

# Preschool Press

AAPS EARLY CHILDHOOD PROGRAMS

NOVEMBER 2022

## PRINCIPAL'S MESSAGE

Dear Preschool Families,

**Happy Autumn!**

The weather is changing very quickly! One day it is snowing and the next day it is 75 degrees. Sounds like Michigan weather.

In an effort to keep your children comfortable at school please make sure they have:

- An extra school clothing bag with weather appropriate clothing for the colder weather. Fall is here! The classroom teams will send home your child's extra clothing once the warm clothes are received. If your child wears boots to school, please provide shoes they can change into. We are happy to store extra shoes here as well.
- Please clearly label ALL of the items you would like us to keep at school. (FYI-Thrift stores like Once Upon a Child, the Ann Arbor PTO Thrift Shop and the Salvation Army are great resource shops for items at a reasonable price).
- Lastly, DO NOT send your child to school with a scarf. Scarves can be choking hazards for children when they run and play outside. Infinity scarves and Mufflers are acceptable for school play and safety.

**If your family needs help with warm clothing, please feel free to reach out to us. Our team of Family Community Resource Specialists will be happy to assist you.**

**Sunday, Nov 6, 2022 is Daylight saving time, we will turn our clocks back.** Daylight savings switches can be tough on everyone's schedules. Here are some tips to help you transition your child to the new timings:

- It takes some time to adapt to that loss of sleep - gradually push the wake-up time and bedtime a little later and start a few days before the actual time.
- According to The National Sleep Foundation - dimming the lights in your child's bedroom and turning off all electronics about 30 minutes to an hour before bedtime helps regulate the sleep cycle.
- Daniel Lewin, Ph.D., associate director of sleep medicine at Children's National Health System in Washington, D.C says, "The time change can cause such short-term changes in your child's mood, but your understanding and support will help him or her adjust a little better. Many adults feel sluggish and cranky themselves after the daylight saving time switch, so make sure you're getting the rest you need as well, so you're not overly irritable with your child. And remember: These effects are short-lived—within a week or so, everything should be back to normal."

Please do not hesitate to reach out if you ever need to connect with a teacher or administrator, we are here to partner with you to ensure a successful year for your child.

**Kristin Crowe**

Principal

[crowek@aaps.k12.mi.us](mailto:crowek@aaps.k12.mi.us)

**Jo Ann Serafano Telfer**

Assistant Principal

[telferj@aaps.k12.mi.us](mailto:telferj@aaps.k12.mi.us)



### IMPORTANT DATES

11/08/22 TUESDAY	NO SCHOOL
11/11/22 FRIDAY	School In Session
11/23/22 WEDNESDAY - 11/25/22 FRIDAY	NO SCHOOL- Thanksgiving Break
11/30/22 WEDNESDAY	Early Release (Dis- missal 1:10pm)

### UPCOMING EVENTS

11/11/22 FRIDAY	SPIRIT DAY- Silly Hair Day
--------------------	-------------------------------

### ANNOUNCEMENT

**Bus Transportation Form for  
CHANGE in Transportation or  
NEW Transportation is due on  
NOVEMBER 17 by 12pm**

### IMPORTANT RESOURCES

Holiday Assistance Program	<a href="#">Pg: 6</a>
Kinship Care Workshops	<a href="#">Pg: 7</a>

# Grandparents Raising Grandchildren

Globally, grandparents often serve as surrogate parents for their grandchildren, usually in response to family crises and other sociopolitical issues (disease epidemics, financial hardship, migration, etc.). Many of these reasons grandparents are raising grandchildren reflect difficulties experienced by the grandchild's parents, which prevent the parents from caring for their children for the short term, or an indefinite amount of time. Grandparents raising grandchildren are primarily responsible for all aspect of their grandchildren's care. While some grandparents have a legal relationship established, many are caring for the children informally.

**Laura Dills**  
*Family and Community  
Resource Specialist*



Needless to say, raising a grandchild impacts every aspect of a grandparent's life. Some of these impacts are extremely joyful, but grandparents are also faced with many challenges.

Legal : Grandparents may have issues related to custody or guardianship which can affect school enrollment, medical care, etc.

Financial: There may be limited financial resources.

Parenting: Parenting can always be a challenge, especially if grandchildren have emotional, behavioral, or physical challenges.

Health: Grandparents may have limited energy or health concerns of their own.

Social: Grandparents raising grandchildren will have less time for their own social connections.

Family Relationships: This can be a layered source of stress. Grandparents may experience a wide range of issues and emotions. They may feel a need to protect the children from the parents issues, while also feeling concerned about the parents. Grandparents may find it hard to set limits with the grandchildren as they are in a new role.

Accessing Services: Grandparents may need a variety of support services to manage the demands of grandchildren and may be unaware of what is available and how to access.

Grandchildren are also impacted immensely by being raised by grandparents. Due to their experiences with their parents, children may display a variety of developmental, physical, behavioral, academic and emotional difficulties. Some of these concerns may include; depression, anxiety, attention span issues, aggression, learning/developmental delays, etc. Grandchildren may also experience feelings of anger, rejection and guilt but have no idea what those emotions are or how to appropriately express them. Grandchildren may also experience family relationships as a source of stress. Visits with parents can be upsetting as they may be unpredictable or unstable. It also may be hard for kids to understand why their parents are not a more active part of their lives.

In addition, limited attention is given to the parents in families in which grandparents are raising their grandchildren and the challenges they may experience. Parents may feel frustrated about not being able to see their children, as visits may be limited or supervised. They may feel confused about their "new role" in the family and how to communicate with the grandparents and the children. They may also be in need of support services themselves and struggle with accessing the supports they need to help address their current concerns and personal challenges.

At Westerman Preschool, our partnership with Catholic Social Services - Grandparents Raising Children Program (formerly Grandparents As Parents) has been updated. Please access the GRC Program by calling 734-971-9781 and pressing "8" for Senior Services, or by emailing Jeannette Matthews at [jmatthews@csswashtenaw.org](mailto:jmatthews@csswashtenaw.org).

The Grandparents Raising Grandchildren (GRC) program provides grandparents, and other relatives caring for children, with information about self-care, children's needs, and the assurance that families with generational gaps are not alone. Adults who are caregivers of children under the age of 18 and who live in Washtenaw County are eligible. There are no costs to participate. However, cost-share contributions and donations are accepted.

Services include:

- Support groups that provide a sense of community for caregivers and the children in their care
- Newsletter with valuable updates on free and low-cost events and info around Washtenaw County
- Educational workshops and presentations to equip grandparents to better care for themselves and their grandchildren
- Resources, including financial assistance, clothing, food, etc.

# **CLASSROOM SPOTLIGHT**

## **Mary Knisley ~ Allen Elementary ~**

MRS. KNISLEY



MRS. D



# **ALLEN PRESCHOOL**

## **FALL FUN**



## **Pumpkins & Pinecones**





## What Is Early On?



**Anna Li, M.A. CCC-SLP**  
*Early On  
Speech Language Pathologist*

The first few years of a child's life are extremely important and each child learns/grows at their own rate. However, many parents wonder if their child is meeting their developmental milestones and are developing like other children.

Well, this is where Early On comes in! Early On is a free voluntary program for families with children 0-3yrs old who have an established medical/health condition and/or have or are at risk for developmental delays. Ann Arbor's Early On team is able to provide you with resources, developmental

evaluations, and services. Our teams consist of an ECSE teacher, speech language pathologist, occupational therapist, and physical therapist. A free developmental, in-home assessment will look at all areas of development; gross motor, fine motor, cognitive, speech, social emotional, and self help. If your child does qualify, a Primary Service Provider (PSP) will schedule in person visits for you and your child. Research shows that if a child receives intervention services at an early age, they have a better chance for success. If you have concerns, you can make a referral at [1800EarlyOn.org](http://1800EarlyOn.org) or by calling 1-800-327-5966.



### If the Shoe Fits...



Are your preschooler's tennis shoes from the summer getting a little snug? The American Academy of Orthopedic Surgeons (AAOS) recommends checking your child's shoe size often, since young feet grow so rapidly (for children under 2 years, feet can grow a half to a full size every 2-3 months, and for 2-5 year olds, feet grow about a half size every 3-4 months). Toddlers and preschoolers also have very flexible feet, so they may not let you know when their shoes are getting too small.

Measure your child's feet while they are standing up every time you shop for shoes. You can check your child's shoe size at home by outlining your child's foot while they're standing, then putting their shoe over the tracing. Don't just look for length...their forefoot shouldn't be wider than the shoe. You can also measure the tracing, or your child's foot, with a tape measure or ruler, and many websites will calculate the shoe size for you, such as

<https://www.striderite.com/pages/sizing-help>.

Look for shoes with good arch support and heel to toe cushioning, and make sure they are comfortable right away, don't wait for them to get "broken in". Also, remember to feel inside the shoes to make sure there are no rough spots, staples, tags, etc. that can irritate your child's feet.

**Kathy Gaines**  
*Physical Therapist*





# EVENT HIGHLIGHTS



# Reading To Your Child



**Alyssa Viola**

*Speech-Language Pathologist*

Did you know that reading to your child is one of the best ways to improve their speech and language skills? If you only have time to do one thing per day to help your child's communication, reading together is a great option. Here are some tips on how to increase your child's speech and language skills through reading. This is beneficial for preschoolers at all communication skill levels!

Try these tips while reading with your child:

**- Read slowly**

Try to read at a slower rate or use longer pauses between sentences to give your child time to process what was read.

**- Re-read books that you've already read**

Repetition is not a bad thing! Children learn more from books when they are read over and over again.

**- Trace your finger under the words while you read**

This shows children that the words on the page contain the meaning of the story. It also shows them that text is read from left to right and from top to bottom.

**- Point to pictures in the book**

Or ask your child to take a turn pointing! This helps build your child's vocabulary and knowledge of common objects and actions.

**- Discuss what's going on in the book**

Talk about the book beyond simply reading the text. Asking questions and making observations increases your child's understanding of what is happening, as well as their ability to answer a variety of questions. You can ask yes/no questions, wh- questions, or questions about what your child thinks will happen next.

**- Read a lot of different types of books**

Fiction books, non-fiction books, books about different people and topics. Variety helps your child understand different styles of reading.

**- Make connections after reading**

Do activities similar to what happened in the book, such as acting out scenes or drawing characters. If you read a book about butterflies, point out butterflies you see outside. Making connections between the story and the real world helps your child's retention of what happened in the book and provides a great opportunity for language practice.



## Holiday Assistance Program



Ann Arbor Public Schools - <https://www.a2schools.org/Page/17932>



Peace Neighborhood Center - <https://peaceneighborhoodcenter.org/>

[org/](#)

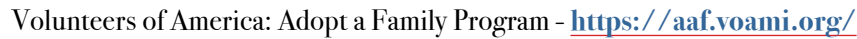


Salvation Army - Applications accepted October 10th through November 4th <https://saangeltree.org/>



Toys for Tots - Applications accepted October 22nd through November 22nd <https://ypsilanti-mi.toysfortots.org/local-coordinator-sites/lco-sites/default.aspx?nPageID=100&nPreviewInd=200&nRedirectInd=3>





7



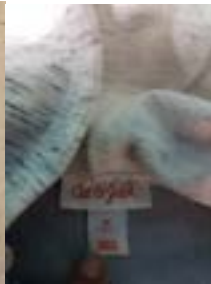
**If any item belongs to you please  
call the Preschool Office:  
(734)-994-2303**



Old Navy



Cat and Jack 4T



Issac Mizrahi S(5/6)



MERONA (S)





## CITY OF ANN ARBOR PUBLIC WORKS UNIT

# Open House



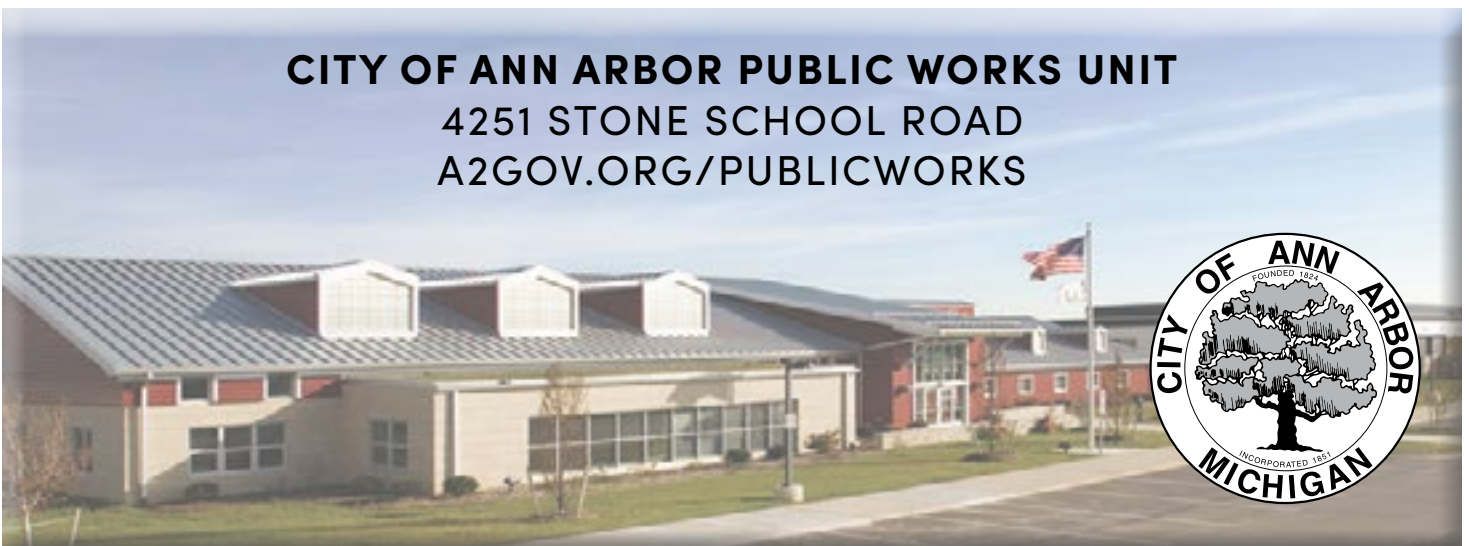
**SATURDAY, NOV. 5, 10 A.M.-1 P.M.**

Join us to learn about the world of public works! This family-friendly event is for children and adults of all ages. Get an up-close look at larger-than-life trucks including street sweepers, solid waste vehicles and other heavy duty trucks from our fleet. This is a great opportunity to educate students about viable career opportunities available in the public works sector.

*Free activities include:*

**TOUCH A TRUCK | HANDS-ON ACTIVITIES  
INFORMATIONAL BOOTHS | EDUCATIONAL DEMONSTRATIONS  
PAINT A PLOW TRUCK**

**CITY OF ANN ARBOR PUBLIC WORKS UNIT  
4251 STONE SCHOOL ROAD  
[A2GOV.ORG/PUBLICWORKS](http://A2GOV.ORG/PUBLICWORKS)**





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

---

**2280 S. Industrial Hwy. ♦ [a2ptothriftshop.org](http://a2ptothriftshop.org)**

---

*Supporting Ann Arbor Public Schools and its Students Since 1993*

*Here's what our community has to say about us . . .*

*"As a fundraising chair at my children's school, I always enjoyed finding ways to package up donated goods for our Silent Auction. I always found what I needed at the **Ann Arbor PTO Thrift Shop** and donated back what we didn't sell!" ~Michelle M.*

*"One of my favorite fundraising activities was when we got tokens for schools collecting them to win. Love to support the **Ann Arbor PTO Thrift Shop** and AAPS!" ~Samina D.*

*"As a working parent, my kids wouldn't have been able to participate in after-school activities or tutoring without the donations from the **Ann Arbor PTO Thrift Shop** that helped provide the late buses!" ~Brad B.*

*"I love knowing my children's stuff can be loved by another when I donate to the **Ann Arbor PTO Thrift Shop**. I feel like a contributing part of the community and it keeps things out of landfills!" ~Eddie K.*



*Visit our website or FaceBook page for Current Hours*