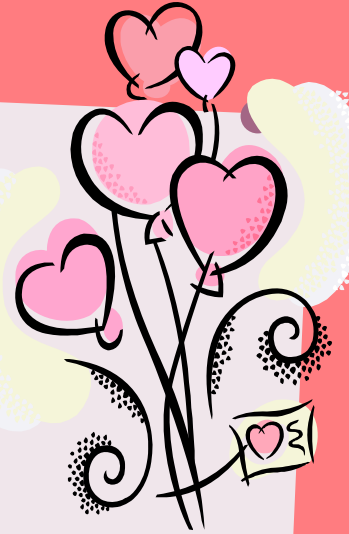


# Shining Stars News

## Happy Valentine's



### A Message from Ms. Suzanne

Dear Shining Stars Families,

The *Shining Stars Read To Me Program* begins Monday, February 9th. Make sure to check your child's backpack for the calendar. The SSP Literacy Team was able to give 120 books to *Read To Me Program* participants this past Fall! Join the fun and read, read, read!

If you stop by campus you will see our beautiful Sensory Garden taking shape. John Tittman and Julian Cull have been volunteering, teaching our children how to build an adobe house. The children are loving it. It is a true outdoor learning experience. The Sensory Garden is changing every day. You can look forward to more changes throughout the coming months.

February is Dental Health Month. So, it's the perfect time to encourage the children to brush their teeth and limit unhealthy snacks. February 14th will probably be an exception, but it's a great month to focus on healthy eating, exercise and keeping those pearly whites clean.

Thanks for sharing those dearest to your hearts with us!  
Sincerely,

Suzanne Harper

*The grand essentials of happiness are: something to do,  
something to love, and something to hope for.*

*Allen K. Chalmers*

### Upcoming Events

**2/2 - Groundhog Day**

**2/3 - School Board  
Elections**

**SSP is a voting site for  
School Board District 1**

**2/3 - Mayor's Town Hall  
Meeting 6:30 - 7:30pm**

**2/10 - Family Fun Night  
5-7pm**

**2/13 - In-service Day  
NO SCHOOL**

**2/16 - President's Day  
THERE ARE CLASSES  
ON THIS DAY  
(Weather Make Up Day)**

**2/23&24 - Picture Days**

**3/3 - Family Fun Night  
5-7pm**

----- **All Children Together** -----

*“Inclusion, as a value, supports the rights of all children, regardless of abilities, to participate actively in natural settings within their communities. Natural settings are those in which the child would spend time had he or she not had a disability. These settings include, but are not limited to: home, preschools, nursery schools, Head Start programs, kindergartens, neighborhood school classrooms, child care, places of worship, recreational (such as community playgrounds and community events), and other settings that all children and families enjoy.”*



- Council for Exceptional Children

Research on the inclusion of young children with special needs in typical early childhood settings has shown positive outcomes:

- Children with disabilities make more progress in cognitive, language, motor, and social domains in inclusive settings than in segregated settings. (Buses & Bailey, 1993; Lamorey & Bricker, 1993)
- Research demonstrates that academic success of students without disabilities is actually increased in educational classrooms including students with mild disabilities. (Manset & Semmel, 1997)
- Parents of typically developing children who have had experience with inclusive care report that their children are affected positively from exposure to children with special needs. Frequently, parents mention the gains in sensitivity to others and acceptance of differences that they observe in their children. (Guralnick, 1994; Peck, Carlson, & Helmstetter, 1992)
- Well trained providers are more likely to identify and address previously undiagnosed disabilities in young children earlier in their lives. (Mezey, Neas & Irish)

Please remember to send updated contact information to the Office if anything changes for you or your child. We have recently discovered several students with inactive phone numbers and emergency contacts. Please remember that we need to have current information to contact you in case of an emergency, it is in the best interest of your child!

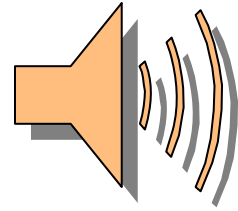
You may put a note in your child's backpack or call the Front Office @ (505) 892-7735 ext.511.



Congratulations to Ellen Bruno for being awarded a grant from Keep Rio Rancho Beautiful! Ellen submitted a grant, **“Dust in the Wind”**, for **\$757** to replace the bark in several planters around campus. It was determined by KRRB that this project would benefit our school and students and the full amount requested was approved! **Way to go Ellen!**

## Can You Hear It?

February 10 5:30-7:00pm  
Come explore music and sound!



### 5:30-6:00pm Stories, Songs & Raffle

Hear some noisy stories, hear the kids' new favorite song!

### 6:00-7:00pm Playing with Sound

Visit a series of centers all related to sound and music:



- Make a telephone
- Make your own guitar
- How does stereo hearing work?
- See, make and hear sound vibrations
- How much noise can you make with a cup and string

## Parenting Tips -

### Naming Feelings for Preschoolers

Often as parents we are very concerned with helping our children learn to *name* all kinds of things- the cat, the ball, to distinguish what is red versus what is blue. What we often neglect to teach children are emotions- what is sad or happy or angry. This may occur because we think this is harder to teach, or that our children will learn this through experience or we may not know how. We often move to quickly to teach our children values before they know what their feelings are. **Actually, for children to control their feelings they have to know how to recognize them first.**

We can teach our children how to recognize their feelings by *naming* them as they come to experience each emotion for themselves or when they recognize them in others. We do this in much the same way we would if we were teaching a child how to recognize, for example, the color red. If we do not *name* for them over and over, and point out the color red each time they see it, they will not learn it. Similarly, if our children have feelings and we do not *name* the feelings for them they will not learn what they are or it might take a very long time for them to understand their meanings in the future.

You might ask- how do you *name* a feeling for a child? How do you *name* anger? Sometimes it is as simple as saying to them, "Oh, I see your angry", when you see they are angry. Or by saying something like, "Yes I know you are angry because your sister took your toy." Another way to do this is while reading a book that portrays an angry character. You could point out, "Look at that child, he looks angry", to further emphasize the meaning of the term.

We all experience anger; it is only a problem if we cannot control our anger or we cannot recognize it to control it. Naming our child's feelings often calms them down sooner and creates a special bond with them because they feel they are understood. After your child calms down, then you can move on to teach them the value or lesson you want them to learn. After they calm you could say, "Yes I know when your sister takes your toy that makes you angry, but I want you to learn to share." Or "It is okay to be angry, but you are not allowed hurt anyone."

If you have any questions give me a call at (505) 892-7735 ext. 521.  
Elizabeth MacMahon-Herrera

## Check out the new book in our SSP Library:

*Hollyhocks and Honeybees* ~ Garden Projects for Young Children



If you are already starting to plan a garden area for this Spring, you may want to look at this new book. Young children are sensory learners and making a garden addresses all their senses. Flowers and living creatures stimulate visual skills as children reach out to touch the growing plants and feel an earthworm wiggle through their fingers. They notice the fragrance of flowers and hear the grasses rustle in the wind. Anyone who enjoys gardening knows the sense of calm that comes with handling the warm soil. This book will give you gardening ideas along with recipes to use with your garden crop!



-This book was purchased through a Rio Rancho Education Foundation Grant.

From the desk of Nurse Susan:

There's a lot of information about eating and exercise on family-friendly web sites. Why not make a New Year's Resolution to eat healthy and move around more?

Here's a list of web sites to get you started on becoming a healthier family:

[www.kidnetic.com](http://www.kidnetic.com)

This site is full of games that won't let you sit still. The Scavenger Hunt asks children to find a item in the house, such a comb or a penny while the computer counts down. Then they dash back to the computer for the next item it asks them to find.

[www.bam.gov](http://www.bam.gov)

This site has snack recipes and activity ideas. Even the youngest child can be successful with snack ideas like stuffed celery sticks and lemonade yogurt pops.

[www.familyfoodzone.com/kids](http://www.familyfoodzone.com/kids)

Games and activities on this site teach children about healthy eating.

[www.got-milk.com](http://www.got-milk.com)

Learn how to get more calcium in your kids' diets and kids learn about how milk gets to the cow from the grocery store.

Here are some other tips to move toward a healthier life style:

Don't buy "junk" foods. If you have it in the house the kids will want it. Have soda for a special treat only and limit the amount to one small glass. Have fruits and vegetables for snacks. Fruit juices should be limited to 4-6 oz. once a day. Mini carrots are more appealing to children than a large one. Pair a cookie with a piece of fruit for a snack instead of giving two cookies. Start making healthier choices! And remember that you are the parent. You have the right and the responsibility to help your children learn to eat healthy. Children who are well nourished have improved brain power. They really do learn better!

