORST POSSIBLE AGE MAY HAVE NEGATIVE CONSEQUENCES.

KEY POINTS

- ✓ The US Department of Health and Human Services estimates that American children spend seven hours a day in front of electronic media.
- ✓ Online interactions stimulate dopamine in a child's brain, which is addictive and could lead them to prefer virtual interactions over reality.
- ✓ Children need to power off their devices regularly to clearly understand the boundaries between the virtual world and the real one.



Screen time is an inescapable reality of modern childhood, with kids of every age spending hours upon hours in front of iPads, smartphones, and televisions.

That's not always a bad thing: Educational apps and TV shows can be great ways for children to sharpen their communication skills—not to mention the break these gadgets provide harried parents. But tread carefully. The US Department of Health and Human Services estimates that American children spend a whopping seven hours a day in front of electronic media. Other statistics reveal that kids as young as two regularly play iPad games and have playroom toys that involve touch screens.

SATURATION AND LONG-TERM CONSEQUENCES

When very small children get hooked on tablets and smartphones, says Aric Sigman, an associate fellow of the British Psychological Society and a Fellow of Britain's Royal Society of Medicine, they may unintentionally hinder their still-developing brains. Too much screen time too soon, he says, "is the very thing impeding the development of the abilities that parents are so eager to foster through the tablets. The ability to focus, to concentrate, to lend attention, to sense other people's attitudes and communicate with them, to build a large vocabulary—all those abilities are harmed."

Put more simply, parents who jump to screen time in a bid to give their kids an educational edge may actually be doing more harm than good—and they need to dole out future screen time in an age-appropriate matter. Between birth and age three, for example, our brains develop quickly and are particularly sensitive to the environment around us. In medical circles, this is called the critical period, because the changes that happen in the brain during these first tender years become the permanent foundation upon which all later brain function is built. In order for the brain's neural networks to develop normally during the critical period, a child needs specific

stimuli from the outside environment. These are rules that have evolved over centuries of human evolution, but—not surprisingly—these essential stimuli are not found on today's tablet screens.

Much of the issue lies with the fact that what makes tablets and iPhones so great—dozens of stimuli at your fingertips, and the ability to process multiple actions simultaneously—is exactly what young brains do not need.

Tablets are the ultimate shortcut tools: Unlike a mother reading a story to a child, for example, a smartphone-told story spoon-feeds images, words, and pictures all at once to a young reader. Rather than having to take the time to process a mother's voice into words, visualize complete pictures and exert a mental effort to follow a storyline, kids who follow stories on their smartphones may get lazy. The device does much of the thinking for them.

SOCIAL DEVELOPMENT

The brain's frontal lobe is involved in decoding and comprehending social interactions. It is in this corner of the mind that we empathize with others, take in nonverbal cues while talking to friends and colleagues, and learn how to read the hundreds of unspoken signs—facial expression, tone of voice, and more—that add color and depth to real-world relationships.

So how and when does the brain's frontal lobe develop? Not surprisingly, the most crucial stage is in early childhood, during that same critical period, and it's dependent on authentic human interactions. So if your young child is spending all of his time in front of an iPad instead of chatting and playing with teachers and other children, his empathetic abilities—the near-instinctive way you and I can read situations and get a feel for other people—could potentially be dulled.

LIFE HAS NO ON/OFF SWITCH

Have you ever seen a mother chuckle as her baby tries to “swipe” a real photograph, or punch their fingers onto a poster or book as if it were a touchscreen? It may seem cute, but it points to something much deeper in the child's brain—an internalization that all actions have an immediate effect, and all stimuli elicit a quick response.

This is true in the on-screen world, but not elsewhere. When every finger swipe brings about a response of colors and shapes and sounds, a child's brain responds gleefully with the neurotransmitter dopamine, the key component in our reward system that is associated with feelings of pleasure. Dopamine hits in the brain can feel almost addictive, and when a child gets too used to an immediate stimuli response, he may learn to prefer smartphone-style interaction—that is, immediate gratification and response—over a real-world connection.

DON'T TRASH THOSE TABLETS FOR GOOD

Despite the risks, there are a lot of benefits to letting little ones use technology. Once a child is over the age of two, feel free to allow limited screen time—think an hour, max, of playing with tablets and iPhones each day—to help develop coordination, hone quick reactions, and even sharpen language skills. As with all the other toys and tools available to your developing child, smartphone use should stay in moderation, and never stand in for human interaction or real-world face time.

The bottom line? Power off regularly to help your child understand the clear boundaries between the virtual world and the real one.

POSTED APRIL 17, 2016 | REVIEWED BY GARY DREVITCH

JANUARY-DIFFERENT MEANS

OF TRANSPORTATION

January is bringing us back home. This Month's Theme is Transportation and safety signs that we might see driving in a car or taking a neighborhood walk. We will be discussing different types of transportation throughout the month. We will be making stop lights with a variety of materials to help us learn about safety! We will also be spending time outside, trying to find different safety signs and observing the many different means of transportation! We will learn about cars, trucks, airplanes, boats and busses! The children will be making licenses plates, stop lights, painting with cars, and creating name trains. Also they will be pretending to be at a car wash using toy cars and the sensory bins. The children will be racing cars and creating parking garages in block area

THEMES:

Transportation / Things That Go
Love and Friendship

LANGUAGE & LITERACY:

Recognizing and naming body parts
Know & Practice saying first and last name

LETTER & NURSERY RHYMES:

Letter I J K L
Cognitive & Mathematical Skills:
Counting 1-10
Positional & Directional Concepts

SCIENCE & SENSORY:

Dumping & Pouring
Textures & Touch
Sound
Taste
Smell

LARGE & SMALL MOTOR SKILLS:

Pedal a tricycle
Hand & Finger Coordination / "Pincer Grasp"

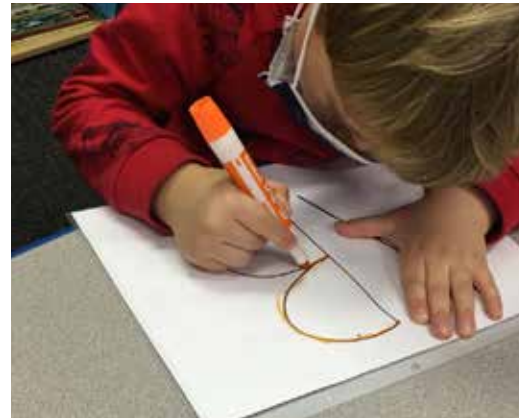
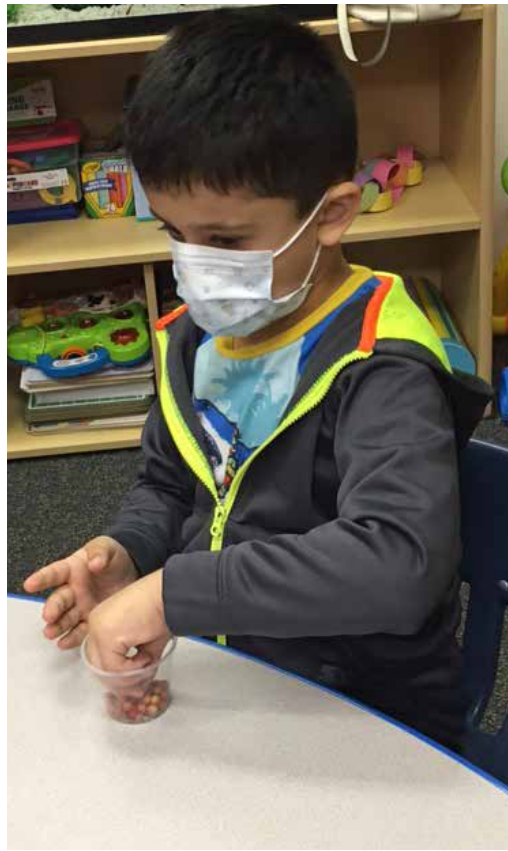
SOCIAL & EMOTIONAL SKILLS:

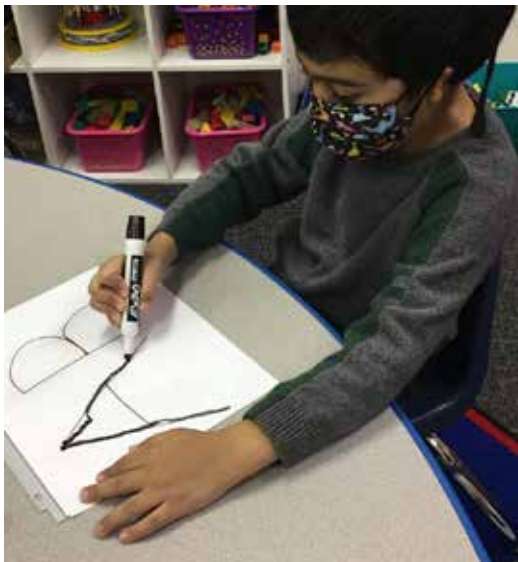
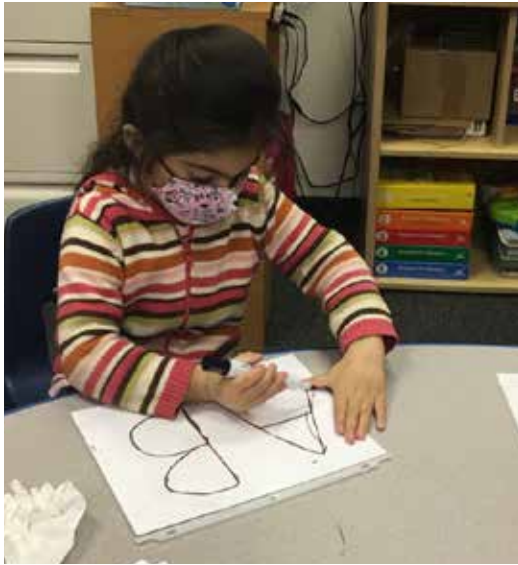
Cooperation
Kindness & Caring

DECEMBER 2021

HIGHLIGHTS

Strengthening fine motor skills are important to complete tasks such as writing, cutting, feeding, zippering, buttoning, and completing puzzles.



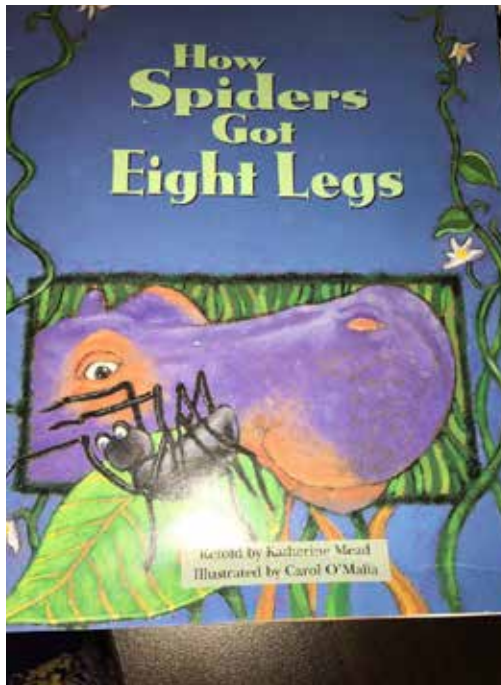


FINGER PAINTING

LETTER G



“HOW SPIDERS GOT ITS EIGHT LEGS”



LINKING CUBES TO

STRENGTHEN PINCER GRASP



PUMPKIN SENSORY ACTIVITY



LITTLE CHEFS BAKING

PUMPKIN PIES



FAMILY DAY

AT THE PARK



Learning At Home Activities: Homemade Wagon

Tie a string to an empty shoebox. Show your child how their new "wagon" can be used to transport items around the house. They can move snacks from the kitchen to the living room, dish towels from the laundry room to the kitchen, or stuffed animals from the living room to their room. Show your child how they can be helpful around the house by moving items from room to room.



Estimated Time: 20 minutes

Materials:
Shoebox and string

Subject: Problem-solving

A thermos works great for bringing soup in a lunch box. Before placing soup in thermos pour boiling water in thermos and let it sit for 10 minutes. Pour water out and add soup.



- 6 oz. ground chicken or beef
- large beaten egg
- 3 tablespoons bread crumbs
- parsley
- 1 teaspoon salt
- ¼ teaspoon pepper
- pepper to taste
- 6 Cups chicken broth
- 2 medium carrots, peeled and sliced
- 1 Cup pasta bowties

Combine chicken or beef, egg, bread crumbs and parsley and form into meatballs. In saucepan cook broth and add carrots. Bring to a boil and add pasta cook 5 minutes. Lower heat and add meatballs. Simmer until cooked through