

IMPORTANT DATES:**NO SCHOOL:**

January 19th—
Martin Luther King
Day

Choice Window

January 2nd
through February
20 at 4:00 pm.

**RETURNING PRE-
SCHOOL STUDENTS
REMEMBER:**

Please return your
applications for the
2015-2016 school
year by January
15th.

**New Preschoolers
Application:**

Applications for
new Preschoolers
will be available on
January 21st!

**Going on to Kinder-
garten**

Preschool children
who are returning
to D20 for kinder-
garten, do not need
to register again.
Contact your neigh-
borhood school for
kindergarten place-
ment, if you are
choicing to another
D20 elementary
school please go to
D20 website for the
application.

Note from Linda



(Asst. Director for Special Education)

Dear Parents,

Happy New Year! I hope that your holidays were bright and filled with many moments of family fun. Thank you so much for the kindness and generosity that were offered to our teachers and staff over the holiday season and welcome back to the start of a new year.

We are quickly getting back into the routine of school. With the start of a new semester, each teacher may make some slight changes to classroom schedules or activities. As adults we understand that new beginnings are inevitable, however change can be harder for small preschoolers. As adults, we need to help chil-



dren prepare for and adapt to change. Our weather has certainly impacted our ability to get back to our schedule this past week. We will work hard to support your preschooler as she/he adjusts to any changes that might occur with the return to school.

Here's to a new year filled with the promise of health, prosperity and joy.

Speech Notes

Help your child use descriptive words. Visit the bakery section and read the signs aloud. Talk about what a baker does. Use words to describe the smells and tastes of the treats.

Help your child to use comparative words like *big*, *bigger*, and *biggest*. Compare the items that you see and buy in the grocery store. *This can is big, but this can is bigger. This box of spaghetti is longer than*

this box of rice. This is the biggest bag of chips.

Help your child use contrasting words. Look at boxes of cereal and talk about the way the boxes are the *same* or *different*. *This box is big and this one is small. This box of spaghetti is long and narrow and this box of rice is wide and short.*



Talk about the food groups or categories you see in the market (*fruits, vegetables, and drinks*). Talk about how they are the *same* and how they are *different*.

Source: American Speech-Language-Hearing Association

Pyramid News

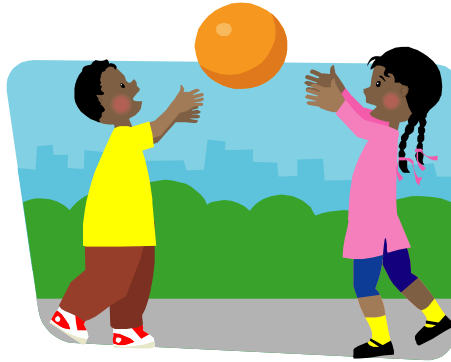
"Helping your child Learn to Make Friends"

Between the ages of 3 and 5, your preschooler is becoming more social in their interactions with other children. Where they once played next to another child, called "parallel play", they are now interested in actually playing with another child, called "cooperative play".

At this age, play is more focused on make-believe than on toys or games. Preschoolers love to create elaborate play scenes and assign each other roles to play. Going grocery shopping or going to the post office may seem boring to you, but to your child these are new skills (chores to you!) that they get to do and want to do. You will often see them mimicking what you do as daily chores during their

playtimes.

For some children, making friends doesn't always come easily. They may need to learn how to ask another child to play, or come up with ideas during play.



Here are a few ideas to help your child out:

1. Arrange playtime between your child and another
2. Make sure you have enough materials to prevent sharing problems
3. Ask yourself "Have I taught my child what it means to be a good friend?" Skills such as getting your friends attention, sharing or giving toys, sharing re-

quests, or giving compliments are important skills to teach your child.

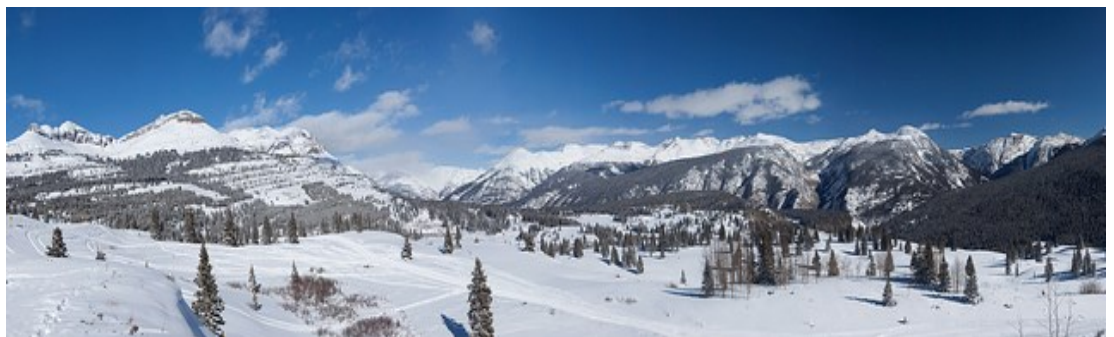
4. Stay nearby during the play date for assistance
5. Keep playtimes short
6. Remind the children to use their words with one another. Remember, they are young and haven't yet developed the skills to negotiate their wants and needs.
7. Help your child to begin to understand the other child's perspective
8. After playtime, talk with your child about what went well. Be specific, and praise what went well!
9. Ask your child if they enjoyed themselves

If sharing is an issue during the playtime, realize that sharing doesn't come naturally to a young child, and it is a skill that requires teaching. For more information on sharing, please read this month's "Parenting Tip"

"Every child is born a genius."

Richard

Buckminster Fuller



Health News



Making the most of mealtime

Use family meals to enjoy time together and to help your youngster become more responsible. Consider these tips.

Before: Get everyone involved in preparation. Your

child is more likely to try nutritious foods she helps make. She might wash spinach for a salad or peel hard-boiled eggs.

During: Turn off the TV and cell phones, and focus on conversation.

Uninterrupted face-to-face time encourages your youngster to practice talking and listening.



After: Little ones can clear the table, put away leftovers, and load the dishwasher. The work will go faster, and your child will be pitching in with chores.



Source: 2014 Resources for Educators, a division of CCH Incorporated

"A torn jacket is soon mended; but hard words bruise the heart of a child."

Henry Wadsworth
Longfellow



Getting to know you...

Let us introduce you to Gilly (Carol) Gilfoyle, our Early Childhood Autism Specialist and School Psychologist. Gilly is new to our district this year. She has over 10 years experience with preschool. One of her best qualities, that she brings to work, is her sense of humor. Her belief is to look for things in a positive light and take joy out of every situation. Gilly loves

playing with children, having them take the lead, reading to them and teaching them life skills. Her goal is to help children accept each other the way they are and to love their differences. Education is her passion, she believes that it is the key to opening doors.

Gilly is originally from Liverpool, England and has a lovely accent. She has been living in the states for

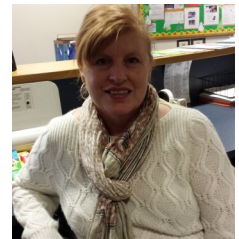
Did you know?

Did you know that **dolphins** always sleep with one eye open?



The tongue of a **blue whale** is as long as an elephant.

Source: fun-interesting-facts.com



over 20 years and has 2 grown sons. You can catch her watching soccer any time that her favorite team is playing (Liverpool FC), loves to be out in nature or cooking—we're told that she makes a 'mean' chicken curry! Welcome Gilly and thanks for spicing it up around here!



In the kitchen:

Snackin' Granola Recipe

TOTAL TIME: Prep: 15 min.

Bake: 25 min. + cooling

MAKES: 28 servings

Ingredients:

2-2/3 cups flaked coconut
1 cup quick-cooking oats
1/4 cup packed brown sugar
1/4 cup raisins *or* chopped pitted dried plums
1/4 cup chopped dried apricots
2 tablespoons sesame seeds

1/4 cup vegetable oil
1/4 cup honey
1/4 cup semisweet chocolate chips *or* M&M's

Directions:

1. In a large metal bowl, combine the first six ingredients. In a small saucepan, bring the oil and honey just to a boil. Immediately remove from the heat; pour over coconut mixture, stirring to coat evenly.
2. Spread in an ungreased

13-in. x 9-in. baking pan. Bake at 325° for 25 minutes, stirring several times. Pour onto waxed paper to cool. Sprinkle with chocolate chips or M&M's. Store in an airtight container. Yield: 7 cups.

Originally published as Snackin Granola in *Country Woman* September/October 1995, p10



Parenting your Preschooler

Between the ages of 3-5, your child is just now learning to share and cooperate. It's important to remember that sharing is hard, even for adults, and sometimes it's okay and normal to not want to share. The Pyramid Model encourages using a visual support strategy called "The Solution Kit". The Solution Kit includes 10 problem solving

strategies that help your child learn to negotiate social situations when playing with other children. The solution kit visual picture cards include; share, trade, get a timer, wait and take turns, say please, get a teacher (or parent), play together, ignore, ask nicely, and please stop. These strategy cards can be used to help your child learn how to negotiate

social situations with siblings or friends.

You may use the ones at the back of this newsletter or download the solution kit cards from the Center on Emotional and Social Foundations for early learning website - <http://csefel.vanderbilt.edu/resources/strategies.html#teachingskills>

"It is not giving children more that spoils them; it is giving them more to avoid confrontation."

John Gray



One of our interactions with one of our students:

He asked, "Can you help me zip my coat?" as he emphasized the "P" sound in the word 'zip', which is what he has been

working on. The teacher said, "Good job with your "P"!" He responded, "I don't need help with my P, I can pee by myself!"

The following day he asked again, "Can you help me zip my coat? -but I can still "P" by myself."



The Solution Kit

