



Preschool Press

AAPS EARLY CHILDHOOD PROGRAMS

FEBRUARY 2023

PRINCIPAL'S MESSAGE

Dear Preschool Families,

In this month's newsletter we would like to start with a few important reminders:

- Enrollment for Ann Arbor Public Schools Young 5's and Kindergarten programs are now open and information is on the next page and also on the AAPS website: <https://www.a2schools.org/kroundup>
- We have important information regarding Preschool enrollment and re-enrollment (returning families) on page 4 of this newsletter

March is reading month!

"The more that you read, the more things you will know. The more that you learn, the more places you'll go." - Dr. Seuss

March is designated as reading month. Reading at home makes a lot of difference in your child's school success. Making reading a part of your daily routine and encouraging reading, choose books that match your child's interest.

Reading is one of the best habits to develop and has long health benefits like strengthens the mental muscles, helps to improve comprehension, boost memory and increases imagination.

As always thank you for your continued support. Please reach out to us if you have any questions or concerns.

Sincerely,

Kristin Crowe
Principal/ Director
crowek@aaps.k12.mi.us

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



IMPORTANT DATES

**2/20/23
MONDAY**

**NO SCHOOL- Mid
Winter Break**

**3/10/23
Friday**

School In Session

UPCOMING EVENTS

**March
3,10,17,24**

**MSU Extension
Parent Workshop
(*details Pg 5)**

**3/10/23
FRIDAY**

**MARCH READING
MONTH-
Wear something
with letters or
words**

ANNOUNCEMENT

**Bus Transportation Form for
CHANGE in Transportation or
NEW Transportation is due on
Friday, February 16th by 12pm**



Kindergarten Round-Up

An Exceptional Education Begins with Ann Arbor Public Schools

Join us for our upcoming Kindergarten and Young Fives open houses.

We are excited to share with your family the fun that awaits your child this coming Fall 2023.

Meet the staff, learn about the programs, the enrollment process, and get answers to your questions.

You are welcome to attend any of our scheduled open houses, or call your school to schedule a visit.

2023 Kindergarten & Young Fives Round-Up Schedule

A2 STEAM	912 Barton Dr.	(734) 994-1958	Tuesday	2/21/23	6:00-7:00 PM
Abbot	2670 Sequoia Pkwy	(734) 994-1901	Tuesday	2/28/23	6:00-7:00 PM
Allen*	2560 Towner Blvd	(734) 997-1210	Thursday	2/9/23	+5:30-7:00 PM
Angell	1608 S University	(734) 994-1907	Thursday	2/16/23	6:00-7:00 PM
AA Open	920 Miller Rd	(734) 994-1910	Contact the school directly for schedule.		
Bach	600 W Jefferson St	(734) 994-1949	Thursday	2/16/23	6:00-7:30 PM
Bryant	2150 Santa Rosa	(734) 997-1212	Thursday	2/23/23	6:00-7:00 PM
Burns Park	1414 Wells St	(734) 994-1919	Monday	2/27/23	6:00-7:00 PM
Carpenter	4250 Central Blvd	(734) 997-1214	Thursday	2/23/23	6:00-7:00 PM
Dicken	2135 Runnymede Blvd	(734) 994-1928	Thursday	2/23/23	6:00-7:00 PM
Eberwhite	800 Soule Blvd	(734) 994-1934	Thursday	2/23/23	6:00-7:00 PM
Halsley	825 Duncan St	(734) 994-1937	Thursday	2/23/23	6:00-7:00 PM
King	3800 Waldenwood Dr	(734) 994-1940	Wednesday	2/8/23	6:00-7:00 PM
Lakewood	344 Galake Ave	(734) 994-1953	Thursday	2/16/23	6:00-7:00 PM
Lawton	2250 S Seventh St	(734) 994-1946	Thursday	2/16/23	6:00-7:00 PM
Logan	2685 Traver Rd	(734) 994-1807	Wednesday	2/8/23	6:00-7:00 PM
Mitchell	3550 Pittsview Dr	(734) 997-1216	Thursday	2/23/23	6:00-7:00 PM
Pittsfield	2543 Pittsfield Blvd	(734) 997-1218	Thursday	2/23/23	6:00-7:00 PM
Thurston	2300 Prairie St	(734) 994-1970	Thursday	2/16/23	6:00-7:00 PM
Wines	1701 Newport Rd	(734) 994-1973	Wednesday	2/15/23	6:00-7:00 PM

*Includes Tuition Preschool Open House

We look forward to seeing you!



KINDERGARTEN AND YOUNG FIVES ENROLLMENT INFORMATION

Whether you are planning to attend your designated neighborhood school or wish to apply to attend another AAPS Elementary School, all newly enrolled Kindergarten and Young Fives Students must complete an enrollment application. General enrollment information follows.

We encourage all families to apply at the earliest opportunity.

Pre-enrollment to enroll in your neighborhood/attendance area school will open on Monday, January 9, 2023.

To apply go to a2schools.org/enroll.

AAPS residents (residing within the Ann Arbor Public Schools district boundaries), requesting a space available In-District Transfer for a Young Fives student or Kindergartener, may apply during the following window openings:

- 1/9/2023 - 2/13/2023 for Young Fives
- 2/27/2023 - 3/31/2023 for Young Fives and Kindergarten

For more information go to a2schools.org/enrollment and **click on In-District Transfer**.

School of Choice (for families who reside outside of the Ann Arbor Public Schools district boundaries) will occur in late Spring 2023. For more information go to a2schools.org/enrollment and **click on Schools of Choice**.

Young Fives / Early Kindergarten Program - Determined by Space Available for all students

- The Ann Arbor Public Schools Young 5's program is an optional opportunity for those students who meet the age criteria for entrance. The Young 5's program is a district-wide program and enrollment is limited to space availability. As such, enrollment is not guaranteed at neighborhood schools. If you're interested in our Young 5's program for your student, we highly encourage families to enroll now.
- Full-day Young Fives is offered at all elementary and K-8 buildings with the exceptions of Ann Arbor Open and Pattengill Elementary.
- Interested families must complete an online pre-enrollment application at a2schools.org/enrollment. Note: Interest forms collected at the schools are not applications for enrollment.
- In each application window, as applicable, priority is given to 1) Students who live in the school's attendance area, 2) Siblings of currently enrolled transfer student(s) who will attend the same school in the enrolling year, 3) Resident In-District Transfers, and 4) New Schools of Choice students. Random draws will determine placement as needed.

Kindergarten - Regular

- Families must complete an online pre-enrollment application at a2schools.org/enrollment. Note: Interest forms collected at the schools are not applications for enrollment.
- In-District Transfer regular Kindergarten students applying to attend the same school as a sibling, have placement priority provided that the currently enrolled sibling will attend the same school in the enrolling year.
- In each application window, as applicable, priority is given to 1) Students who live in the school's attendance area, 2) Resident In-District Transfers, and 3) New Schools of Choice students. Random draws will determine placement as needed.

Questions

If you have any questions about the Young Fives or regular Kindergarten program please call any of the school locations or contact the office of Elementary Education at goodmanr@a2schools.org or call 734-994-2252.

For questions regarding the online enrollment process, please contact the Student Accounting and Research Services office at enroll@a2schools.org (best) or leave a voice message at 734-994-2249.

PRESCHOOL ENROLLMENT 2023- 2024

Enrollment for the 2023-2024 school year is right around the corner.

RE-ENROLLMENT FOR CURRENT FAMILIES

Current families of three year-old Head Start students will be contacted by your Family and Community Resource Specialist to schedule an intake appointment for the upcoming school year.

Current three year old families are eligible for a second year of school and are not required to complete an interest form.

However, one will need to update the following information:

- **Proof of Residency**
- **Proof of Income = 2022 Federal Income tax (1040)**
- **Proof of receipt of DHHS Food Assistance/SNAP benefits or Cash Assistance**
- **Current Physical and Dental forms**

NEW ENROLLMENT

New families who wish to apply for the 2023/24 Head Start or Great Start Readiness Program may complete interest surveys **beginning March 1st, 2023** at www.washtenawpreschool.org

This site is thru the Washtenaw Intermediate School District, and will also provide more information about the pre-school programs.

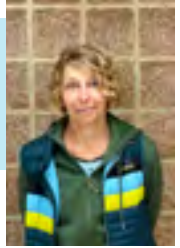
When filling out the interest survey, select Ann Arbor Public Schools as your first choice. Prospective families that meet program requirements will be contacted to schedule an intake appointment. In preparation for this appointment, families will need to have the following documents:

- **Proof of Birth**
- **Proof of Residency**
- **Proof of Income = 2022 Federal Income tax (1040)**
- **Proof of receipt of DHHS Food Assistance/SNAP benefits or Cash Assistance**
- **Photo ID of parent/guardian**
- **Current Physical and Dental Forms**

If more information is needed, call the preschool at (734) 994-2303 and ask to speak with a Family and Community Resource Specialist.

Laura Dills

*Family Community
Resource Specialist*



MY STOP APPLICATION

AAPS is pleased to release My Stop – the latest bus route location and arrival app.

My Stop is a free desktop and mobile app that provides parents access to bus information such as a child's assigned bus, Bus stop location and updates on the estimated time of arrival at the bus stop. My Stop allows parents and students to plan for late or on-time arrival and prevent missed pick-ups.



Families who have students assigned to a bus route have or will receive a Schoolmessenger email from your school containing information on how to download the My Stop app and connect your student(s).

All you need is your student(s) number and Family ID which was emailed to you.

My Stop App & FAQs : <https://www.a2schools.org/domain/2385>

Please be aware that bus route information coming from My Stop may sometimes have a 1-2 minute lag as the bus route is being processed and transmitted to the app from the GPS system.

We continue to work with My Stop to improve this issue.

MSU PRESCHOOL U WORKSHOP



Michigan State University Extension Service is presenting four week IN-PERSON learning sessions for parents and families based on the Detroit PBS Kids Preschool U Education Program hosted HERE at Westerman Preschool.

These sessions cover all aspects of children's development including, language, literacy, cognitive knowledge, physical & motor and social-emotional development.

Families will learn fun and engaging ways to teach children in your natural environment.

Location: Westerman Preschool and Family Center. 2775 Boardwalk, Ann Arbor, MI

Date and Time for each session:

Friday, March 3 - 1pm - 2:30pm

Topic: Why? Why? Why?

Friday, March 10 - 1 pm - 2:30 pm

Topic: Feelings 101

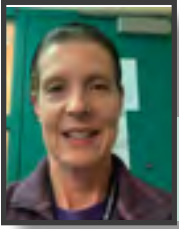
Friday, March 17 - 1 pm - 2:30 pm

Topic: Use More Words

Friday, March 24 - 1pm - 2:30pm

Topic: Ready to Read

TEACHING FEELING VOCABULARY



Leigh Miller
School Psychologist

Helping your child name their feelings by giving them a label is very important. Naming feelings is the first step in helping kids learn to identify them. It allows your child to develop an emotional vocabulary so they can talk about their feelings. When children have a hard time expressing their feelings, they are more likely to get frustrated and engage in negative behavior. Behavior is a form of communication children use when they do not have the words or cannot use their words to identify

their needs or feelings.

You can help your child learn a stronger feeling vocabulary by:

1. Model feeling words for your children. Children learn about feelings and how to express them appropriately by watching others. Show your child how you're feeling about different situations and how you deal with those feelings.
2. Label your children's feelings for them. (i.e. It looks like you are feeling mad because you can't go outside right now.)
3. Point out other people and label their feelings (within your home or those demonstrated by characters in books / videos).
4. Make different emotion faces and have our child guess what you might be feeling.
5. Make up silly songs about different emotions or use puppets to act out different emotions and situations.

Reading & Teaching Children about Feelings

Children experience a wide range of emotions. Every child experiences feelings differently, but learning to deal with them is an important part of growing up. Stories can help kids learn how to identify their emotions and express them in healthy ways.

Here are some helpful ideas to keep in mind when you are talking about feelings with your child while reading together:

What is each character feeling?

How do you know what feeling each character is having? Do you see it in their face?

Do you see it in their body?

Do you hear it in their words?

What happened to cause them to feel that way?

Have you ever had anything like that happen to you?

Imagine yourself having the same experience. How would you feel?

Have your child practice making feeling faces: Show me your mad face. Show me your sad face...

Here are some books for young children (from babies to pre-schoolers) that focus on feelings:

Books about Feelings for Babies & Toddlers:

<https://www.zerotothree.org/resource/books-about-feelings-for-babies-and-toddlers/>

Books that Teach Kids about Emotion :

https://www.huffpost.com/entry/childrens-books-teach-kids-emotions_1_5f0cd6f3c5b6310dc15751c4





Read to a stuffed animal

CLASSROOM SPOTLIGHT

Bryant Preschool

Making Reading Fun
For Everyone



Ashlynn Enersen Miranda Messer Carolyn Sochacki



Share books with others



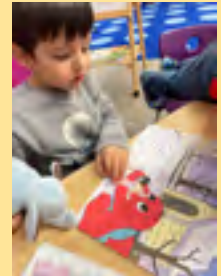
Read with friends!



Read with a sibling before bed



Read all dressed up
for your favorite team!



Read favorites again and again



Read in the car

Read with a relative
on Zoom or Facetime

Read at the library

Read to a pet

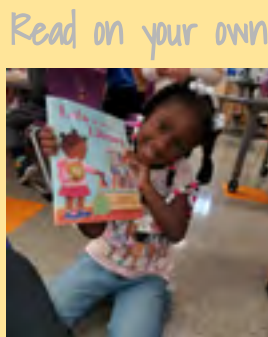
Read anywhere!



Read about your favorite things



"Read" and talk about the pictures!



Read on your own



SNOW IS EVERYWHERE!



Erin Stahl
Occupational Therapist

Kids could play outside in the snow for hours. Sometimes coming inside is difficult. If that is the case consider bringing the snow inside. Making a sensory bin with snow is easy! Any plastic container can be used to scoop up some snow and bring it inside. Whether you play with it at the table or at the sink it can be a fun way to explore with your

child. A sensory bin is a great way to work on fine motor skills, sensory and language. Using spoons or measuring cups you can scoop the snow. Color the snow with a couple drops of food coloring and water. Children can discover what happens to different toys or items that are placed in the snow. Children will also get to see how fast snow can melt. Think about all the language you can use when playing in snow. You can poke, pinch, or pat the snow. You can make a snowball and talk about how the snow feels cold or wet. You can also work on hand eye coordination when using tools to scoop and dump the snow from one container to another. I hope everyone gets to enjoy some time with snow while staying warm inside!

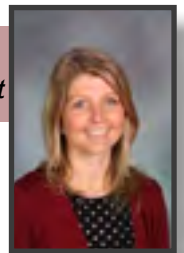


FEBRUARY IS HEART MONTH!



According to the American Heart Association website, www.heart.org, childhood obesity rates have tripled since 1963. Sixty percent of overweight children ages 5-17 have at least one risk factor for cardiovascular disease, and kids with weight issues are very likely to stay that way into adulthood. This means that preschool is the perfect time to start healthy habits to last a lifetime. Set your child on the right path with a healthy diet and lots of activity!

Kathy Gaines
Physical Therapist



- Preschoolers don't always choose a wide variety of foods, so making sure their bread and cereal products are whole-grain and high in fiber, canned vegetables are low-sodium or "no salt added", and canned fruits are in water or their own juice are all steps in the right direction. Don't give up on offering a variety of healthy choices since tastes can change quickly!
- Daily physical activity of at least 60 minutes per day is the recommended amount for children, and since leading by example is the best way to motivate kids, getting the whole family moving is a great idea! Taking walks, playing outside, and dancing to music are all fun options. The internet is full of dance and exercise ideas for kids, such as www.gonoodle.com. Or check out internet sites like this : <https://tinyurl.com/ykgyww97> for indoor movement game ideas.
- For more ideas and facts about keeping your child, and YOU, heart-healthy, search under "Healthy Living" at www.heart.org.



American Heart Association

Healthy for Good™

Physical Activity Recommendations for Kids

Active kids have a better chance of a healthy adulthood. How much activity do they need?



Be Active

Kids should be active throughout the day. Replace sedentary behavior with activity whenever possible.



Learn & Grow

Kids who are active have better bone health, physical fitness, brain function, attention and academic performance. They stay at a healthier weight and have fewer symptoms of depression.



Go Play

Encourage preschool-age children (ages 3-5) to engage in active play as well as structured movement. A good goal is about **3 hours per day** of a variety of activities (light, moderate and vigorous).



Fit in 60+

School-age kids and teens (ages 6-17) should try to get at least **60 minutes per day** of moderate- to vigorous-intensity activity. It can be broken up into shorter sessions throughout the day.



Live Healthy

Keep kids active at home and at school. Support physical education, walkable communities and safe places to play. Their future health depends on it.

Sit less and move more.

Learn more at heart.org/movemore.

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Recomendaciones de actividad física para niños

Los niños activos tienen más posibilidades de vivir una vida adulta saludable.
¿Cuánta actividad necesitan?



Estar activos

Los niños deben estar activos a lo largo del día. Cuando sea posible reemplacen el comportamiento sedentario por actividad.



Aprender y crecer

Los niños activos tienen mejor salud ósea, salud física, función cerebral, atención y desempeño académico. Se mantienen en un peso saludable y tienen menos síntomas de depresión.



Salir a jugar

Motiven a los niños de preescolar (3-5 años) a jugar de manera activa y con movimientos estructurados. Una buena meta son **3 horas al día** con una variedad de actividades (ligeras, moderadas y vigorosas).



Sanos en 60+

Los niños y jóvenes de edad escolar (6-17 años) deben intentar hacer por lo menos **60 minutos al día** de actividad de intensidad de moderada a vigorosa. Pueden dividir el tiempo en sesiones más cortas durante el día.



Vivir sano

Mantengan a los niños activos en casa y en la escuela. Hay que apoyar la educación física, las comunidades donde se pueda caminar y los lugares seguros para jugar. Su salud futura depende de eso.



Senarse menos y moverse más.

Conozcan más del tema en heart.org/movemore.

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ACTIVITIES TO BUILD LANGUAGE SKILLS



Erin Huffnagle
Speech Language Pathologist

Any activity or game you engage in with your child is a great time to build on both their use of language and their understanding of it! Children learn language through their interactions with both the peers and adults in their lives. Playing a game with your child is not only a great way to connect, but also to enhance their language skills. Here are some ideas of activities to build upon and expand their current language, that can be

played with everyone at home!

ISpy- Take turns describing an item located in the room you're in (or something you see from the car!) and the other person will try and guess the item. This is a great time to work on describing words and category knowledge (ex. I spy a fruit, it's yellow and has a peel).

Scavenger hunt- You can play this game inside or outside. Give your child a clue about something you want them to find such as "Go find something that keeps us warm".

Race- This is an easier activity to do outside. Racing is a great opportunity to practice verbs. You can have a race where you run, one where you skip, or one where you spin to the finish line. See if your child can think of other words to describe how their body can move to get to the other side!

What's in the bag- Take a bag or a box that your child can't see into and grab some items from around the house to place inside. See if they can describe the items they're feeling and take a guess as to what they may be. You can also help your child guess by giving them clues. For example, "You use this to brush your teeth", or "You like to eat this for breakfast".



FRIDAY MARCH 10th
SPIRIT DAY

To celebrate National Reading Month, send you child to school wearing a shirt with words or letters on it.



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

2280 S. Industrial Hwy. ♦ 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

WESTERMAN PRESCHOOL

please check
**Lost
&
Found**

**IF ANY ITEM BELONGS TO YOU
PLEASE CALL THE
WESTERMAN PRESCHOOL OFFICE:
(734)-994-2303**

