



# Academy 20 Preschool Newsletter

## May 5, 2014



### Note from Linda

Dear Families,

Well, the end of the school year is fast approaching. We know that your little one will leave this May with many new tools in their tool kit to support them as they navigate the world of education and life. Parents often ask how they can help their child to maintain their new found skills over the summer. A couple of ideas:

- Your child's teacher and/or Speech/Language Pathologists can provide you with some fun activities for the summer that will help to maintain those amazing skills they worked so hard to develop this year. Don't be shy...if you do not receive something, just ask. Your teacher has a wealth of knowledge and will have plenty of ideas.
- Check with our local library for their summer reading program. Visit them often to check out a new stack of books to read before naps, in the car or on the beach.
- Have your child help you plan summer activities. Barbecues, beach visits, camping trips, family visits all require us to be prepared and organized. Enlist your child's help as you add events to the calendar and make lists of the items you need to take.
- Early childhood appropriate movies and television can be a great way to spend a rainy summer afternoon. Use these as a means to maintain and grow those developing language skills. Have your child retell portions of the show to others or ask them open ended questions about the characters.
- Most importantly, play, play, play!

Our staff has loved every day this school year! We hope that the summer brings you rest, rejuvenation and fun. If you are moving on to kindergarten, we wish you the VERY best.

Linda

### Parenting your Preschooler:

In the summer, there are so many things for a preschooler to do, giving structured choices can help. If, for example, your 3-year-old refuses to sit at the dinner table, you might offer the choice of sitting and getting dessert — or not sitting and missing out on a treat, "At first, your child may not make the right choice, but eventually he will, because he'll see that the wrong choice isn't getting him what he wants," says Buss. Just be sure, if you want your child to choose option A, that option B is less attractive.



Source: American Baby magazine, August 2006

### Did you know?

...Armadillos, sloths and opossums spend about 80% of their lives sleeping.

...It's impossible to sneeze with your eyes open

...Kangaroos cannot walk backwards

Source: [www.buzzle.com](http://www.buzzle.com)

### Pyramid News



Wow- It's hard to believe this year is almost over!

We have had a GREAT year teaching our students the skills from the Pyramid Social Competence Model.

As a recap, the Pyramid Model focusses on teaching children how to bring together a host of skills – managing daily schedules, routines, and transitions, learning to follow school rules, following multi-step directions and problem solving a variety of situations, learning about emotions of self and others, and learning how to build friendship skills.

We encourage you to continue to teach these skills over the summer, as they are building blocks to future success.

When teaching your children, remember the quote -

*"Show me & I forget. Teach me & I remember. Involve me & I learn."*

### Health News

#### Build hand-eye coordination



Simple outdoor games can improve your youngster's hand-eye coordination for writing, drawing, and using scissors. Try these three:

1. Play catch with increasingly smaller balls (beach ball, soccer ball, softball). Or have your child throw balls into goals of different sizes (laundry basket, large box).
2. Make a ring toss game. Cut the centers out of paper plates, and let your youngster toss the rings onto water bottles. Make the challenge more difficult by having her take a giant step backward after each successful toss.
3. Fill two spray bottles with water, and ask your child to draw two circles on the sidewalk with sidewalk chalk. Race to see who can soak a circle first.

Source: 2011 Resources for Educators, a division of CCH Incorporated



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## Getting to know your children

All year we have been introducing you to many of the folks who have the privilege of working with your children. Now we want to take this opportunity to mention the some of **our** highlights from this year:

- Just when you think you have heard and seen it all, a preschooler surprises you and throws you a curve ball, which at times you can only attempt to catch. They keep you on your toes, in touch with your heart, and filled with wonder by their unique gifts. – Marilyn Rome the daVinci preschool
- I think I would say that, "I have seen the most amazing growth in both my classes this year. Probably the largest gains in my entire teaching career!! I am overjoyed and happy for the success of these kids. In times like these, it makes it all worthwhile!" - Lynn Dietz DCC preschool
- One of my favorite quotes came from Pinterest , which I feel sums up my year. It is anonymous and says: "This business of training little humans for life is a mind-boggling process!" I feel that this has been prevalent both in the classroom and in my own home :0) -Meghan Novak Antelope Trails preschool
- "I love seeing smiles on children's faces and hearing them laugh! It means we had a good day!" Megan Newland Briargate preschool
- We have continued to learn to always be flexible and have been able to adapt in a moments notice. -Kristin Richard Briargate Preschool

### Reminder:

Please see our district website, [www.asd20.org](http://www.asd20.org), under our preschool tab for the 2014-2015 applications.

## Upcoming Events:



**Picnic at Fox Run park on Friday, May 16th from 11:30 am to 1:30 pm. Please bring your own lunch, come with your family and enjoy!**

**No School: Memorial Day, Monday , May 26, 2014**

**Last day of preschool is Tuesday, May 27, 2014**

Summer School registration on line: [www.asd20.org/sse](http://www.asd20.org/sse)

Attached are some local events that will be happening throughout the summer. Enjoy!

## Speech Notes



Ms. Kathy's Speech tip:

**Spring** is beginning to "spring up" all around us! Enjoy the fun language opportunities this season provides! Examples include:

- 1) Chatting about this new **season** while at the park or out in your yard, e.g., "**Spring** is here! It is a new **season**. The weather gets warmer and flowers, plants, and trees begin to bloom and grow. Let's see if we can see any new flowers growing today!"
- 2) **Comparing** Spring with the other seasons of the year, e.g., "In **Spring** the weather is warmer. In **Winter**, the weather is snowy and cold." **Winter** and **Spring** are seasons.
- 3) **Sequencing** the events of planting and watching a flower grow, by taking pictures of each stage and talking about it . e.g. Planting, watering, watching the seed bud, and watching the bud turn into a flower.



Talk about the parts of the flower: **stem, leaf, and flower:** (some of the vocabulary words that will be introduced this month.)

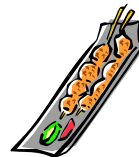
Happy Spring!!!

## In the kitchen:



### Quick Kabobs

- Ingredients:
- 1 banana
  - 1 apple
  - 1 melon
  - 1 chunk of cheese
  - Wooden skewers
  - Orange juice
  - Coconut



Slice up the fruit and cheese. Alternately place a piece of fruit/cheese on the skewers. Dip in orange juice and roll in coconut. Enjoy!

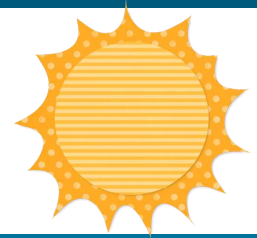
## Preschool Quotes!

In April, the Briargate Preschool had the Humane Society come to visit. When one of the classes was waiting for their turn, the teacher asked the kids what animals they thought they might see, one little girl stated proudly, "Piggy banks!!"





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***Things to do in Colorado Springs –  
from Colorado Springs KIDS magazine.***

***Colorado Springs Fine Arts Center***

**Location:** 30 W Dale St

**Hours of Operation:** 10:00 am - 5:00 pm (Tuesday – Sunday)

**Information:** (719) 634-5583; [www.csfineartscenter.org](http://www.csfineartscenter.org)

***Strange and Wonderful: America Folk Art from the Willem Volkerz Collection Through June 1***

This collection includes hundreds of pieces by American self-taught artists. The exhibition at the Fine Arts Center will have three areas of focus. First, it will represent a general survey of work in the collection with pieces by artists Howard Finster, Eddie O. Martin (aka St. EOM), Nellie Mae Rowe, and more. The exhibition will also include in-depth looks at the work of three artists featured prominently in the collection—Alva Gene Dexhimer, Robert E. Smith, and Mark Negus.

***Colorado Springs Pioneers Museum***

**Location:** 215 S. Tejon St.

**Hours of Operation:** 10:00 am - 5:00 pm (Tuesday – Saturday)

**Information:** (719) 385-5990; [www.cspm.org](http://www.cspm.org)

***A Needle Pulling Thread: Selections from the CSPM Quilt Collection***

Guest curated by local textile aficionado Judi Arndt, this colorful exhibit will feature stunning examples of quilt-work from the CSPM's renowned quilt collection.

***From the Ashes: The Waldo Canyon Fire***

The day after the Waldo Canyon Fire tore through the Mountain Shadows neighborhood, the Colorado Springs Pioneers Museum and the Pikes Peak Library District began collecting stories and artifacts from individuals, families, and businesses affected by the fire. Coinciding with the first anniversary, this unique and powerful exhibit will preserve and memorialize the impact of this historic event on our community and landscape.

***Caring For Those Less Fortunate: Celebrating 100 Years of the Myron Stratton Home***

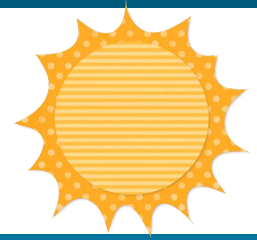
The Colorado Springs Pioneers Museum will be commemorating the 100th anniversary of the founding of the Myron Stratton home with a new exhibit that was unveiled August 3rd. This exhibit will highlight the unique role this institution has played in supporting the needs of the less fortunate in our community.

***Any Place that is North and West: African Americans in Colorado Springs***

The title for the exhibit is drawn from a poem by Langston Hughes, which describes the exodus from the South of millions of African American families following the Civil War. It tells that story from a local perspective by describing what individuals and families found when they arrived in Colorado Springs, the supportive community they created for themselves, and the role they played in shaping the city we live in today.



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***Things to do in Colorado Springs –  
from Colorado Springs KIDS magazine.***

***Behind the Lens: Photographers of the Pikes Peak Region***

This unique exhibit examines the history of photography and highlights five photographers who captured the unique spirit and beauty of this area.

***Cultural Crossroads: Highlights from the Collection***

Cultural Crossroads features striking examples of American Indian beadwork, clothing, baskets, and other materials representing over 30 nations. This exhibit illustrates the ongoing creativity, innovation, and adaptation of native peoples in a region noted for being a Cultural Crossroads.

***Stories in Stone***

Curated by 4th grade "paleontologists" from Patrick Henry Elementary School, this unique exhibit features the Museum's extensive fossil collection. The student's own scientific research and original artwork provide a unique opportunity to understand the rich natural history of the Pikes Peak Region.

***From Paris to the Plains: Van Briggles Art Pottery***

The exhibit draws upon the museum's renowned collection of Van Briggles Art Pottery and features the finest examples from the pottery's first decade of operation.

***Pedal Power***

Pedal Power highlights how the fantastic climate, terrain, and scenic beauty of the Pikes Peak region have made it a natural for cycling over the past 100 years. Noteworthy bicycles from our collection include an early twentieth-century *Tiger* bicycle manufactured in Colorado Springs and the mountain bike used by former World Champion Alison Dunlap at the 2000 Sydney Olympics.

***Literacy Programs***

***Pikes Peak Library District***

***Information:*** (719) 531-6333; [www.ppld.org](http://www.ppld.org)

***Paws to Read***

Let your child practice reading and build fluency by reading to a "Paws to Read" dog. No registration is required. Call or visit our website for locations, times, and more information.

***Toddler Time at the Library***

This program introduces the delights of rhyme, rhythm, and a few special stories as a first step to reading for one and two year-old children and caregivers. The program lasts approximately 20 minutes. Call or visit our website for locations, times, and more information.

***Story Time***

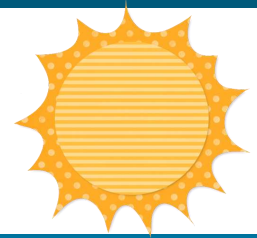
Come hear stories and more for children ages three and older. Call or visit your closest branch for story time themes.



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### ***Things to do in Colorado Springs – from Colorado Springs KIDS magazine.***

#### ***Children's Literacy Center***

**Information:** (719) 471-8672; [www.childrensliteracycenter.org](http://www.childrensliteracycenter.org)

#### **Free Tutoring in Reading**

One in four children is reading below grade level in Colorado Springs. If your child is one of them, Children's Literacy Center offers free one-to-one tutoring! Children are matched with trained volunteer tutors and meet twice a week for an hour each session. Visit our website for more information, or contact Bree at the number above or email [bree@childrensliteracycenter.org](mailto:bree@childrensliteracycenter.org), to see if your child is eligible for enrollment.

### **Nature & Outdoor Activities**

#### ***Garden of the Gods Visitor & Nature Center***

**Location:** 1805 N 30th St

**Information:** (719) 634-6666; [www.gardenofgods.com](http://www.gardenofgods.com)

#### **Get Fit at the Garden – A Walk for Wellness**

This is a free one, two, or three-mile measured walk at the Garden. Following the hike, join our participants for free nourishment in the Garden café along with an educational conversation about the Park. Dress for the weather; wear sturdy shoes, bring water, hat, and sunscreen as needed. Call 719-219-0108 with questions.

**Time:** Wednesdays at 9:00 am

#### ***Cheyenne Mountain Zoo***

**Location:** 4250 Cheyenne Mountain Zoo Rd

**Information:** (719) 633-9925; [www.cmzoo.org](http://www.cmzoo.org)

#### **Animal Ambassadors**

Every Saturday and Sunday, docent volunteers have different animals available for contact and educational experiences with the public.

**Time:** 1:15 - 3:15 pm, The Loft

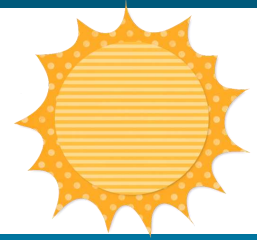
#### **Hippo Training Demonstrations**

Are hippos smart? You be the judge. Come see zookeepers train in the Aquatics Center and practice various interactive exercises with hippos.

**Time:** Daily at 2:00 pm



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**Things to do in Colorado Springs –  
from Colorado Springs KIDS magazine.**

**Early Explorers: Zoo Keeper in Training**

Early explorers and their favorite adult will discover nature and its many wonders during these programs at Cheyenne Mountain Zoo. Each month we will learn about a variety of topics through age appropriate stories, special activities, and unique animal encounters. It's for ages 3-5. The cost includes a 1-hour program (for one child and one adult). When registering, please choose Wednesdays, Thursdays, or Saturdays with your class theme. This month our theme is *Down on the Farm*. This month we are learning about some animals that could be found on the farm. Toddlers will have a blast seeing what it might be like on a farm and learning why these animals are so important. Registration is required. Call for more information, class dates, and possible cancellations.

**Time:** Wednesdays, Thursdays, & Saturdays, April 2nd through 19th, 10:00 – 11:00 am

**Florissant Fossil Beds National Monument**

**Location:** Florissant, CO

**Information:** (719) 748-3253

**Be a Junior Ranger!**

This program is available year round at the Florissant Fossil Beds National Monument. You can get a copy of the junior ranger workbook at the visitor center. After completing activities in the park and in the book, you can earn a junior ranger badge or patch. The junior ranger program usually takes a commitment of 1.5 – 2 hours. There is a variety of ranger-guided programs in the summer, but there are self-guided trails and other hiking trails available year round. This is an excellent place for kids to explore, discover, learn, and have fun!

**Physical Fitness & Fun**

**Flipshack**

**Location:** 1789 S 8th St

**Information:** (719) 578-1006; [www.flipshack.com](http://www.flipshack.com)

**Monkey Gym**

On Tuesdays, Wednesdays & Fridays, kids 5 & under explore and play on trampolines, mats, ropes a bounce house, and more! Great indoor physical fun! Grown-ups must stay to supervise. Only \$6.

**Time:** Noon – 2:00 pm

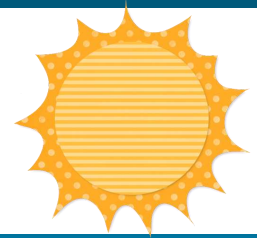
**Open Gym**

On Saturdays for kids 6 & up. The cost is \$10.

**Time:** Noon – 1:30 pm



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***Things to do in Colorado Springs –  
from Colorado Springs KIDS magazine.***

***Garden Ranch YMCA***

**Location:** 2380 Montebello Dr W

**Information:** (719) 593-9622; [www.ppymca.org](http://www.ppymca.org)

**Family Climbing Wall**

Our family climbing wall provides fun for all ages. You'll be amazed how young elementary school children can climb the overhanging wall by the "mountain slide." For a challenge for the entire family, come to one of our instructional classes and learn how to climb safely. The Climbing Wall is open Monday through Thursday.

**Time:** 4:00 - 7:30 pm

**Water Slide**

Our water slide is available on Saturdays and Sundays. Call for a pool schedule and information on swimming lessons offered all year long.

**Time:** Saturdays: Noon – 3:00 pm; Sundays: 2:00 – 4:00 pm

***Skate City Austin Bluffs***

**Location:** 4575 Austin Bluffs Pkwy

**Information:** (719) 591-1016; [austinbluffsparties@skatecitycolorado.com](mailto:austinbluffsparties@skatecitycolorado.com)

The first Tuesday of each month is Family Christian Music Night. 6:00-8:00 pm, admission is \$3.50 (skate rental \$1.50), skate to your favorite Christian music. Great for families.

***VillaSport Aquatics***

**Location:** 5904 Prairie Schooner Drive Colorado Springs, CO 80923

**Information:** Monica Copelin (719) 433-7180

**Starfish Swimming**

Starfish Swimming is grouped according to swimming ability, junior swimmers enjoy an innovative curriculum based upon water and safety skill benchmarks and FUN! Swimmers are awarded colorful patches highlighting each level of achievement that can be proudly displayed on each junior swimmer's swim tote. Come in and sign up for your first swim lesson today!

Members \$100 a month / Non-Members \$120 a month.

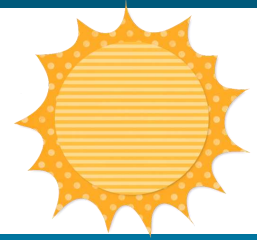
**Private Swim Lessons**

Youth Private Swim Lessons incorporate the same Starfish Swimming skill development as our group lessons. Our Private Swim Lessons provide exclusive instruction directed towards the junior swimmer's individual needs, while also offering effective awards of achievement as the junior swimmer advances his/her skills.

Eight Lessons: Members \$240 / \$290 non-members.



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***Things to do in Colorado Springs –  
from Colorado Springs KIDS magazine.***

***VillaSport Aquatics cont...***

**Jr. Swim Team**

Junior Swim Team is a non-competitive team that focuses on building swimming skills in a fun and enjoyable environment. Swimmers work on stroke technique, breathing, diving and flip turns. Games and relays spark great conditioning and fun for all. Members \$50 a month / Non-Members \$60 a month.

**Miscellaneous Activities**

**Space Foundation Discovery Center**

Seeking curious adults and children of all ages! We've brought the wonders of space here to earth for all to enjoy - exhibits and interactive displays of our solar system, planets, space missions, weather and more! The Discovery Center includes the Northrop Grumman Science Center featuring an interactive Science On a Sphere® theatre and the El Pomar Space Gallery featuring the Launch to the Moon Exhibit and a wide variety of space artifacts and interactive displays. For a coupon and to learn more, call or visit our website.

**Location:** 4425 Arrowswest Drive

**Time:** 10:00 am – 5:00 pm Tuesday - Saturday

**Information:** (719) 576-8000; [www.SpaceFoundation.org/visit](http://www.SpaceFoundation.org/visit)