

Shining Stars News

January 21, 2010

A Message from Ms. Suzanne

Dear Shining Stars Families,

A bright "new" year is underway. It is so good to have the children back at Shining Stars after our winter break. They seem happy to see friends (small and big). Our time working together as a community brings such pleasures throughout the year, from smiles to big achievements. This newsletter includes Math ideas for you to try at home and some thoughts on the importance of play. I hope you enjoy them.

Thanks for sharing your beautiful children with us!

Ms. Suzanne

*****REMINDER*****

Please remember to call in and report you child absent if they are not coming to school. You may do this by calling (505) 892-7735 and pressing 1. If you do not call in to report the absence, someone from the school will be calling you to verify that your child is at home. We do this for the safety of your child.
Thank you for your cooperation!

Upcoming Events

1/21 thru 2/25 - Fatherhood 24/7



2/5 - Bilingual Parents Meeting
11:10 - 12:10

2/6 - Soccer Camp Starts



2/9 - PTO Meeting
11am & 5pm

2/9 - Family Fun Night
5:30 - 7:00pm

There is no better place to be than where you are, and no better time than now to make a difference.

-Jim Kelly



PARENTING TIPS

Hello my name is Elizabeth MacMahon- Herrera. I am the new Family Liaison here at Shining Stars Preschool.

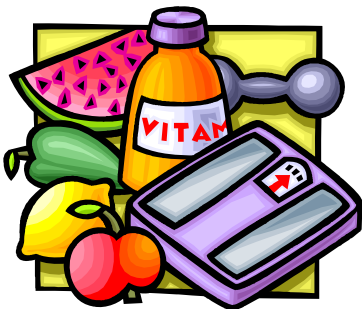


It is so wonderful to be working in a very dynamic and warm community of families, children and staff. In the parent newsletters under the section - PARENTING TIPS, I will share with all of you Tips that I hope will add to your parenting skills. Today I would like to share with you a wonderful resource book that I and many families I have worked with have found useful. It is called *How To Talk So Kids Will Listen & Listen So Kids Will Talk* by Faber and Mazlish. It is easy to read and has cartoons that show how to practice the parenting techniques' discussed. As a child and adult with some learning difficulties I have always found pictures help as a learning tool. The book focuses on skills that improve parent -child communication. Good communication will lead to more cooperation and improved behavior. Good communication also requires listening in ways that opens up your child to talking with you and helping them "label / name" their feelings. I would love to have your opinion about the ideas found in the book. You are welcome to drop by my office or call and we can talk or practice together some of these techniques.

Sincerely,
Elizabeth MacMahon- Herrera LISW

FYI from Nurse Susan:

Every parent wants the best for their child including the best health possible. We all know that prevention of health problems is really easier than dealing with the consequences of unhealthy behaviors. So, what can you do to help your child eat healthy food? Remember that you are the parent. Shop for plenty of fruits and vegetables and serve them at each meal and as a snack. Don't buy junk foods and soda to keep in the house. Change your own eating habits to model healthy behavior. Set aside one day a week to have a special dessert. If you enjoy having pizza one night a week serve a salad or raw vegetables as part of the meal. If your child has just eaten but is asking for more food have a 20 minute wait. Play a game, read a book, put on music and dance and sing. Add activity to your day. Go for a walk with your child. Take your child to the park on a weekend. Move more and sit less. This is the perfect age to institute healthy eating and increased exercise. Do it as prevention! There will be more



information on weight, nutrition, exercise and the prevention of childhood obesity each month in this newsletter. If you would like specific questions answered give Nurse Susan @ 892-7735 ext 514.

***"From 3 to 6 years of age children should be absorbed with play,
in games of their own devising."***

Plato

"Each time one prematurely teaches a child something he could have discovered for himself, that child is kept from inventing it and consequently from understanding it."

Piaget

Play: Role-playing and Pretend

Children thrive in a world of pretend play. The four-year old dressed in layers of chiffon, her neck strung with pearls, is perhaps pretending to be a princess. Children may play "house" or "good guys and bad guys." They may transform themselves into heroic super heroes or hairy horrible "monsters." This type of play makes them feel more powerful and helps them distinguish between fantasy and reality. In *Einstein Never Used Flash cards: How Our Children Really Learn--And Why They Need to Play More and Memorize Less*, Kathy Hirsh-Pasek and Roberta Golinkoff report that "Play is a safe haven in which our children can conquer their fears and work out emotional problems."

Math Concepts

Measurement Fun

Think about measurements in everyday life. Measurements sometimes need to be accurate and other times can be inexact.



About the same

Have your child use his or her hand as a measuring tool. How many things are about the same size as your child's open hand? How many hands long is the couch? How many hands wide is the front door?

Longer, Shorter

Give your child a length of string. Invite your child to find things that are longer than the string and shorter than the string. Can your child find something that is the same length as the string?

How tall? How long? How wide?

A tape measure makes a surprisingly fun toy. Let your child use one to take measurements around the house. Offer prompts, such as; How tall is your bed? How long is your train? How wide is the refrigerator? Let your child keep going for hours exploring various objects around the house.

H1N1 Flu Clinic - Thursday January 28

Call Nurse Susan at ext.514 for details.