

Preschool Press

AAPS EARLY CHILDHOOD PROGRAMS

OCTOBER 2023

PRINCIPAL'S MESSAGE

Dear Preschool Families,

We are off to an incredible start! On behalf of the staff we want to thank you for the opportunity to work with each of you. As we bring September to a close we want to celebrate the wonderful conversations and collaboration experienced during our Home Visits with families. It has truly been a pleasure getting to know each of you. We hope that this is simply the first of many more wonderful interactions moving forward.

Over the past few weeks staff and students have had the opportunity to engage in exciting activities both in and outside the classroom. Whether it's listening to a story in the classroom or engaging in imaginative play on our playground, students are being exposed to learning activities all day long.

With that being said, we are happy to share that **"Preschool Isn't Just For The Kids Anymore!" (Pg:2)**. That's right we are excited to share that every month we would like to invite families to come in for one of our family engagement sessions. Please be sure to check out the preschool flyer included in this month's newsletter for more information about these opportunities. We don't want anyone to miss out! **We look forward to seeing you on Oct 6th for our first session!**

Sincerely,

Natasha York
Principal
yorkn@aaps.k12.mi.us

Jo Ann Serafano Telfer
Assistant Principal
telferj@aaps.k12.mi.us



IMPORTANT DATES

10/06/23 Friday	School In Session
10/06/23 Friday	Family Engagement day
10/13/23 Friday - 01/16/23 Monday	Fall Break -NO SCHOOL-
10/31/23 Tuesday	Early Release Day (Dismissal: 1pm)

UPCOMING EVENTS

10/06/23 FRIDAY	Family Engagement Day PRESCHOOL CURRICULUM EXPLORATION (pg: 3)
--------------------	---

ANNOUNCEMENT

Bus Transportation Form for CHANGE in Transportation or NEW Transportation is due on MONDAY OCTOBER 16th by 12pm

FAMILY ENGAGEMENT DAY



**Congratulations and thank you to our new
Head Start Parent-Policy Committee members!
We look forward to working with you this year!**

Policy Committee

Chairperson:

Athena Morris

Assistant Chairperson:

Jessica Decker

Secretary:

Stephanie Schwyn

Policy Council

Policy Council Representative 1:

Aracely Rosales

Policy Council Representative 2:

Cynthia Freter

Policy Council Representative 3:

Athena Morris

Alternative Representative:

Amanda Hess

Curriculum Exploration

**Friday,
6th
October**

8:45 am to 10:00am

**Westerman Preschool and
Family Center**

**Preschool families come join us to
explore your child's curriculum at
preschool**

**● Learn about your
child's routine at
preschool**

**● Learn about classroom
volunteer
opportunities**

AAPS requires all visitors to have a visitor pass. Please bring a valid ID - Driver's License

GOOD ORAL HEALTH

Good Oral Health is Important for Preschoolers!



Robin J. Dye
*Family and Community
Resource Specialist*

Good oral health is important to learn at an early age. It is recommended that children began establishing a relationship with Dental professionals as early as 12 months or within 6 months of the first tooth coming in. Tooth decay is the most common childhood disease, but it is preventable. Children with dental pain can have trouble speaking clearly, eating, and learning. Proper dental care can also decrease the likelihood of illness. Our team is committed to helping preschoolers

establish healthy teeth and gums by providing healthy food & drinks, brushing teeth while at school, making sure families are visiting their dentist every 6 months and receiving follow-up care.

Dental Examination forms are due for all preschooler children by Monday, November 25, 2023

ORAL HEALTH

Tips for Families from the National Center on Early Childhood Health and Wellness

You Can Promote Good Oral Health By:

- Knowing how to make sure you and your family have healthy mouths and teeth
- Helping your children learn good mouth and teeth habits

Why Is It Important?

When Children Have a Healthy Mouth, They:

- Can speak clearly
- Can eat healthy foods
- Feel good about themselves

Having a Healthy Mouth Also Means:

- Healthy growth and development
- Being able to focus and learn
- A pain-free mouth
- Lower dental care costs for your family



Flyer Available:

Español pg: 11

Arabic pg: 12

Chinese: pg: 13

Things You Can Do to Help Your Child

- Brush your child's teeth with fluoride toothpaste twice a day.
- If your child is younger than 3 years, brush with a smear of fluoride toothpaste.
- If your child is age 3 to 6 years, brush with a pea-size amount of fluoride toothpaste.
- Young children will want to brush their own teeth, but they need help until their hand skills are better. Brush children's teeth or help children brush their teeth until they are about 7 or 8 years old.
- Be a role model for oral health! Brush your teeth with fluoride toothpaste twice a day (in the morning and at bedtime) and floss once a day.
- Serve healthy meals and snacks like fruits, vegetables, low-fat milk and milk products, whole-grain products, meat, fish, chicken, eggs, and beans.
- Limit the number of snacks your child has in a day.
- Do not give your child food for rewards.
- Take your child to the dentist for a check up by her first birthday and keep taking her.
- If your child has not gone to the dentist take him.
- Ask your dentist what you can do to keep your mouth and your child's mouth healthy.
- Make sure to go to the dentist as often as your dentist would like you to go.
- Let your child care, Early Head Start, or Head Start program know if you need help or have questions about oral health.



CHILDREN & FAMILIES



NATIONAL CENTER ON
Early Childhood Health and Wellness

WORKING WITH CHILDREN IN THEIR HOME ENVIRONMENT - TIPS FOR PARENTS

Creating a conducive learning environment at home for your preschooler can greatly enhance their cognitive and social development. Here are some tips to work effectively with your preschooler in the home environment. Pick one or two from the list and work on incorporating them into your day.

**** Establish a Routine ****: Preschoolers thrive on routine. Set up a consistent daily schedule that includes designated times for learning, play, meals, and rest. Predictable routines help children feel secure and understand what to expect.

**** Designate a Learning Space ****: Create a dedicated area for learning and play. This space should be well-lit, comfortable, and equipped with age-appropriate educational materials such as books, puzzles, and art supplies.

**** Encourage Exploration ****: Preschoolers are naturally curious. Foster their love of learning by allowing them to explore their interests. Provide opportunities for hands-on activities and experiments that stimulate their curiosity.

**** Read Together ****: Reading is a fundamental skill for young children. Make reading a daily activity by sharing books with your preschooler. Ask questions, discuss the story, and let them take the lead in choosing books.

**** Use Play to Teach ****: Learning through play is essential for preschoolers. Incorporate educational games, puzzles, and toys that promote problem-solving, creativity, and fine motor skills development.

**** Limit Screen Time ****: While educational apps and programs can be beneficial, it's important to limit screen time and ensure it's used in moderation. Interactive and age-appropriate content is key.

**** Encourage Independence ****: Give your preschooler opportunities to make choices and solve problems on their own. Encouraging independence helps build self-confidence and decision-making skills.

**** Social Interaction ****: Arrange playdates or join parent-child groups to promote social interaction. Learning to share, communicate, and cooperate with peers is crucial for their development.

**** Be Patient and Positive ****: Preschoolers are still developing their emotional regulation skills. Be patient and provide positive reinforcement for their efforts. Celebrate their successes, no matter how small.

**** Stay Engaged ****: Be actively involved in your child's learning journey. Ask about their day, listen to their stories, and show enthusiasm for their achievements. Your interest and involvement are invaluable.

Remember that every child is unique, and their development progresses at different rates. Tailor these tips to suit your child's specific needs and interests. By creating a nurturing and stimulating home environment, you can help your preschooler thrive and lay a strong foundation for their future learning experiences.



Meggan Wanke-Hammond
ECSE Teacher

PRETEND PLAY

A103 -WESTERMAN PRESCHOOL

Things have been busy in A103 the past few weeks! We have been learning the routines and expectations for school as well as building relationships in our classroom community. A wonderful way for preschool children to learn and connect with each other is through pretend play. The children in our classroom have been engaging in pretend play each day during our work time. There have been chefs, pirates, superheroes and more each day!

Pretend play allows the children to hop into various roles that they see happen each day in real-life. It provides a common connection to the other children who also eat at restaurants, go to the doctor and imagine to be superheroes. Children with limited language can put on a cape and strike a pose and soon have a mutual understanding with a group of other children who know just what game is about to be played together.

As teachers, we reflect on this play as a large platform for learning. The children can work through their emotions through imaginative learning (They can be the one giving the shot at the doctor and offering comfort to others). They can problem solve with another child to decide on what roles they should play ("I want to be the cook; you can be the person at the table!"). They learn how to cooperate and work together, return to the same play and building on it over the course of many days.

In A103, we love creating new worlds of play together each day. Over the coming months, we will add various props and dress up to the classroom so we can pretend to be anything we want to be!



Susan Bruner

A103 Paraprofessional



Jessica Flaherty

A103 Teacher. GenEd

BUBBLES! BUBBLES! BUBBLES PRESCHOOL @ MITCHELL

Here are some pictures from a small group activity called Bubbles! Bubbles! Bubbles. This activity is from the Highscope First 30 Days book.

We asked the children to think about an experience they might have had with blowing (e.g. blowing out a birthday candle, blowing dandelion seeds, blowing up a balloon). Together, you all might try taking a deep breath and blowing. We then gave the children large cups with water and tried blowing into the water. We asked the children what they noticed. (Bubbles!, Splashing!, I'm wet!) Next we added dish soap to the water and asked the children to try blowin i to the water and share what they noticed. (Lots of bubbles! Wow, look at my bubbles! ...lots of laughter). We then tried adding food coloring to see what would happen



Jim Podojil
Teacher. GenEd



Delisia Daniel
Paraprofessional.

HEALTHY BACKS FOR BACK TO SCHOOL!



Kathy Gaines
Physical Therapist

It's important to check your child's backpack every night to read notes from the school or teacher, to see the work your child has done, and also to take extra weight out of their backpack. Here are tips that will help protect your child's back from preschool to high school!

- The weight of the backpack should not exceed 10-15% of the child's weight.
- If the child is leaning forward to carry their backpack, it's too heavy and the load needs to be lightened. Only carry necessary items back and forth to school.
- The heaviest items should go into the backpack first, so they are closest to the child's back, causing less strain on muscles.
- Make sure your child wears their backpack correctly: both shoulder straps should be worn, as well as the chest strap or waist strap if present. Chest straps are great for keeping backpacks from sliding off little shoulders!
- Adjust the straps so the backpack isn't hanging down too low or too high.
- Teach your child to bend at their knees to pick up any heavy object, including their backpack.



SUGGESTIONS TO ENRICH YOUR CHILD'S SPEECH & LANGUAGE SKILLS

- Repeat what your child says to show that you understand. Add on to what they say. Use words like, "Want juice? I have juice. I have apple juice. Do you want apple juice?"
- Cut out pictures of favorite or familiar things. Put them into categories, like things to ride on, things to eat, and things to play with. Make silly pictures by mixing and matching pictures. Glue a picture of a dog behind the wheel of a car. Talk about what is wrong with the picture and ways to "fix" it.
- Cut out pictures of favorite or familiar things. Put them into categories, like things to ride on, things to eat, and things to play with. Make silly pictures by mixing and matching pictures. Glue a picture of a dog behind the wheel of a car. Talk about what is wrong with the picture and ways to "fix" it.
- Help your child understand and ask questions. Play the yes-no game. Ask questions such as, "Are you Marty?" and "Can a pig fly?" Have your child make up questions and try to fool you.
- Ask questions that include a choice. "Do you want an apple or an orange?" "Do you want to wear your red shirt or your blue shirt?"
- Sing simple songs, and say nursery rhymes. This helps your child learn the rhythm of speech.
- Place familiar objects in a box. Have your child take one out and tell you its name and how to use it. "This is my ball. I bounce it. I play with it."
- Show pictures of familiar people and places. Talk about who they are and what happened. Try making up new stories.

Jennie Marengi

Speech Language Pathologist



Suggestions from The American Speech-Language-Hearing Association

SIMPLE IDEAS FOR HOW TO PLAY WITH YOUR CHILD

- Trace letters together (write out their name and your name and trace them together)
- Matching shapes (go around the house and find things in your house that are similar shapes)
- Color scavenger hunt (inside or outside the house choose a color and find all things that color before moving on to the next color. Hint: Let your child choose the order of colors (they love to be in control)
- Look at family photos
- Make pasta jewelry with string and penne pasta (you could even paint the noodles together)
- Build a city using blocks/legos/magnatiles or other household items

Make silly faces in the mirror together Blow bubbles and use different body parts to pop them



Alexandra Fahlsing
Social Worker

FINE MOTOR IN THE FALL!

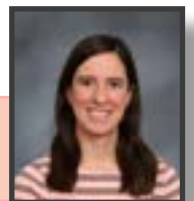
The weather may be getting cooler outside, but there is still plenty of fun to be had! Here's a list of ideas to encourage building hand strength, visual motor skills, and coordination:

- Find a variety of leaf shapes and hold them with one hand, while you trace them with the other. Practice following the border with slow, controlled drawing.
- Find a variety of leaves to snip in a fall 'sensory bin'. Adapted fulcrum scissors work great to rebound open and assist your child with learning the hand coordination.
- Use tongs or tweezers to help pick up leaves or sticks and transfer them into a bucket
- Use a kid-sized rake to help rake leaves in the yard! This helps with using both hands, coordinating balance and core strength, using both sides of our body, and crossing our midline.
- Complete leaf rubbings using one hand to hold the paper, while the other hand pinches and rubs the crayon over top. This can be done on a vertical surface to promote shoulder strengthening and stability too!
- Use various produce to stamp and paint, including apple slices, small pumpkins, gourds, or ears of corn

Use some apple cider or apple juice in a 'sensory table' to scoop, pour, and measure. Various tools, such as measuring cups, spoons, funnels, cups, eye droppers, or sponges make it fun to transfer the liquid!



Image by: Flickr and Unsplash CC0



Michelle MacRae,
Occupational Therapist



- ☑ **SHOP**
- ☑ **DONATE**
- ☑ **SUPPORT**

2280 S. Industrial Hwy. ♦ a2ptothriftshop.org

Supporting Ann Arbor Public Schools and its Students Since 1993

***Celebrating 30 Years of Serving
Ann Arbor Public Schools and the Community!***

- 1993 -** The **Ann Arbor PTO Thrift Shop** is incorporated as a 501(c)(3) Non-Profit Corporation.
- 1994 -** A group of parents hold the first sale in the cafeteria of Tappan Middle School and raise \$5000.
- 2006 -** Relocated to our current home at 2280 S. Industrial Hwy., occupying 22,000 sq. ft. of sales and processing space. *(ATA Bus Routes #6 and #24)*
- 2016 -** The **Showcase**, featuring unique treasures, opens at 2284A S. Industrial - next door to the original shop.
- 2023 -** The **Ann Arbor PTO Thrift Shop** looks forward to many more years serving AAPS and the community!

Thanks for all the support!



Visit our website or FaceBook page for Current Hours.

Usted promueve una buena salud oral cuando:

- Sabe cómo asegurarse de que usted y su familia tengan una boca y dientes sanos
- Ayuda a sus hijos a aprender hábitos de buena limpieza bucal y dental

¿Por qué es importante?

Cuando los niños tienen una boca sana, ellos pueden:

- Hablar claramente
- Comer alimentos saludables
- Sentirse bien acerca de sí mismos

El tener una boca sana también significa:

- Tener un crecimiento y desarrollo saludables
- Poder concentrarse y aprender
- Tener una boca libre de dolor
- Reducir los gastos dentales para su familia



Lo que usted puede hacer para ayudar a su hijo

- Cepille los dientes de su hijo con pasta de dientes con fluoruro dos veces al día.
- Si su hijo es menor de tres años, cepille con una embarrada de pasta dental con fluoruro.
- Si su hijo tiene de tres a seis años de edad, cepíllele los dientes con una cantidad pequeña, del tamaño de un chicharo, de pasta dental con fluoruro.
- Los niños pequeños querrán cepillarse ellos mismos los dientes, pero necesitan ayuda hasta que sus habilidades motoras con las manos estén más desarrolladas. Cepílleles los dientes a sus hijos o ayúdeles a cepillarse los dientes hasta que tengan alrededor de los 7 u 8 años.
- ¡Sea un ejemplo para ellos en cuanto al cuidado dental! Cepíllese los dientes con pasta dental que tenga fluoruro dos veces al día (en la mañana y antes de acostarse) y use hilo dental una vez al día.
- Sirva comidas y tentempiés saludables como frutas, verduras, leche y otros productos lácteos bajos en grasa, productos de granos integrales, carne, pescado, pollo, huevos y frijoles.
- Limite el número de tentempiés que su hijo consume durante el día.
- No le dé a su hijo comida como premio.
- Lleve a su hija al dentista para su primera revisión dental al año de edad y continúe llevándola al dentista.
- Si su hijo no ha visitado nunca al dentista, llévelo.
- Pregúntele a su dentista qué puede hacer para mantener sanas la boca de su hijo y la de usted.
- Asegúrese de ir al dentista con la frecuencia que él le indique.
- Hágale saber a su programa de Head Start o Early Head Start si necesita ayuda o si tiene preguntas sobre el tema de la salud oral.

يمكنكم تعزيز صحة الفم والأسنان الجيدة من خلال:



- معرفة كيفية التأكد من تمتعكم وتمتع أفراد عائلتكم بأفواه وأسنان صحية.
- مساعدة أطفالكم على تعلم عادات الفم والأسنان الجيدة.

لماذا تتسم بالأهمية؟

عندما يتمتع الأطفال بأفواه صحية فإنهم:

- يتمكنون من التحدث بوضوح
- يتمكنون من تناول الأطعمة الصحية
- يشعرون بالرضا عن أنفسهم
- التمتع بفم صحي يعني أيضاً:
- نمواً ونشوءاً صحياً
- القدرة على التركيز والتعلم
- فم خالٍ من الآلام
- انخفاض تكاليف العناية بالأسنان لعائلتكم.

الأشياء التي يمكنكم القيام بها لمساعدة طفلكم

- استخدموا فرشاة الأسنان لطفلكم بمعجون يحتوي على الفلورايد مرتين يومياً.
- إذا كان طفلكم دون سن الثالثة، استخدموا فرشاة الأسنان مع مسحة صغيرة من معجون أسنان يحتوي على الفلورايد.
- وإذا كان عمر طفلكم يتراوح ما بين 3-6 سنوات، استخدموا فرشاة الأسنان مع مقدار حجم حبة البازلاء من معجون أسنان يحتوي على الفلورايد.
- سيرغب الأطفال الصغار في تنظيف أسنانهم بالفرشاة بمفردهم، إلا أنهم يحتاجون إلى المساعدة ريثما تغدو مهارات استخدام أيديهم أفضل.
- استخدموا فرشاة الأسنان للأطفال أو ساعدوهم على تنظيف أسنانهم بالفرشاة حتى بلوغهم حوالي 7 أو 8 سنوات.
- كونوا قدوة حسنة للصحة الفموية! استخدموا الفرشاة لأسنانكم بمعجون يحتوي على الفلورايد مرتين يومياً في الصباح وقبل النوم) ونظفوا أسنانكم بالخيوط مرة يومياً.
- قدموا وجبات صحية ووجبات خفيفة مثل الفواكه، والخضروات، والحليب قليل الدسم، ومشروبات الألبان، ومنتجات الحبوب الكاملة، واللحوم، والأسماك، والدجاج، والبيض، والفاصولياء.
- حددوا عدد الوجبات الخفيفة التي يتناولها طفلكم يومياً.
- لا تمنحوا طفلكم مكافآت على شكل وجبات طعام.
- اصطحبوا طفلكم إلى طبيب الأسنان بحلول عيد ميلاده الأول وواظبوا على اصطحابه على الدوام.
- خذوا طفلكم إلى طبيب الأسنان إذا لم يذهب إليه من قبل.
- اسألوا الطبيب حيال ما يمكنكم القيام به للحفاظ على أفواهكم وأفواه أفراد عائلتكم بحالة صحية.
- احرصوا على زيارة طبيب الأسنان بالقدر الذي يبيده رأي طبيب الأسنان الخاص بكم.
- دعوا برنامج هيد ستارت أو برنامج هيد ستارت للرعاية المبكرة الخاص بكم يعرف ما إذا كنتم بحاجة إلى المساعدة أو لديكم أي أسئلة حول صحة الفم والأسنان.



您可以通过以下方式促进良好的口腔健康：

- 懂得如何确保您以及您的家人拥有健康的口腔和牙齿
- 帮助孩子学习良好的口腔和牙齿保健习惯

为什么健康素养很重要？

孩子拥有健康的口腔时，他们：

- 能够吐字清晰
- 能够健康饮食
- 自我感觉良好

拥有健康的口腔还意味着：

- 健康成长和发展
- 能够集中注意力和学习
- 口腔没有疼痛
- 降低家庭的牙科护理费用



您可以做以下事情帮助您的孩子

- 用含氟牙膏给孩子刷牙，每天两次。
- 如果孩子不满 3 岁，用薄层涂片的含氟牙膏刷牙。
- 如果孩子 3 到 6 岁了，用豌豆大小的含氟牙膏刷牙。
- 儿童会想要自己刷牙，但是在他们的手法技巧更娴熟之前，仍需要帮助。给孩子刷牙，或者帮助孩子刷牙，直到孩子大约 7 岁或 8 岁。
- 做一个口腔健康好榜样！用含氟牙膏刷牙，每天两次（早上和睡前），每天使用一次牙线。
- 提供健康的膳食和加餐，例如水果、蔬菜、低脂牛奶和奶制品、全麦制品、肉、鱼，鸡，蛋和豆类。
- 限制孩子每天吃加餐的次数。
- 不要把食物当做奖励给孩子吃。
- 孩子满一周岁时带她去牙医那里检查，此后每年检查一次。
- 如果您的孩子还没有去看牙医，那么带他去看。
- 询问牙医如何保持您自己以及孩子的口腔健康。
- 确保按照牙医要求的频率看牙医。
- 如果需要帮助或者有关于口腔健康的问题，请告知启蒙计划或早期启蒙计划的工作人员。

