

Preschool Press



Principal's Message



Dear Parents,

Parent participation is crucial to student success. It is wonderful to see so many families here in our center throughout the week. Please continue to support your child and their teaching team through the many ways available. Did you know you are supporting your child's education when you:

- * read to your child
- * communicate important information to your child's teacher
- * volunteer in the classroom
- * attend school wide family activities
- * have conversations with your child about their day
- * become involved in parent committees or governing boards

The list is endless.

Preschool is a very active place. Along with the preschool staff, we are fortunate

to have the assistance of volunteers from the University of Michigan along with Foster Grandparents. Even with this additional help, many classrooms are at times in need of additional help to work with individual and small groups of children. If you have time please volunteer. Thank you so much to the many parents who have already volunteered to assist teachers in the classrooms.

Many classrooms are in the process of completing parent teacher conferences. This is the time to find out how your child is adjusting to school and find out how their development is progressing. If you have questions about your child's progress report please talk with his or her teacher for clarification.

Michelle Pogliano, Principal

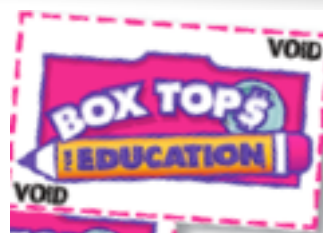
BUS ALERT/REMINDER

Don't forget your I.D. when getting your child off the bus. The new bus schedule begins Monday, Nov. 11, 2019. Look for changes in your child's backpack.



HERE'S AN EASY WAY TO EARN CASH FOR YOUR SCHOOL!!!

Look for the pink Box Top on hundreds of participating products. Each is worth 10¢ for your school!





Colder weather is just around the corner! Before you buy that jacket.....consider this!

As cold weather arrives motor skills and independent dressing skills can be practiced through everyday dressing tasks. Have your child practice putting on/taking off his/her own sweater and coat, threading and pulling up the zipper. When buying new winter gear for your child consider these suggestions:

- Try out the coat zipper. If it is hard for you to thread and zip it will be difficult for your child to practice and learn to zip/unzip by him/her self.
- Tight elastic on the bottom of a coat often makes it difficult for a young child to thread and zip up.
- Long coats are more difficult for children to thread and zip.
- Double zippers are harder to thread and zip.
- A coat with a little (but not too much) growing room is often easier for children to put on and take off by themselves.
- Mittens are easier for children to put on by themselves.
- Don't forget boots! Once again, they need to be easy to get on and off. If they are hard for you to get on their feet; it will be impossible for them to do it. Go for the easy on and off!

Be ready for those exciting words – **“Look I did it myself!”**

Your occupational therapist is a great resource for tips on developing a child's independence with winter gear!



A reminder from our FCRS staff: Now that the weather is changing, please remember to change your child's extra backpack/classroom clothing from shorts to warmer winter clothing.

Build Healthy Bones Now!

Kathy Gaines, PT

Even though the skeletons are being taken down from store windows this month, we still need to remember to take care of our bones! As parents, there are many things you can do for your children now that will help them be healthier as adults...and taking care of their bones is no exception. Building strong and healthy bones in the early years can help prevent osteoporosis and fractures later on and into adulthood.

According to the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), bone mass that is gained during childhood and adolescence is important in determining skeletal health as adults, even into geriatric years. So, childhood is the time to build up bones as much as possible to make them strong enough to last!

Many factors that affect bone growth are out of our control as parents, but nutrition and physical activity are not. Making sure kids get enough calcium and vitamin D, as well as regular physical activity every day (30-60 minutes a day is a minimum), helps kids not only build bones, but stay healthy and fit overall.

Exercise of any kind is great, but to build bones, weight-bearing exercise is best, such as walking, running, dancing, jumping, gymnastics, soccer...anything up on your feet!

For nutrition, milk is of course a great way to get calcium, but many foods contain calcium that kids may also enjoy, such as cheese, yogurt, cottage cheese, orange juice (calcium fortified), salmon, some cereals, ice cream, turnip greens, kale, tortillas, etc. Check labels for good sources of calcium, as many kid-friendly foods now add calcium, too.

WIC will be at
Westerman Preschool & Family Center
On Monday Nov 25th
From 8:30 am to 3:00 pm!

Address: 2775 Boardwalk Dr, Ann Arbor, MI 48104

What is WIC?

WIC is the Nutrition Program for Women, Infants and Children. WIC provides monthly benefits to buy up to \$120 worth of healthy foods when two in your family are enrolled. Each person on WIC gets benefits to buy up to \$60 worth of healthy foods.

WIC also provides tips to help your family eat well & stay healthy.

How to receive WIC?

Call 734-544-6800 to schedule an appointment!

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We have begun using the new Visitor Management System. Please bring your ID with you when have business in the building, this includes Late Drop Offs and Early Pick Ups.</p>				
4	5 No School for Students, Election Day! Go Vote!	6	7	8
11 New Bus Changes take effect, did you check your child's backpack and bus tag?	12	13	14 Parent and Policy Committee 9:00 All Parents are Invited and Welcome!	15
18	19	20 Transportation Changes Due for December	21	22
25 WIC at the Preschool , Please call WIC to schedule an appointment. See phone number on Page 3.	26	27 	28	29
No School ! Thanksgiving Break !				



- ✓ **SHOP**
- ✓ **DONATE**
- ✓ **SUPPORT**
- ✓ **FUNDRAISE**
- ✓ **VOLUNTEER**

2280 S. Industrial Hwy. • a2ptothriftshop.org

Supporting Ann Arbor Public Schools and its Students Since 1993

Shop Happenings August-November 2019!

- ❖ Are you ready for school?
Shop our **Labor Day 50% Off Everything Sale!**
- ❖ Hey Students! Do you need Service Hours?
Volunteering at our shop is a fun way to earn them!
- ❖ Do pumpkins and ghosts get you excited?
Check out our **Halloween** costumes and decorating items!
- ❖ Interested in raising unlimited funds for your group or school?
Participate in our **Veteran's Day Raffle!** You get 100% of ticket sales!

EARN MORE FOR YOUR SCHOOL!
APPLES, STARS & BUSES ARE BACK!
(Details online and in store!)

**Don't forget to visit our Showcase,
where you'll find unique and
collectible treasures every day!
(Located next to our Donations Door)**

Ann Arbor PTO Thrift Shop
SH  WCASE

SHOP HOURS: MON-FRI 10-7 / SAT 9-6 / SUN 11-5

DONATION HOURS: MON, THU, FRI 10-6 / CLOSED TUES & WED / SAT 10-5, SUN 12-4

Call **734-996-9155** to schedule a FREE Furniture Pickup





Ann Arbor PTO Thrift Shop

VETERAN'S DAY FUNDRAISING RAFFLE

All proceeds support the
**Ann Arbor Public Schools,
its PTOs and students!**



**BUY A TICKET,
SUPPORT OUR SCHOOLS!**

- Tickets are available to buy at the shop and through a variety of AAPS groups.
- Drawing will take place at the PTO Thrift Shop on Veteran's Day!
- FOURTEEN winners will be chosen on November 9, 2019, 5:00 – 5:30 PM!
- Over \$4000 in prizes will be awarded!
- For more information, visit our website @ a2ptothriftshop.org
2280 S. Industrial Hwy, Ann Arbor, MI 48104. a2ptothrift@gmail.com

FIRST PRIZE of \$1000

TWO 2nd PRIZES of \$500

EIGHT 3rd PRIZES of \$250

plus THREE BONUS \$100 A2 PTO Thrift Shop Gift Certificates

Must be 18 or older to purchase tickets. Need not be present to win. One prize per winner. All prizes subject to Federal and Michigan Income Tax. *Winner must present valid government ID. #R54556

Ticket No. _____
Name _____
Address _____
Phone _____
Need not be present to win. One prize per winner.
\$5 per Ticket
Ann Arbor PTO Thrift Shop a2ptothriftshop.org
2019 VETERAN'S DAY RAFFLE
Saturday, November 9 th , 2019 5:00-5:30 pm 2280 S. Industrial Hwy. Ann Arbor, MI 48104
First Prize \$1000 CASH! Two 2 nd Prizes ~ \$500 each Eight 3 rd Prizes ~ \$250 each Plus Three \$100 Gift Certificates to the A2 PTO Thrift Shop
Must be 18 to purchase tickets.
Raffle License # R54556
Ticket No. _____

