

Preschool Press



Dear Preschool Families,

It’s hard to believe that the new year is almost here. A look ahead – In January we begin planning for the Transition to Kindergarten. Please watch for important district information.

Your Child will be eligible to begin Kindergarten....	If their Date of Birth is on or before...
Fall 2021/2022	9/01/2016

Based on these cut-off dates, if your child’s birth date falls between 9/01/2016 and 12/01/2016, they will be eligible to attend AAPS Preschool and Family Center for another school year.

If your child is eligible for Kindergarten next school year, please be on the look out for upcoming information regarding Kindergarten Roundup.

For parents of children enrolling in Kindergarten/Young 5’s for the 21/22 school year, The Road to Kindergarten will be January 20, 2021. At this informational virtual meeting, you will receive an overview of Kindergarten programs in AAPS, along with the various support, services, and/or programs.

Michelle Pogliano, Director AAPS Early Childhood Programs, Westerman Principal
 Jo Ann Telfer, Assistant Director AAPS Early Childhood Programs, Westerman Assistant Principal

December Upcoming Events –

Dec 1, 8, & 15 – Cooking matters class continues

[Flyer is found on our Preschool Website](#)

**Dec 21 – Jan 1 - Winter Break
 No School**



Robin’s Resources:

Winter Family Nature Adventures - #821002
 Limited Space available for this free Outside Adventure for Families through Washtenaw County Parks & Rec. [Pre-registration required](#)
 -OR- Explore one of the many wonderful Washtenaw County Parks with your family

Free Food Resources: [Food Gatherers](#)
 Free Fresh Nutritional, Specialty Items, Various Days & Times, Some Limited Delivery (high risk & senior population. (734)761-2796

**Meet the Front Office Staff
 At Westerman**



Top Row: Jo Ann Telfer, Asst. Princ.; Michelle Pogliano, Princ., Beth Lindner, OP
 Bottom Row: Robin Dye, FCRS; Aaron Pressel, FCRS; Sherri Polovick, OP

CLASSROOM CONNECTION



Ms. Abbie & Ms. Susan’s class read “F is for Feelings” and then acted out their feelings. They have been talking about feelings and what to do with Big feelings and are learning strategies to handle big, medium and small problems.



SMALL GROUP TIME

Show us a feeling and tell us about your feeling.

Winter Break Tips!

Communicate with Cooking!

Holiday's, and time off from normal everyday routines, create a perfect opportunity to spend more time in the kitchen with family, and cooking with your kids is a great way to work on so many preschool skills in a fun and yummy way! By letting kids help prepare snacks and meals the kitchen, you are building healthy eating habits, teaching basic skills related to language and math, as well as practicing fine and gross motor movements.

Here are some ideas on how to engage your child in the kitchen.

*Remember: grown-ups only for anything high up, hot or heavy!

- Before you start, decide what to make. Something sweet or savory? Hot or cold? Crunchy or smooth? A great time to talk about categories (fruit, vegetable, dinner vs. breakfast food).
- Help gather ingredients and: sort by wet and dry, talk about what sound/letter each ingredient starts with, which ingredient will you use first and last?
- Have your child mix/stir, mash, crack eggs. It may get messier than adults only cooking, let that be part of the fun but do have your child help with any clean up!
- Describe how all the ingredients smell and feel.



Jackie Malcolm, Speech Therapist

You may have family favorite go to recipes, but here is a link for something new if you need: <https://cookingwithkids.org/>

You may be amazed at what your kids will try when they take part in preparations

Animal Yoga!



Leigh Miller, Psychologist

Animal yoga is a quiet, relaxing activity that teaches children to focus and calm their bodies. There are many benefits of yoga including the physical action which helps with balance and coordination, develops focus and concentration, boosts self-esteem and confidence, and strengthens the mind-body connection. Once they learn this skill, it's a lifelong strategy that can be used! In this activity, children will get the chance to engage physically while also learning a strategy to use when they feel the need to calm down. There are many ways families can engage in animal yoga: individually, as a family, inside when it's bad weather, or outside when it's nice! The directions are listed here, along with many examples of poses.

Make Every Day Sensory-friendly

Sensory information is beneficial for learning and growing. With the days getting shorter and all of us spending more time indoors and seated, here are some ways easy ideas you can make at home with your child to help maintain attention (to Zoom, reading time) and to get more sleep.



Wrap a full-size flat sheet on a toddler sized mattress or visit a fabric store for jersey tubing (stretch material). Insert your child's mattress like inserting paper into an envelope so the top and bottom of the mattress are covered. The felling of this 'enveloped' sheet helps the brain to quiet, leading to quicker and hopefully more restful sleep.



Raleigh Sadler, Occupational Therapist



Sitting for more than 20 minutes at our children's ages can be a challenge. Increase their concentration while providing necessary input with this homemade weighted buddy. Take any mismatched sock, fill with rice or beans, leave enough material to tie a knot at the top. Your child can fidget with the texture, sit on the buddy, or place it in their lap. Decorations are a fun fine motor activity too!



Shelly Weber, Physical Therapist

Make everyday a 'movement' day!

Using pretend play to practice motor skills is a great way to gain your child's interest and participation in movement. This can improve their coordination, balance, strength, imitation of motor movements, and motor planning. Make up different ABC movements with your child as they pretend to be animals, imitate movements, and practice specific motor skills in a fun way.

Have fun playing with your child both inside and out, and be creative! Here are a couple of examples:

A: Alligator arm Chop- With both arms straight in front of body, open and close your arms together like an alligator's jaws.

B: Bear walk- On hands and feet (not knees) walk around the room like a bear!

C: Crab walk- from a sitting position on the floor with your feet in front of you and hands behind you, push up onto your feet and hands and "walk" backwards keeping your bottom up to walk like a crab.

Tips for PT!



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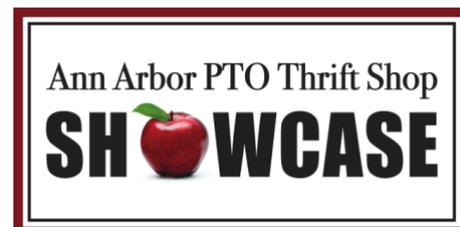
Household Goods - Furniture - Electronics - Linens

Crafts - Toys - Books & Media - and much more!



Rest assured that CDC Guidelines are being followed to assure all staff and customers stay safe while shopping!

***Don't forget to visit our Showcase,
where you'll find unique and
collectible treasures every day!***



***Call 734-996-9155 or visit
FaceBook page for Current Hours***