

Delphos City Preschool Post

DEAR FAMILIES

We will be celebrating National Fire Prevention next week Monday, October 10 - Friday, October 14. We will be holding two dress up days for each group next week. Please see the red box below for the dress up days. The students are not required to participate. We wanted to offer some fun days to celebrate National Fire Prevention. For crazy/mismatch sock day, the students may wear tall socks, different colored socks, or fun socks. For red day, the students may wear a red shirt, red pants, and/or red socks.

Important Reminder

This Friday, October 7th is a 2 hour delay for teacher in-service and is the Mon/Wed group-doors open at 10:40 am with latchkey starting at 9:30 am

Dress Up Days

*Mon., October 10th - Crazy/Mismatch Sock Day
Tues., October 11th - Crazy/Mismatch Sock Day
Wed., October 12th - Red Day
Thurs., October 13th - Red Day*

The Delphos Fire Department will be coming in to talk to and visit each of the classes next week. They will be in on Wednesday, October 12th & Thursday, October 13th. They will even be bringing one of the fire trucks for the students to see.

Morning Doors

Reminder doors open in the morning at 8:40 am. If a preschooler arrives before 8:40 am a latchkey fee of \$3.75 for the morning will be charged.

ACADEMICS

The teachers have been sharing activities in each child's folder weekly. ***These activities are not mandatory***, but are being given so you can see what the students are learning each week in class. If your child would like to complete the worksheets or part of the worksheets, please return them in your child's folder the following week. Again, these activities are not mandatory!

Parent-Teacher Conferences

Parent-teacher conferences will be held
Wednesday, November 2nd from 2:00 pm - 4:45 pm;
Wednesday, November 2nd from 6:00 pm - 8:45 pm;
Thursday, November 3rd from 8:30 am - 10:45 am;
Thursday, November 3rd from 12:30 pm - 2:45 pm.
Please begin looking over your schedule. A letter will be sent home in the near future from your child's teacher with information to sign up for a conference time.

Student Goals

We would like to thank the parents/guardians for working with us to establish each child's annual goals. Progress toward the goals will be shared on your child's quarterly progress reports.

Attached Information

Attached to the newsletter are "Positive Parenting Tips for Healthy Child Development" from the CDC. This information includes both health and child development information.

The National Fire Protection Association is celebrating their 100th anniversary this year. The focus of this year's National Fire Prevention week is "Fire won't wait. Plan your escape". Attached to the newsletter is information on "How to make a Home Fire Escape Plan" and "Family's Home Safety Action Plan"

Upcoming dates are on the next page

Delphos City Schools Preschool Positive Behavior Expectations



Below is a great example of the students learning how to Be Safe through sorting Safe and Unsafe Choices.



Below is a great example of Be Kind - playing with my friends and taking turns.



Upcoming Dates

Fri., Oct. 7th - Mon/Wed day - 2 hour delay - teacher in-service - preschool doors open at 10:40 am - latchkey starts at 9:30 am

Mon., Oct. 10th - Crazy/Mismatch Sock Day

Tues., Oct. 11th - Crazy/Mismatch Sock Day

Wed., Oct. 12th - Red Day - Fire Dept. will be in

Thurs., Oct. 13th - Red Day - Fire Dept. will be in

Fri., Oct. 14th - Tues/Thurs day

Fri., Oct. 21st - Mon/Wed day

Fri., Oct. 28th - Tues/Thurs day - costumes

Mon., Oct. 31st - costumes

Wed., Nov. 2nd - 12:30 dismissal for preschool - 1:30 dismissal for district - latchkey will end at 1:30 - parent-teacher conferences

Thurs., Nov. 3rd - No school - Parent-teacher conferences

Fri., Nov. 4th - No school

National School Lunch Week

Menus for National School Lunch Week for Monday, October 10 - Friday, October 14th. This is a change in the menu to celebrate National School Lunch Week and celebrate various foods.

Mon., Oct. 10 - Fiestadas, salad, pineapple, churro, and milk

Tues., Oct. 11 - Lasagna roll up, garlic bread stick, carrots, peaches, and milk

Wed., Oct. 12 - Popcorn chicken, rice, green beans, applesauce, and milk

Thurs., Oct. 13 - Chicken wrap, cheesy fries, cucumbers, yogurt, and milk

Fri., Oct. 14 - Hotdog, corn on the cob, oranges, funnel cake fries, and milk

Costumes

On, Friday, October 28th & Monday, October 31st the preschoolers will be allowed to bring in a costume to wear for part of our day. Please make sure the costume fits in your child's backpack and if possible can be put on independently (preferably over their regular school clothes). The high school National Honor Society will be sharing treats with the preschoolers on these two days. Additional information will be shared in the near future.

Remote Learning Bags

Your child will be bringing home 4 remote learning bags this week. PLEASE put these in a safe location, so that you can bring them out when or if they are needed. These DO NOT NEED TO BE COMPLETED UNTIL you are instructed to do so.

Positive Parenting Tips for Healthy Child Development

Preschoolers (3-5 years of age)

Developmental Milestones

Skills such as naming colors, showing affection, and hopping on one foot are called developmental milestones. Developmental milestones are things most children can do by a certain age. Children reach milestones in how they play, learn, speak, behave, and move (like crawling, walking, or jumping).

As children grow into early childhood, their world will begin to open up. They will become more independent and begin to focus more on adults and children outside of the family. They will want to explore and ask about the things around them even more. Their interactions with family and those around them will help to shape their personality and their own ways of thinking and moving. During this stage, children should be able to ride a tricycle, use safety scissors, notice a difference between girls and boys, help to dress and undress themselves, play with other children, recall part of a story, and sing a song.

For more details on developmental milestones, warning signs of possible developmental delays, and information on how to help your child's development, visit the "Learn the Signs. Act Early." campaign website.

<http://www.cdc.gov/ncbddd/actearly/index.html>

Positive Parenting Tips

Following are some things you, as a parent, can do to help your preschooler during this time:

- Continue to read to your child. Nurture her love for books by taking her to the library or bookstore.
- Let your child help with simple chores.
- Encourage your child to play with other children. This helps him to learn the value of sharing and friendship.
- Be clear and consistent when disciplining your child. Explain and show the behavior that you expect from her. Whenever you tell her no, follow up with what he should be doing instead.
- Help your child develop good language skills by speaking to him in complete sentences and using "grown up" words. Help him to use the correct words and phrases.
- Help your child through the steps to solve problems when she is upset.
- Give your child a limited number of simple choices (for example, deciding what to wear, when to play, and what to eat for snack).



Child Safety First

As your child becomes more independent and spends more time in the outside world, it is important that you and your child are aware of ways to stay safe. Here are a few tips to protect your child:

- Tell your child why it is important to stay out of traffic. Tell him not to play in the street or run after stray balls.
- Be cautious when letting your child ride her tricycle. Keep her on the sidewalk and away from the street and always have her wear a helmet.
- Check outdoor playground equipment. Make sure there are no loose parts or sharp edges.
- Watch your child at all times, especially when he is playing outside.
- Be safe in the water. Teach your child to swim, but watch her at all times when she is in or around any body of water (this includes kiddie pools).
- Teach your child how to be safe around strangers.
- Keep your child in a forward-facing car seat with a harness until he reaches the top height or weight limit allowed by the car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it will be time for him to travel in a booster seat, but still in the back seat of the vehicle. The National Highway Traffic Safety Administration has information on how to keep your child safe while riding in a vehicle.

Healthy Bodies

- Eat meals with your child whenever possible. Let your child see you enjoying fruits, vegetables, and whole grains at meals and snacks. Your child should eat and drink only a limited amount of food and beverages that contain added sugars, solid fats, or salt.
- Limit screen time for your child to no more than 1 to 2 hours per day of quality programming, at home, school, or child care.
- Provide your child with age-appropriate play equipment, like balls and plastic bats, but let your preschooler choose what to play. This makes moving and being active fun for your preschooler.

A pdf of this document for reprinting is available free of charge from

<http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/preschoolers.html>

Additional Information:

<http://www.cdc.gov/childdevelopment>

1-800-CDC-INFO (800-232-4636) <http://www.cdc.gov/info>

How to make a Home Fire Escape Plan

100 YEARS
1922-2022



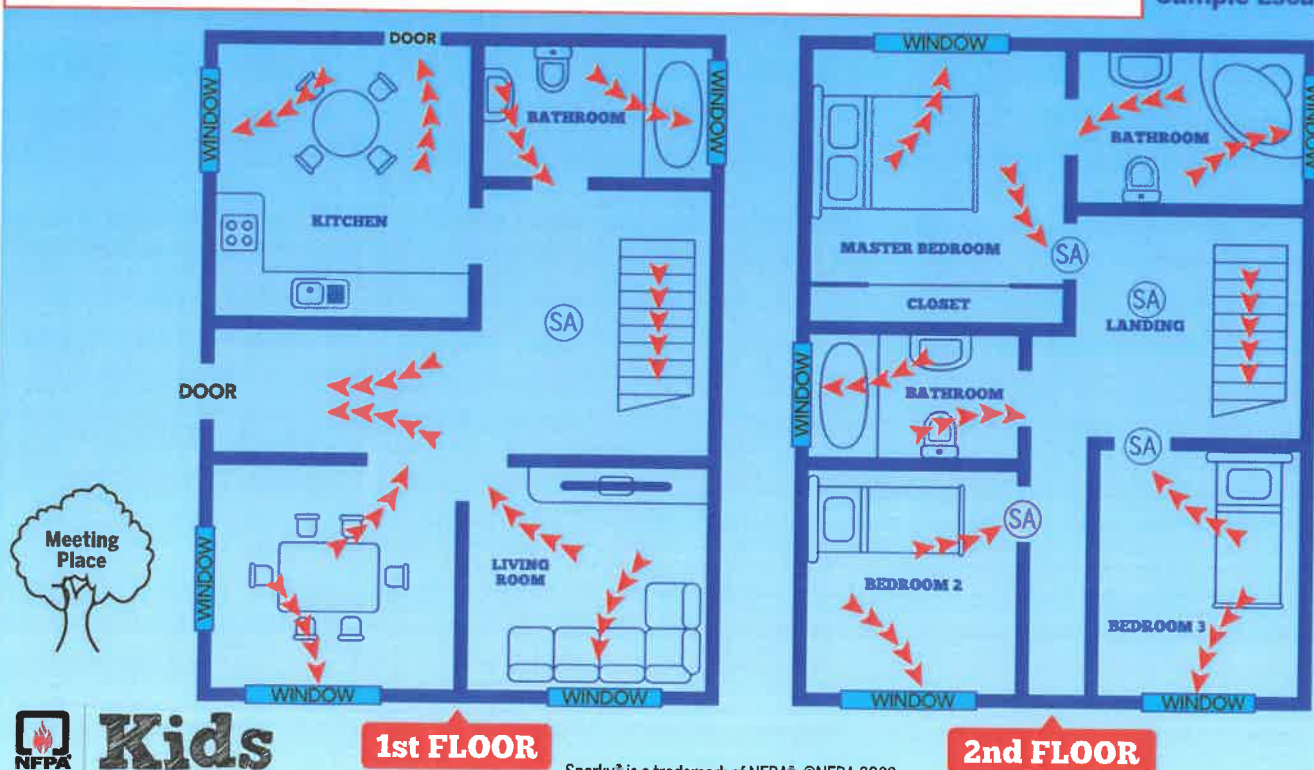
FIRE PREVENTION WEEK™



Visit Sparky.org
for more activities!

- ☐ Draw a map of your home. Show all doors and windows.
- ☐ Visit each room. Find two ways out.
- ☐ All windows and doors should open easily. You should be able to use them to get outside.
- ☐ Make sure your home has smoke alarms. Push the test button to make sure each alarm is working.
- ☐ Pick a meeting place outside. It should be in front of your home. Everyone will meet at the meeting place.
- ☐ Make sure your house or building number can be seen from the street.
- ☐ Talk about your plan with everyone in your home.
- ☐ Make sure everyone in your home knows how to dial 911 or your local emergency number.
- ☐ Practice your home fire drill!
- ☐ Make your own home fire escape plan using the grid provided on page 2.

Sample Escape Plan



Kids

1st FLOOR

2nd FLOOR

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**FIRE
PREVENTION
WEEK™**

Fire won't wait. Plan your escape.™

The _____ Family's Home Safety Action Plan

☐ ACTION #1

Make the first Saturday of each month "Smoke Alarm Saturday"!

A working smoke alarm will clue you in that there is a fire and you need to escape. Fire moves fast. You and your family could have only minutes to get out safely once the smoke alarm sounds.

- Smoke alarms should be installed in every sleeping room, outside each sleeping area, and on every level of the home, including the basement.
- Test all of your smoke alarms by pushing the test button. If it makes a loud beep, beep, beep sound, you know it's working. If there is no sound or the sound is low, it's time to replace the battery. If the smoke alarm is older than 10 years old, you need to replace the whole unit.
- If your smoke alarm makes a "chirp," that means it needs a new battery. Change the battery right away.
- Make sure everyone in the home knows the sound of the alarm and what to do when it sounds. (See ACTION #2.)



☐ ACTION #2

Develop a home fire escape plan and practice it at least twice a year!

Having a home fire escape plan will make sure everyone knows what to do when the smoke alarm sounds so they can get out safely.

- Draw a map of your home, marking two ways out of each room, including windows and doors.
- Children, older adults, and people with disabilities may need assistance to wake up and get out. Make sure they are part of the plan.
- Make sure all escape routes are clear and that doors and windows open easily.
- Pick an outside meeting place (something permanent like a neighbor's house, a light post, mailbox, or stop sign) that is a safe distance in front of your home where everyone can meet.
- Everyone in the home should know the fire department's emergency number and how to call once they are safely outside.
- Practice! Practice! Practice! Practice day and nighttime home fire drills. Share your home escape plans with overnight guests.



☐ REMEMBER:

When You Hear a Beep, Get On Your Feet!

Get out and stay out. Call **9-1-1** from your outside meeting place.

Hear a Chirp, Make a Change!

A chirping alarm needs attention. Replace the batteries or the entire alarm if it is older than 10 years old. If you don't remember how old it is, replace it.