

PRESCHOOL NEWSLETTER

NOVEMBER NEWSLETTER 2021

Message from the Director Mrs. Shabana Syed

What a fun and eventful month October was. There are a couple of recent highlights that have occurred within our program, On Wednesday, October 13, we had a visit from our local fire department and they discussed fire safety. The children were mesmerized by the firemen and got to see all the different tools and experienced using the water hose to put out the fire.

We also learned about earthquakes and they practiced to Drop, Cover, and Hold on in an event of an earthquake. We participated in Great California Shakeout Drill. It was exciting to get dressed up for picture day! Crisp days, cold nights, fall leaves blowing in blustery gusts of wind, and animals of all kinds...even humans, preparing for winter. We will observe and describe the seasonal changes in plants, animals, and their personal lives. We will take a field trip to the San Dimas Nature center to observe some animals and see the changes in the leaves color and spend the day out hiking. That is November. We begin the month discussing and observing how the leaves are changing. We will make a class book about our favorite leaves. We will learn about the season of fall and discover how leaves change their color. Leaf rubbings, patterning, sorting, tracing and cutting are just a few of the ways we will incorporate developmental skills into our fall theme. Also we will continue talking about more community helpers and a visit from the police officers is always welcomed.

Illness Policy Reminder

Our parents are vital partners in helping us to maintain a safe and healthy environment for the students in our school. The most important thing you can do is to assist us in creating a healthy environment and to keep your child home if they are ill. This reduces the spread of illness and allows your child to fully recuperate.

IMPORTANT UP COMING EVENTS/HOLIDAYS

- Local Police Officers Visit On November 4th
- Daylight Saving time November 7th
- Field Trip to San Dimas Nature Center On November 11th

POLICE DEPARTMENT ON-SITE FIELD TRIP

We will learn about police officers and how they serve our community!! They will discuss about stranger Danger and experience sitting in the police cruiser.

THANKSGIVING BREAK
NOVEMBER 22-26TH

NO SCHOOL

THE IMPORTANCE OF ROUTINES FOR PRESCHOOLERS



As we continue to navigate the ever-changing COVID-19 pandemic, maintaining a consistent routine for our students in a safe and fun environment is our top priority. Below are a few reasons why routines are important for young children and how we help achieve this in the classroom. Children learn to manage themselves when they understand expectations in their environment and what comes next. An organized, clean and welcoming classroom is not only the foundation for quality teaching, but it also helps shape and define positive student behavior. Our classrooms have developmentally appropriate interest areas

called centers that reinforce writing and other curriculum skills. In centers, teachers encourage student choice and exploration with the guidance of a visual center management system, which helps children know when they can move to a new center. This practice helps them learn routines, self-monitoring and decision-making. Other visual cues in our classrooms include foot-print outlines to remind students where to line up, picture instructions of how to wash hands, and picture/word labels to help children know where each toy goes.

Children handle change best if it's expected and occurs in the context of a familiar routine. During times of potential chaos, a structured routine provides comfort, stability and a sense of safety. Transitions from one activity to another can be frustrating and stressful for children, because they take time and can involve waiting. To help ease transitions and help set expectations, I provide verbal and non-verbal cues, such as songs or sounds to make the transition fun and engaging.

Routines help children demonstrate independence, while fostering feelings of belonging and self-confidence. Circle time is a part of our students' everyday routine that helps establish roles, reinforces learning, encourages student interaction, creates unity and builds relationships. Assigning jobs help them actively engage in the activity and see themselves as important members of the classroom community. I make children feel valued by acknowledging how the helpers are important to the circle time routine.

A VISIT FROM THE FIRE DEPARTMENT!

Our Preschool had a special visit on Wednesday October 13th from Los Angeles Fire Department! We spent our morning discussing fire safety and prevention, and what to do in case of a fire in the school. We also got to use the water hose to put fires out. We had such a fun morning.

Thank you to the Fire Department for making a special trip to visit us!

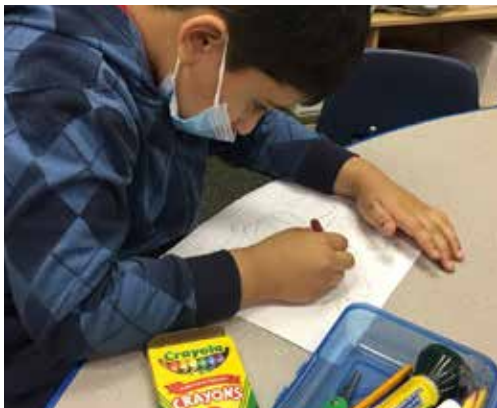


THE CALIFORNIA SHAKEOUT!

The students at our the preschool campus participated in the Great California ShakeOut. We participate in this statewide earthquake drill every year. The students and I practiced how to drop, cover, and hold on, as well as how to evacuate the building once it's safe. The students did a fantastic job practicing what to do in the event of an earthquake. Great job everyone!



HANDS ON ACTIVITIES



MAKING YUMMY ARABIC DESSERT



SIMON SAYS Simon Says is an easy learning game that you can play with your preschooler. It helps in the development of listening skills, vocabulary, following directions, and gross motor just to name a few. Don't worry about the original rules of whether you say "Simon Says" or not. This is just a fast, fun, easy interaction with your child they are sure to enjoy.

SIMON SAYS

FITNESS
DISGUISED
AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

Shake your whole body.

Jump up and down.

Spin around in circles.

Do a cartwheel.

Do a somersault.

Wave your arms above your head.

Walk like a bear on all 4s.

Walk like a crab.

Hop like a frog.

Walk on your knees.

Lay on your back & pedal your legs in the air like you are on a bike.

Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.

Hold your arms out at your side and make circles with them in the air.

Hop on your left foot 10 times.

Hop on your right foot 10 times.

Hop around like a bunny.

Balance on your left foot for a count of 10.

Balance on your right foot for a count of 10.

Bend down and touch your toes 10 times.

Reach behind you and try and hold your right foot with your left hand without falling over.

Show off the muscles in your arms.

Reach behind you and try and hold your left foot with your right hand without falling over.

Lay on the floor and stretch out as far you can for 10 a count of 10.

Pretend to shoot a basketball 10 times.

Pretend to jump rope for a count of 10.

Pretend to ride a horse.

Pretend to milk a cow.

Take 5 of the biggest steps forward that you can.

Pretend to lift a car.

Do the strangest dance you can think of.

Scream.



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NOVEMBER

LESSON PLAN

Our theme this month will be “All About Fall and what do animal do in winter?” We begin the month discussing and observing how the leaves are changing. We will make a class book about our favorite leaves. We will learn about the season of fall and discover how leaves change their color. Leaf rubbings, patterning, sorting, tracing and cutting are just a few of the ways we will incorporate developmental skills into our fall theme.

Language and Literacy:

Letter E and F will be the letters we'll be focusing on this month. The books We'll be reading include Bear Snores On and Corduroy and Leaves on the Trees.

Math:

Number 3 is our number of the month. The goal is to focus on recognizing the number as well as rote counting to number 50.

Science:

Will cover basic needs for humans and several float/sink experiments. As the weather changes, we will make detailed weather observations, and even make some weather predictions based on their observations.

Art and fine motors:

For art this month the children will be exploring the areas of cooking, Leaf rubbings, patterning, sorting, tracing and cutting.

Music and Movement:

Singing and dancing is always a fun part of our daily routine and we'll incorporate them during circle time or the end of free choice.

MEATBALL SOUP

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 turkey
- large beaten egg
- 3 tablespoons bread crumbs
- parsley
- 1 teaspoon salt
- ¼ teaspoon pepper
- 6 Cups chicken broth
- 2 medium carrots, peeled and sliced
- 1 Cup pasta bowties

Combine turkey, 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.

Learning At Home Activities: Bedroom Planetarium!

Create your own planetarium in your bedroom! Cut holes into a toilet paper roll or aluminum can. Place a flashlight in the cylinder, turn off the lights, and look up to the ceiling! Have your child observe how many “stars” there are in their room and look for constellations!



Estimated Time: 30 minutes

Materials:

Toilet paper roll or aluminum can, scissors, and a flashlight

Subject: Science