

# January, 2012

## BARLINA HOUSE PRESCHOOL

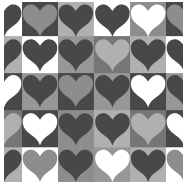
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### Mrs. Bator's and Mrs. Donna's Monday, Wednesday, Friday PM Class

The children were excited to come back to school after winter break. They were ready to learn and tell us all about the new schools they will attend for kindergarten. We are re-enforcing the fact they will finish learning at preschool before summer, and then they will attend their new school in the fall. Time is a hard concept to understand.

Our alphabet is going great. We only have eight letters left to learn. The children have truly improved from the beginning of the school year. Their writing is becoming quite good. They enjoy coming up with words for our word board. Thanks for all your help preparing them for the letter of the week.



We worked on simple math strategies. Patterning is one of the first signs of math. The children like to repeat and by patterning, they can repeat and repeat. We patterned with shapes, numbers and colored paper. We wanted to see how complex they could make a pattern. Everyone did great and

needed very little assistance. We also talked about things that come in two's. They recreated their own face on an oval piece of paper. They had to think about their face and what features they had two of. We have these creations in their portfolio. They are great. It was interesting to listen to them when they were drawing. They asked each other if they had two ears or two of something else. They helped each other out. They all work very well together.



We started having the children take home the Math Box. They are to work with the family on all the different games and then draw a picture of what they liked the best. Parents, please write a sentence about your activity. They

need to bring the box back the next time they come to school. They will then show their friends and talk about the picture. Have fun with it.

We will try to go out as much as possible. Please have the children bring their snow clothes to school. We need boots, snow pants, mittens (gloves), hats and coats. If they do not have these things, they can only stay on the sidewalk and ride bikes.

Thank you for all your support with the things we do at school. We try to do different activities with the children so they enjoy coming to class. We enjoy our class very much. Thank you for allowing us to be part of their lives.

### *You Can Lead a Child to the Table But...*

- Encourage your child to eat until they satisfy their hunger. Avoid "pushing" food on children beyond when they say they are full. Try not to be members of the "clean the plate" club.
- Unmix foods. Some children reject foods touching each other on the plate.
- Food should never be used as a punishment or reward. Avoid saying, "If you eat all your vegetables, you can have dessert." Remember that mealtime is a time to socialize for the child and disciplinary problems need to be discussed at another time.
- Breakfast is an important meal and it is recommended that it include protein-rich foods such as; eggs, milk, yogurt, cheese nut butters, or soy foods. Children who eat a nourishing breakfast tend to have a better attitude and perform better while at school.
- Make mealtime a happy, social time. Be patient! Involve your child in food preparation, menu planning, setting table, etc. as much as possible. They are more likely to eat foods they helped plan and prepare.
- A "difficult-eater" may be encouraged to eat by offering "finger-foods." Cut up sandwiches into 4 triangles or sticks. Offer sticks of vegetables, fruit slices, etc.
- Serve 1%, 1/2%, or fat free (skim) milk, fruit juices, and water instead of soft drinks and sweetened fruit drinks. Be careful that milk and juice don't crowd out other foods.
- Make mealtime a happy, social time. Be patient!
- **BE A ROLE MODEL!**



CRYSTAL LAKE PARK DISTRICT

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