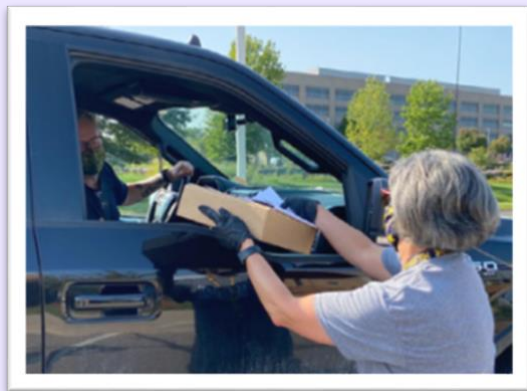


Preschool Press



Dear Preschool Families,

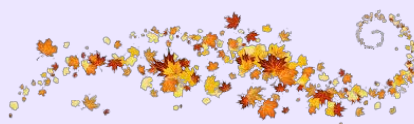
This is your first edition of the Preschool Press. Each month (October - May) you will be receiving a copy of the Preschool Press in a school messenger email. Each issue will contain upcoming calendar items; as well as information regarding health, motor, language, and literacy development along with more helpful information. Please take time to read through each newsletter.

Seeing the faces of our preschool families during the Distribution Days brought us such joy! It was definitely the highlight of our week! Thank you for getting your child's supplies picked up as these will be critical moving forward in the learning.

Also, thank you for your cooperation and patience in working beside the teaching teams to help your child get into their learning each day. We know it is no small feat! It will get better.

Your child's health matters to us. Please read over ALL ingredients in your supplies from the School Supply distribution pick up. We have been made aware that the play dough has WHEAT as one of the ingredients, which is one of the items in the preschool supply boxes. Please check all supplies to prevent any Allergen Exposure.

Please know your preschool staff is here to assist you.



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

Gluten Free Playdough: Ingredients:

1 c gluten free flour ½ c salt (fine)
1 Tbs cream of tartar 1 Tbs vegetable oil
1 c water (household ingredient for coloring)

Cooking Instructions:

Combine all dry ingredients in a medium saucepan, heat to medium, add water, oil and coloring. Stir constantly until dough forms. (2-3 mins.)

Flu season is here! Protect yourself and your family this season with an annual flu vaccine for everyone in your family who is 6 months and older. As long as flu activity is ongoing, it's not too late to get vaccinated, even in January or later. It takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection, so if you haven't already, now is the time to get your flu shot!

Flu Vaccine Information: <https://www.washtenaw.org/1332/Flu-Vaccine>

Flu season is here. Please make sure to get your flu shot for you and your family.

Nurse Notes:

Hi Westerman Students and Families,

My name is Katie and I am the new nurse assigned to the pre-school this year. I am so excited to be on staff and eager to meet all of you! I have spoken to some of you but please continue to turn in your medical paperwork such as Asthma/Seizure action plans, medication orders, and other doctor's orders to vallek@apps.k12.mi.us

Wishing you a Safe and Healthy Fall!

Nurse Katie

October is Fire Safety Month



Upcoming Events – October

10:00 am – 11:00 am

14 – Preschool U – Tech

21 – Preschool U – Why?

28 – Preschool U - Feelings

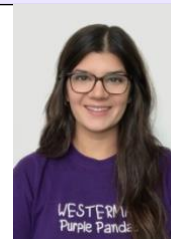


Tips!

Therapeutic Activities you can do at home!!

A change in seasons is a great time to practice language concepts! Try going on a leaf hunt with your child and talking about:

- Colors and shapes of the leaves
- Words for size and amount of leaves (i.e. big, little, more, less)
- Where your child finds the leaves or where they're putting them ("in the bag" or "let's **pour** them out")
- Take turns jumping into leaf piles or tossing leaves into the air with your child, reminding them to use words/signs to request things like "again" or "my turn".
- Related book: "We're Going on a Leaf Hunt" by Steve Metzger <https://www.youtube.com/watch?v=MbMkMc1cSzQ>



Alyssa Muller, Speech Therapist



Bianka VonKulajta,
Social Worker

Building Resilience and Self-Control with Games and Songs

Preschoolers face new challenges at every developmental stage. Resilience skills build a child's self-confidence and strengthens their ability to express oneself. These skills help children handle whatever may come their way. Learning how to stop your body when you are feeling revved or overly excited is an important part of developing self-control. Red Light, Green Light is a simple game that can be played both indoors or outdoors. It teaches listening skills, self-control, agility, and is fun for the whole family.

Your child can also practice self-control by dancing along to songs like Move and Freeze by the Learning Station <https://youtu.be/388Q44ReOWE> or Make Any Shape and Freeze! By Jack Hartmann <https://youtu.be/GtlllN3oGsk>

For more ideas for games about Self Regulation: https://youtu.be/H_O1brYwdSY

Feeling Crafty?

Leaf Art- Use all those beautiful leaves from the nature walk to create a 3D masterpiece! This is a wonderful activity for the senses and a great way to practice those fine motor skills.
Pumpkin Faces- Draw a pumpkin family on paper or add faces to small pumpkins/gourds. This is a great way for your child to get creative and practice placement of facial features!
Make pumpkin seeds- Fall is the perfect time to push up your sleeves and dig into a pumpkin! This is a wonderful sensory experience for all and an easy way to make some lasting memories. <https://www.tasteofhome.com/recipes/kids-favorite-pumpkin-seeds/>



Jessica Dow,
Occupational Therapist



Kathy Gaines,
Physical Therapist

Tips for PT!

Fall is a great time to get outside and be

active, since we all know what is coming soon! Brrr!
 Enjoy the season outdoors and get away from the screens for a little while by...

Raking leaves - Kids can help rake (with a kid-sized rake), or scoop piles of leaves into their arms and put them in the bag. Kids also love jumping in the pile of leaves!

Taking a Nature Walk - Make taking a walk fun by collecting leaves and talking about fall colors. Bring a bag to take some home to make some leaf art!

Going Apple Picking - Walking, reaching, carrying heavy baskets...all count as exercise, and you can bring home some healthy treats! Or, bake applesauce together!

<https://www.superhealthykids.com/recipes/homemade-applesauce/>

IF YOU HAVE NOT TURNED IN YOUR CHILD'S PHYSICAL/IMMUNIZATION/DENTAL:

Please be aware that, per **State of Michigan Child Care Licensing Regulations**, we must have a copy of your **child's physical exam form within 30 day of initial attendance**. Although there have been allowances made due to the nature of the situation this school year, the State of Michigan is still requiring us to obtain and keep on file a copy of your child's physical in the center.

If you have not turned in a Physical or Dental exam for your child please do so at your earliest convenience. For additional clarification or information please contact your Family Community Resource Specialist, Aaron Pressel, pressela@a2schools.org or Robin Dye, dye@a2schools.org

If you need to turn in Immunizations or waiver, please send them to Sherri Polovick, polovick@a2schools.org



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all staff and customers stay safe while shopping!

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where you'll find unique and
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***Call 734-996-9155 or visit
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