



# Shining Stars News

December 3, 2009



## *A Message from Ms. Suzanne*

Dear Shining Stars Families,

*What do you call Santa's helpers?*

*Subordinate Clauses*

*Which is the reindeer without manners?*

*Rude-dolph*

### Upcoming Events

**12/8 - Polar Express rides in to Shining Stars & Santa Photo Opportunity**

**12/8 - Family Fun Night  
5:30-7pm**



**12/ 14- All library books due**

**12/18 - Holiday Celebrations and Sing-A-Long**

**12/21 - Winter Break Begins - Return Jan. 5**



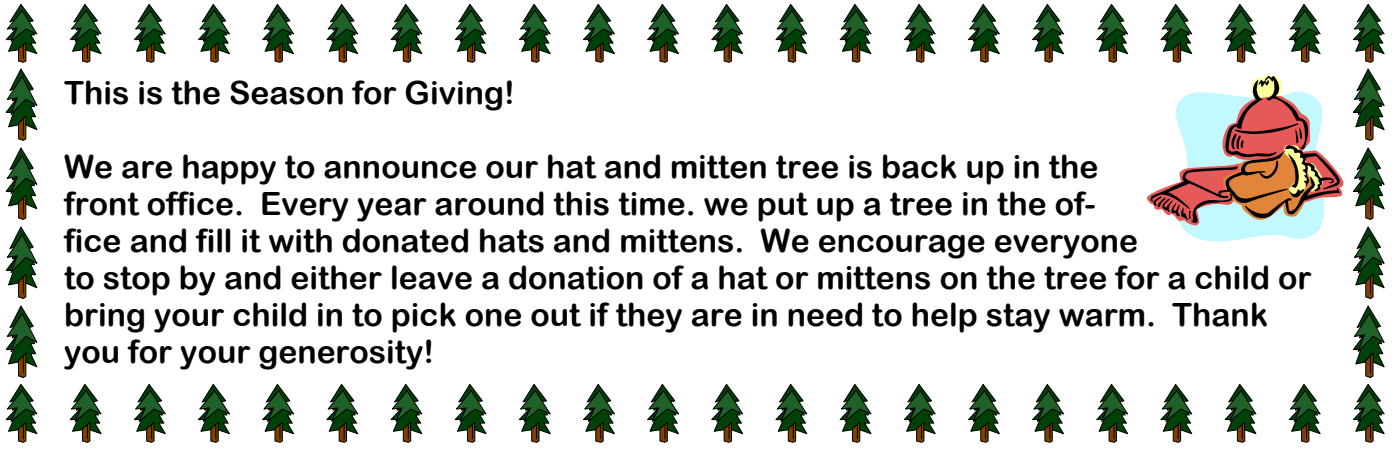
I hope you are all keeping warm and enjoying the winter weather. This is a exciting and busy time of year for everyone. It's a time to think of family and with that said I think I am beginning to dislike cell phones, but I'll get back to cell phones later.

This season brings back memories of my own childhood. I remember everyday (all year long) waiting for my Father to return from work. I waited at the end of the street and was so excited to see him round the corner and come running to pick me up in his arms and swirl me around. We had six kids in our family and my Mom and Dad both worked full-time, so this was our special time together before my Dad got involved with my 4 brothers, my sister and Mom and whatever else he needed to get done around the house that evening. He always made me feel special and I hold dear to these memories now that he is gone these many years.

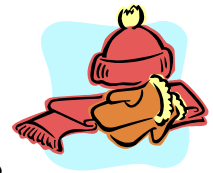
The reason I am beginning to resent cell phones is that I see many Moms and Dads talking on their cell phones while their kids are bursting to talk to them. I see this at the mall, in the street and even her at drop-off and pick-up time. So, I hope during this holiday season (and all year long) you consider giving your child the gift of your undivided attention. I promise you they will remember your special times together long after they are grown.

Have a safe and happy holiday!  
Sincerely,

Ms. Suzanne



This is the Season for Giving!



We are happy to announce our hat and mitten tree is back up in the front office. Every year around this time we put up a tree in the office and fill it with donated hats and mittens. We encourage everyone to stop by and either leave a donation of a hat or mittens on the tree for a child or bring your child in to pick one out if they are in need to help stay warm. Thank you for your generosity!

### Math Concepts

Sorting comes naturally to children. Children sort blocks, rocks, shells and marbles. They are experts at sorting food. Food they like and food that they don't like. When children sort, they use a science skill called "classification". Classification is simply sorting and grouping object according to some attribute. Example, if you are grouping animals according to their attributes, your child may recognize for example that birds have wings and some other animals do not and therefore they do not belong with the birds. You can strengthen this skill at home by setting up sorting activities with simple everyday materials.

#### Junk drawer sort

Take any unsafe objects out of your drawer. Then let your child have a go at it. Rubber bands, coins, paper clips, spare keys, and hardware are just a few groups your child might make. Ice cube trays and small boxes make handy holders for sorting objects.

#### Toy sorting

Children can sort their toys by many different attributes. By color, size (big, medium, small), texture (smooth or rough), whether the toy is hard or soft, like it or dislike it, bought or gifted, moves or doesn't move or is it battery operated or not.

#### Laundry Sorting

Children can sort laundry and can have fun doing it too. Laundry can be sorted by colors, size (big and small), boys or girls laundry, clothes that fit the top part of the body versus the lower part, clothes with buttons and clothes that have no buttons, long sleeves versus short sleeves, dark colors versus light colors, clothes with pockets and clothes without pockets and whatever else children think of classifying with.

## Can You Hear It?

December 8th 5:30-7:00pm  
Come explore music and sound!



### **5:30-5:50pm Dinner and Music**

Eat macaroni and cheese, and listen to music

### **5:50-6:20pm Musical Stories**

### **6:20-7:00 Playing with Sound**

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

- Make a telephone
- Make your own guitar
- See, make and hear sound vibrations
- How much noise can you make with a cup and string?
  - Every child gets a free book!

## Ask the Nurse.....

Here are some frequently asked questions about a child's school attendance and illness.



Q: My child had diarrhea yesterday. When can he/she return to school?

**A: Twenty-four (24) hours should elapse WITHOUT any diarrhea before returning to school. The most common cause of diarrhea is a virus. The virus is shed through the stool so a child with diarrhea is very contagious. Keep your child home a full 24 hours after the last episode of diarrhea.**

Q: My child vomited at home this morning one time. Should I send him to school?

**A: Keep your child home until there has been no vomiting for 24 hours.**

Q: My child had a fever last night. He doesn't have one this morning. I would like him to go to school. Can I send him ?

**A: A child who has had a fever needs to be home without a fever for 24 hours before returning to school.**

Q. My child had a "low grade" fever this morning so I gave him Tylenol before sending him to school.

**A. Your child has a contagious illness if fever is present. Tylenol makes him more comfortable but doesn't take away the illness. Keep your child home. Don't send your child back to school until there hasn't been any fever for 24 hours without Tylenol.**

Q: My child is coughing. What should I do?

**A: If the cough is constant keep your child at home. You may want to see the doctor. If the cough is once in awhile, send the child to school as long as there is no fever.**

Q. My child has a runny nose but no fever and a little cough. What should I do?

**A. Medication for colds are not recommended for young children. They may make your older child drowsy during the school day. The best treatment for a cold is plenty of fluids, good nutrition and extra rest. Your child may attend school.**

Q. How can I protect my child against influenza (flu)?

**A. Flu-Mist is a nasal spray vaccine that can be administered to help protect against the flu. If your child has asthma the flu vaccine has to administered with an injection. It is recommended that all children from 6 months up receive the vaccine.**

Q. What is the best way to protect my child against the common cold and other viral illnesses?

**A. Handwashing is the best way to prevent the spread of infection. Wash hands often with soap and water. Carry handsanitizer with you to use when soap and water is not available.**

Q. My child doesn't have any medical care.

**A. Rio Rancho Family Health Center on 184 Unser NE has a sliding fee scale. No cost or low cost health care coverage is available through New Mexikids @ Sandoval County Health Department 1500 Idalia Rd. Bldg.B**

- Santa will make an early visit to Shining Stars. The Polar Express Train will be rolling into Shining Stars and picking up our students for a ride to the North Pole. The children will get off the train at the North Pole (the gym) and go inside to meet Santa and receive a special gift from him (just like the book). They will also get their picture taken with Santa!! It will be so much fun and you are welcome to attend!!
- Our **cookie dough fundraiser** was a big success. We raised over \$8000!! We will use the funds raised for learning materials, events and entertainment for the children and campus beautification .
- On December 18th we would like to invite you all for a **Holiday Sing Along** Hope to see you there! Classroom teachers will let you know about the festivities planned for their individual classes that day.



Say Cheese...Have you thought of letting your child use a digital camera? There are many affordable digital cameras on the market that are made just for kids. Photography can be a very powerful teaching and learning tool. If you want more information, check out Picture Science - Using Digital Photography to Teach Young Children in the SSP Library.

### How do you help your child get dressed and out the door?

A recent article in *Family Fun Magazine* (Dec./Jan.2010), shared how a mother traced her child's figure on a large piece of cardboard, then cut around the shape, punched a hole in the top, and hung it from a nail on the wall. Each evening, mom and daughter picked out the child's clothes for the next day and used clothespins to attach the clothes to the doll. Mom reported that mornings went more smoothly and were more fun too by dressing a mini-me!



The staff at Shining Stars would like to wish all of our students and their families a very healthy and happy holiday season!!!