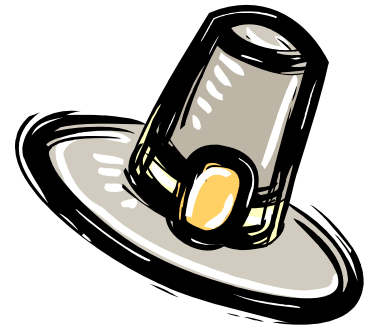


# Shining Stars News



November 2, 2009

## A Message from Ms. Suzanne

Dear Shining Stars Families,

November is the month we take time to think of the many reasons we have to be thankful. We have much to appreciate here at Shining Stars Preschool:

- ◆ The wonderful staff and students and their families who made our Cookie Dough Fundraiser a HUGE success!!!!
- ◆ Our Parent Teacher Organization
- ◆ The many people who worked so hard to plan and “put on” our Fall Carnival.
- ◆ Sarah Farrell , our Family Literacy Coordinator and her many assistants, for planning and hosting Family Events.
- ◆ Our fabulous secretary, Kris Tortorici and our registrar, Krystal Barb.
- ◆ Elmer, Aaron and Emiliano for making our school shine!
- ◆ The wealth of community support we receive.
- ◆ The Rio Rancho Education Foundation for awarding 3 grants to our staff. Congratulations Ms. China, Ms. Paula and Ms. Suzanne.
- ◆ Our dedicated school nurse- Susan Gardner-Garri
- ◆ Elizabeth McMahon-Herrera, our Family Liaison Specialist and social worker
- ◆ Ellen Bruno, our Site Specialist
- ◆ Our amazing ancillary staff- SLP’s, OT’s and PT’s

I wish all of our students and their families a wonderful Thanksgiving holiday!

Suzanne Harper, Principal

## Upcoming Events

11/10—PTO Meeting

11/13—Bilingual Parents Meeting

11:10 - 12:10

11/16 - 11/24 - Book Fair



11/16 & 11/17 - Picture Retakes

11/17 - Family Fun Night

5:30 -7:00pm

11/23 - Thanksgiving Lunch

10:30 & 12:20



11/25 - 11/27 - Thanksgiving Holiday  
NO SCHOOL



## Healthy Snacking ideas from Nurse Susan



Keep cut up vegetables in a container in the refrigerator so that it is easy to reach for a healthy snack. Make a fresh fruit bowl the centerpiece of your kitchen table and fill it with colorful fruits like bananas, apples and pears. Choose the smaller size fruits whenever possible. When you have time, try these snacks or mini meals on wooden skewers.

Let your child help you prepare one of these simple recipes:

- **Fruit and cheese:**

Alternate any available fruit, canned or fresh, with chunks of low fat cheese on a skewer or a pretzel stick.

- **Tortellini treat:**

Cook low-fat cheese tortellini according to package directions. Put them on wooden skewers with grape tomatoes, cubes of skim mozzarella cheese, olives, and any other veggies.

- **Chicken-Veggie:**

Cut boneless, skinless chicken breast into 1-inch cubes. Thread onto metal skewers along with whole mushrooms and cut-up red and green peppers. Brush with Italian dressing and bake at 350 for 15-20 minutes.

## Less TV, More talk!!

It's obvious that conversing with your child plays a big role in helping him learn language skills. But you are aware that having the TV on (even as background noise) can stifle effective conversation between parents and young children? Researchers recently equipped 329 kids, ages 2 months to 4 years, with small tape recorders that caught everything the children heard or said on random days over a 2-year period. On average, the children spoke less frequently for shorter periods and heard 800 fewer words from adults per hour when the TV was on than when it was off.

Scholastic Parent & Child October 2009

## Lessons From Preschool

*How simple routines boost brainpower*

By Mary Dixon Lebeau

Your child's doing more than stacking blocks during his day at preschool. He's also learning in ways you can't see:

### Daily greeting

That simple "Hi, Matthew!" from your child's teacher every morning is the first part of his new routine. The predictability of preschool, with its clearly named daily segments, helps your child remember what happens there and learn to anticipate what comes next in his day.

### Circle time

Here your child will have to focus on individual members of the larger group. Hearing about Max's new puppy or Jenny's train ride helps him develop good listening skills. His memory and speaking skills will get sharper, too, when he has a turn to choose a story of his own to tell.

### Group singing

Kids tend to remember information that's set to music more easily than spoken instruction. So yours is not just learning a song — he's processing words, whether they're about cleaning up or the wheels on the bus.

### Snack time

It's more than a midday break: Talking to his new pals over apple slices and milk is an important way your child learns new words, as well as how to act (and interact) in social settings.

*(Article from Parenting Magazine - September 2005)*

## Math Moments

You can help your child recognize shapes and positions in his or her environment. Here are a few easy ways to incorporate concepts of shape and position into your activities at home:

Ask your child to help put away toys or groceries. Talk about where to place items, such as on the *top* or *bottom* shelf, or *next to*, *under*, or *in front of* something.

Encourage your child to look for shapes in your home, such as doors that are shaped like rectangles or a clock that is shaped like a circle.

- Check for books at your school or community library with these concepts in them and enjoy reading them with your child.

\*\*\*\*Shining Stars Preschool would like to thank Ellen Bruno's sister, **MARY LOU**, for the wonderful crocheted pumpkins that were given to all the students and staff! **Thank you very much!**\*\*\*\*

### Tips on staying healthy at any time from Nurse Susan:

Wash your hands frequently. Always wash your children's hands after they arrive home from school. Use hand sanitizer if soap and water is not available. Keep your hands out of your mouth. Now is the time to give up nail biting!

Use a "hands-off- the face" approach. Try not to touch any part of your face. Habits like rubbing your eyes and face are out!

Think about how a virus enters your body. It enters through your tear ducts, your nose and your mouth. Did you know about the tear ducts? That's one very good reason to keep your hands away from your face!

Boost your natural immunity with healthy foods. Don't skip meals and eat plenty of fruits and vegetables. (I think chocolate is in one of the healthy food groups!) Do your best to get enough sleep. Get outdoors and play with your kids. Exercise boosts your immune function.

Go to reputable websites on-line for information about the flu: [www.flu.gov](http://www.flu.gov) has loads of information. Another great resource for children's health information is [www.aap.org](http://www.aap.org) (American Academy of Pediatrics).

Please call me @892-7735 ext 514 or email me at [sGardner-Garri@rrps.net](mailto:sGardner-Garri@rrps.net). I am glad to answer any questions.

