



NEWSLETTER

NOVEMBER NEWSLETTER 2022

Message from the Director Mrs. Shabana Syed

October was such an exciting month full of activities. We were treated for cooking class and made waffles from scratch. Parents had lunch with their kids at school. It was an awesome time spent together. A big thank you to all the parents who came in to spend the afternoon to have lunch with us. We had so much fun getting to know each other.

Children participated in the International ShakeOut Day on October 20, with millions of people worldwide took part in this drill. The children knew how to "Drop, Cover, and Hold On" in case of an earthquake.

What an awesome way to end October with a field trip. The Discovery Farm was a fun field trip to a pumpkin patch where they picked out pumpkins to bring back to the classroom that was incorporated into the curriculum. In the classroom children measured, compared and explored the pumpkins. We were excited to pet animals and go through a corn maze and the best part of the trip was the hay ride. It was a great first fieldtrip for some of the children at Little Angels Preschool.

We are headed into November full speed. We are excited for all the activities planned for the classrooms this month. Community Helpers is the theme for the month of November and December. I have planned experts from the fields of Medicine, Fire Fighter Truck, Police, ICNA Food Pantry, Nurse, Nutritionist, Occupational Therapist, and Speech Therapist, and many more to come and talk to our children. Children will learn about different fields of occupation and understand how each one helps our community. Look out for more information about each activity.



IMPORTANT REMINDERS:

- 1 • November 2nd – Visit from Dr. Abdel Karim
- 2 • November 8th – Fire Truck Visit (In Person)
- 3 • November 15th – LAPD Police Visit (In Person)

- 4 • November 17th – "Say Cheese" Picture Day
- 5 • November 29th – In person visit from ICNA Food Pantry
- 6 • November 21-25 NO SCHOOL (Thanks Giving Break)

PARENTS HAVING LUNCH WITH CHILDREN AT SCHOOL



JOINED MILLIONS OF PEOPLE WORLDWIDE IN THE GREAT CALIFORNIA #SHAKEOUT DRILL



FIELD TRIP TO DISCOVERY FARM



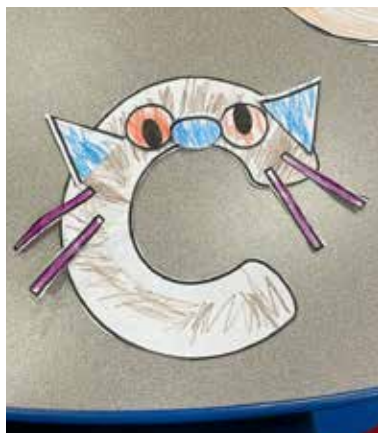
PLAYING OUTDOORS: BONDING WITH FRIENDS (CARS AND DIRT)



PRACTICING LETTER "Cc"



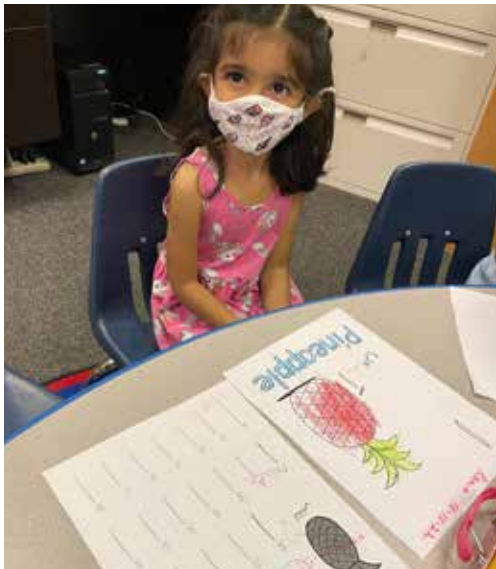
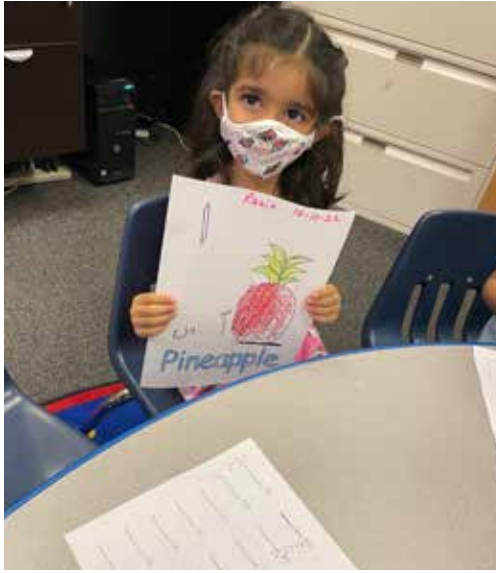
LETTER "C" CRAFT



LITTLE CHEFS MAKING WAFFLES



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PINCER GRASP DEVELOPMENT IN PRESCHOOLERS

Pincer grasp activities help your child strengthen their small muscles in preparation for future hand writing.

WHAT IS A PINCER GRASP?

The pincer grasp is the third type of grasp you will notice in the infant period, occurring around 8-10 months. This is the age when babies become able to pick up small bits of food between their index finger and thumb to more effectively feed themselves. This is a huge milestone...and a huge stepping stone!

Not only is the pincer grasp important for eating and playing, it is also the first fine-motor building block needed for writing.

WHY IS THIS TYPE OF GRASP IMPORTANT?

Some children are naturally drawn to...well, drawing. (Drawing is one of the most basic pincer grasp activities.) These kids will likely have little trouble getting their final pencil grasp down pat in time for the school years. But, there are many children that either don't have the interest, or don't have the confidence to attempt a pencil grasp. This may be due to not having practice with fine motor skills and/or lack of small and large muscle strength in their dominant hand. Hand strengthening and pincer grasp refinement is built into most of the activities.

HERE IS A LIST OF FUN ACTIVITIES THAT WILL STRENGTHEN THE MUSCLES NEEDED FOR WRITING AND REFINE YOUR CHILD'S PINCER GRASP.

- 1- Knobbed Puzzles.** Large knobs for the toddlers. Small knobs for the preschoolers.
- 2- Button Sorting.** Your child can do this activity using their hands, but a set of tweezers really works those fine motor skills.
- 3- Color mixing.** You can help your child's pincer grasp by having them use an eye-dropper to color the water with food coloring.
- 4- Clothespin activities.** Paint several clothespins fun colors. Have them clip the clothespins on the side of a bowl. You can present it as a sorting game or a pattern activity.
- 5- Threading leaves.** This activity doesn't have to be reserved for Fall. You can thread leaves throughout the year. What a wonderful lesson in the changing of the seasons!
- 6- Lacing cards**
- 7- Pushing pom-poms into a water bottles**
- 8- Sticking pipe cleaners through colander holes**

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- 9- Transferring marbles with tongs.** For this activity, you just need some marbles, a set of tongs, and a Duplo block base turned upside down. It's challenging and fun.
- 10- Cutting with** scissors
- 11- Painting**
- 12- Coloring**
- 13- Juicing**
- 14- Bubble wrap.** Instead of tossing it or discouraging your kids from playing with it, let them at it!
- 15- Cooking activities.** Anything that requires whisking, chopping, or mixing gets those hand muscles stronger.
- 16- Learning Chopsticks**
- 17- Window washing.** A spray bottle and a squeegee will help strengthen those small muscles used for the pincer grasp. This a classic Practical Life Activity
- 18- Playing with Play-Doh**
- 19- Opening and closing tops to bottles and jars**
- 20- Transferring uncooked rice from one bowl to another using fingers or spoon**
- 21- Sticker books**
- 22- Pick Up Sticks (Game)**
- 23- Drawing with sidewalk chalk**
- 24- Pouring activities**
- 25- Transferring miniature animals with tongs**
- 26- Threading pipe-cleaners through button holes.**
- 27- Matching** locks and keys
- 28- Planting a small garden.** Your child will need to use a pincer grasp to pick up and plant the seeds and using gardening tools is sure to strengthen their hands.
- 29- Peeling carrots**
- 30- Tying knots**
- 31- Peeling tape from tray/floor/sidewalk**
- 34- Spooning Beans from bowl to bowl**
- 36- Practicing Pouring water**

AT HOME ACTIVITIES

Learning At Home Activities: Make an ABC Collage!

Grab some old magazines and newspapers and create a collage of the alphabet! Ask your child to go through magazines and newspapers to find every letter of the alphabet. Have them cut or tear out these letters and glue or tape them to a piece of paper. When finished, they will have an amazing collage of the alphabet!



Estimated Time: 30 minutes

Materials:

Magazines, newspapers, scissors, paper, glue

Subject: Alphabet

APPLE FROGS

- Green apples, cut in slices
- Green grapes, cut in half
- Peanut butter
- Mini chocolate chips

Adult should cut apple into slices leaving green peel on. Allow child to spread peanut butter on top of apple slice and layer another slice on top. Add dabs of peanut butter on top and attach green grapes. Add another dab of peanut butter and place chocolate chips on for eyes.

