

Volume 2/ November 2022

Boyd County Early Childhood Academy Newsletter

MISSION STATEMENT

Boyd County Preschool Programs are committed to the cognitive, emotional, physical and social development of our children and their families. Through developmentally appropriate practices and partnerships with the families, we plan to instill a love of learning that will last a lifetime.

GREAT FIRE SAFETY DAY!







Firefighters came to the preschool to talk about fire safety. They explained to the preschoolers what to do in case of a fire and who to call. If on fire, the preschoolers told what they had learned to the firefighters . "Stop, Drop and Roll." The firefighters showed them their gear they wear for a fire. The firefighter spoke with the helmet and the oxygen on. The children thought it was funny sounding but were taught not to be afraid and to yell out to the firefighter so they could find them. The children went into the smoke house and crawled out. They felt the door with the back of their hand since it was hot and knew not to enter. Please practice at home with your preschoolers a fire safety route and a meeting spot to make sure everyone is out of the fire safely.

Thank you to all those who gave up their time, to be with our children!

Please check your child's backpack daily!

CPR/1ST AID TRAINING CLASSES

If you are interested in taking this training, please contact Sue Kenser #928-7110 or email sue.kenser@boyd.kyschools.us



Dear parents/guardians,

Soon, it will be time to celebrate Thanksgiving! As we approach this time of the year, we are reminded to count our blessings.

One thing that I am most thankful for is the people who have come into my life. Think about that for a moment. Think about your family, friends, and all of the people who have impacted your life. Allow me to encourage you to spend some time remembering those special people, both past and present. Try to take a moment to tell them how much they mean to you, and that you recognize they are a gift.

Something else that we can be thankful for is the ability to read and write. The month of November is National Family Literacy Month. During this month and all throughout the year, I encourage you to incorporate reading and writing into your daily family activities. I hope you were able to find time to read *The Very Hungry Caterpillar* book and do the follow-up activities we sent home with your child last week. Here are some other ways you can build early literacy skills with your child every day:

1. Talking with Your Child

Tell stories.

- "When you were a baby..."
- "One time when I was your age..."

Describe your actions.

- "I'm putting some oil in this boiling water so the pasta won't stick together. Now I'll put in the pasta. Look at the steam from that pot— I'd better be careful."

Describe your child's actions.

- "You are digging a very deep hole with that shovel."
- "You are building a tall skinny tower with the blocks."

Expand words. "That's right. It's a puppy. See how short and long this puppy is? He's a dachshund."

Have conversations with your child. "Tell me how you made this picture."

Ask questions that have more than one or two word answers

- "What happened that made you feel sad?"
- "What do you think he's doing?"

2. Reading with Your Child

Read with your child at least once every day. Read anytime, anywhere!

Read stories with expression. Talk loudly, talk softly, buzz like a bee, chirp like a bird.

Talk about the cover of the book. Look at the picture, "What do you think this story is going to be about?" "Why do you think that?"

Talk about stories. "Tell me about the puppy" or "Why do you think he looks sad?"

Talk about how words are used in the story. "What do you think the word 'lonely' means?" "Have you ever felt lonely?"

In closing, as we head into the Thanksgiving season remember to be thankful and cherish your time spent together! All the best from all of us at BCECA!

Stephanie Lyons, Director







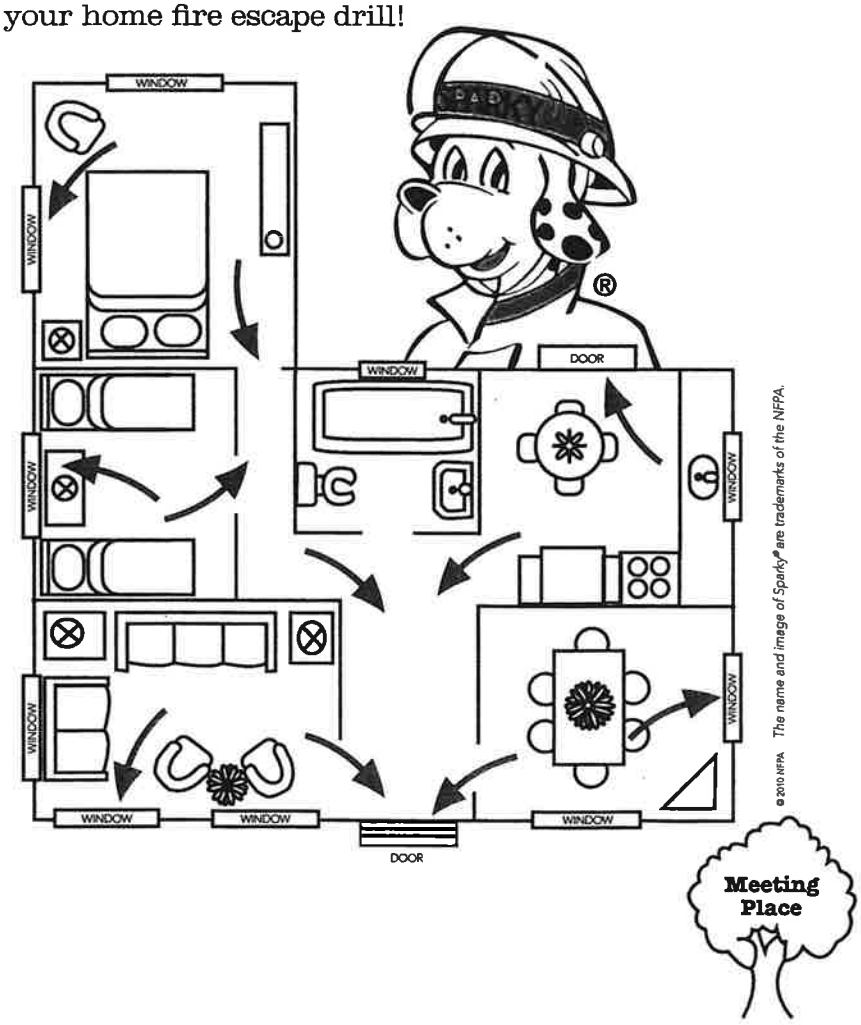






How to Make a Home Fire Escape Plan

- ❍ 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.
- ❍ Learn the emergency phone number for your fire department.
- ❍ Practice your home fire escape drill!



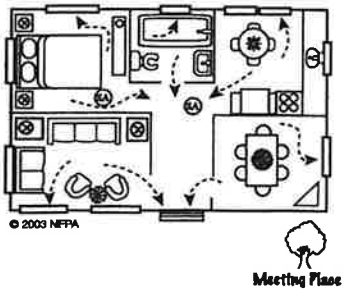
© 2010 NFPA The name and image of Sparky® are trademarks of the NFPA.

- ❍ Make your own home fire escape plan on the back of this paper.

Home Fire Escape Plan

Memorize your **fire department's emergency phone number** and write it here: _____

Use the space below to create your home fire escape plan.



- Draw a floor plan or a map of your home. Show all doors and windows.
- Mark two ways out of each room.
- Mark all of the smoke alarms with (SA). Smoke alarms should be in each sleeping room, outside each sleeping area, and on every level of the home.
- Pick a family meeting place outside where everyone can meet.
- Remember, practice your plan at least twice a year!

Check out **www.sparky.org** for fire safety games and activities.
Sparky® is a trademark of NFPA.

Grown-ups: Children don't always awake when the smoke alarm sounds. Know what your child will do before a fire occurs. Get more information on smoke alarms and escape planning at **www.nfpa.org/factsheets.**

If you would like a hard copy of the newsletter sent home, please contact sue.kenser@boyd.kyschools.us or call at (606) 928-7110.

















Boyd County Early Childhood Academy

WE WANT YOU!



If you missed the volunteer training, please email sue.kenser@boyd.kyschools.us or call (606) 928-7110 to set up a time and date that is good for you for the training.

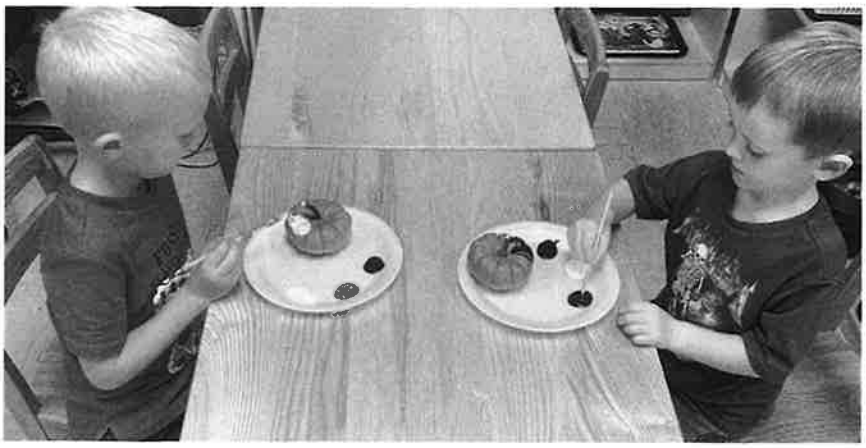



MOM'S LITTLE
SUPER
HERO




Blocks
Center





HAPPY NOVEMBER BIRTHDAY !

Mr. Adkins– Phoenix, Canaan
Mrs. Bevis– Adeline
Mr. Davis– Archie, Riley
Mrs. Dillon– Chloe
Mrs. Jenkins– Jayden, Cannon, Ryleigh
Mrs. McKenzie– Emery, Parker, Jeremiah
Mrs. Perkins– Weston
Mrs. Reapsummer– Alexie, Mia
Ms. Roberts– Landon, Eliza, Eva
Mrs. Jude– Luke
Mrs. Snyder– Dexter
Mrs. Wilburn– Daxton, Blake

POLICY COUNCIL CLASSROOM REPRESENTATIVES

Mrs. Dillon– Tanesha Wood
Mr. Davis– Tosha Carpenter
Mrs. Roberts– Misty Dunham
Mrs. Wilburn– Amanda Elswick
Mr. Adkins– Christi Vincent
Mrs. Bevis– Shelby Johnson
Mrs. McKenzie– Alicia Williams
Mrs. Perkins– Whitney Sergent
Mrs. Jenkins– Donna Bailey
Mrs. Reapsummer– Samantha Hedrick
Mrs. Jude-
Mrs. Crow– Kristen Dotson
Mrs. Snyder– Olivia Bouchard

IF YOU WOULD LIKE A COPY OF THESE MINUTES , PLEASE CONTACT SUE KENSER AT #928-7110.

UPCOMING EVENTS

PARENT TOPIC MEETING– Friday, November 18, 2022 at 8:15 a.m. @BCECA.

Information will be sent home regarding this meeting.

POLICY COUNCIL MEETING - Tuesday, November 29, 2022 at 8:15 a.m. (HYBRID)

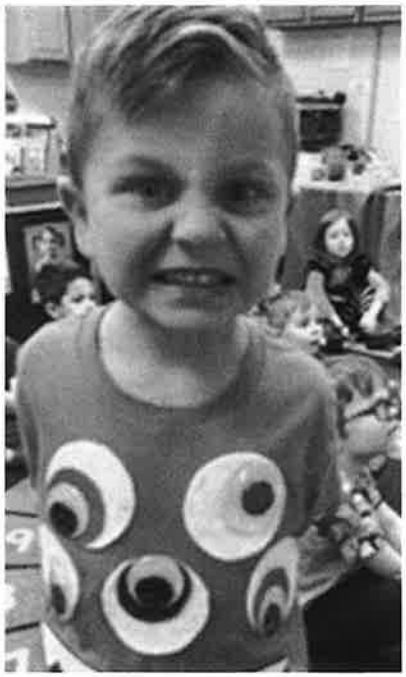
BOYD COUNTY BOARD OF EDUCATION– Every fourth Tuesday at 6:00 p.m. at BCHS.

REMEMBER ALL THESE MEETING ARE OPEN TO EVERYONE!

OUR SCHOOL MENUS ARE ON OUR WEBSITE! IF YOU NEED A COPY OF THEM, PLEASE CALL SUE KENSER @928-7110.








OLD NAVY
EST. 1994








Who keeps us safe?















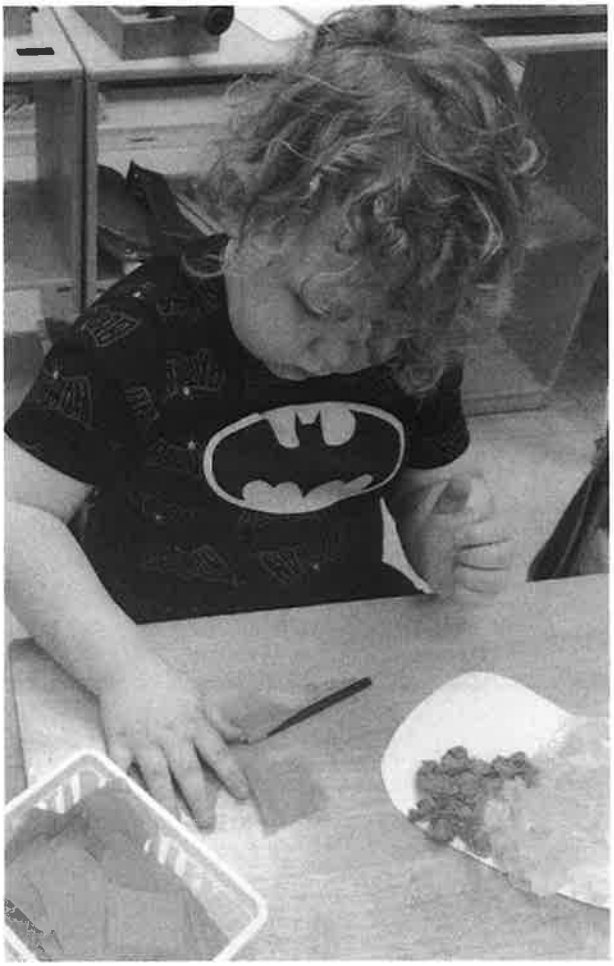












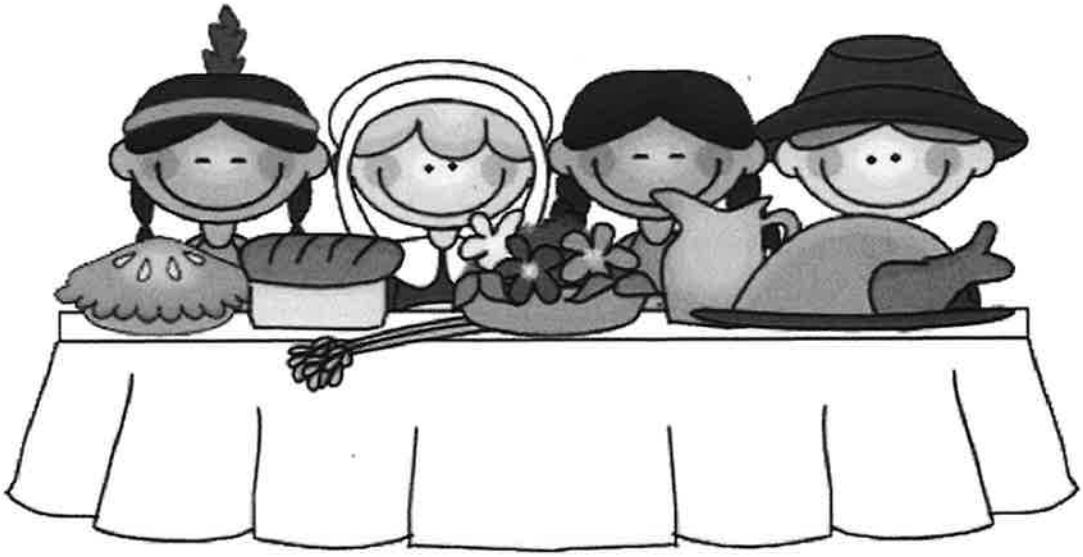


HERE IS A GREAT WEBSITE!

SESAME STREET IN COMMUNITIES

Remember if you bring your child to school after 8:00 a.m., they are tardy. Please walk them into the office and sign a tardy slip.

Thank you for working with us to provide a structured routine for your child!





THANKSGIVING BREAK!

MONDAY, NOVEMBER 21, 2022 THRU

FRIDAY, NOVEMBER 25, 2022

SEE YOU ALL BACK ON MONDAY,

NOVEMBER 28, 2022!



4th Saturday Monthly
1-3:00 pm

ASHLAND BRANCH

If you're a lover of anime, manga, and Asian culture join us every fourth Saturday each month as we share our favorite movies, books, and all things Japanese! *All ages.*

The Library
BOYD CO. (KY) PUBLIC LIBRARY

#BCPLOPEN4ALL

thebookplace.org



YOGA

Yoga classes for all fitness levels. Taught by certified yoga instructor Victoria Knipp RYT-200. Our yoga classes take place select Thursday evenings in November. Classes are scheduled for one hour. Bring your own yoga mat or use one provided by the library.

For more information contact Kellie Nunley; (606) 329-0518, ext.1810.

ASHLAND BRANCH MEETING ROOM
Select Thursdays | 6 pm
November 3 • 10 • 17

Classes outdoors weather permitting*

thebookplace.org

ASHLAND BRANCH
1740 Central Avenue | Ashland
M-TH 9A-8P | **F-SAT** 9A-5P | **SUN** 1P-5P

CATLETTSBURG BRANCH
2704 Louisa Street | Catlettsburg
SUN-TUES CLOSED | **W-TH** 2P-6P | **F-SAT** 1P-5P

MIDLAND BRANCH
6686 US Route 60 | Summit
M-TH 9A-8P | **F-SAT** 9A-5P | **SUN** 1P-5P

(606) 329-0090

One-on-one computer and technology classes, help, and training available. Call (606) 329-0090 to make an appointment.

NOVEMBER **ADULTS**

DIY *Thanksgiving Table Runner*

Jazz up your Thanksgiving dinner table with your very own table runner! Join us to decorate a table runner to personalize your dinner table. *Adults only.* Registration is required.

MIDLAND **Thursday, November 17 | 6 pm**

Knitters Unite & Crocheters, Too!

Hang out with fellow skeins and work on your projects together! Doesn't matter your skill level, we're just a group of knitters that want to help and encourage each other with their projects. We will meet the second Thursday of each month from 6p-8p at the Midland Branch. Heading the group will be Amy Porter. She can be reached at knitter44.am@gmail.com or (304) 634-2742.



MIDLAND **Thursday, November 10 | 6 pm**

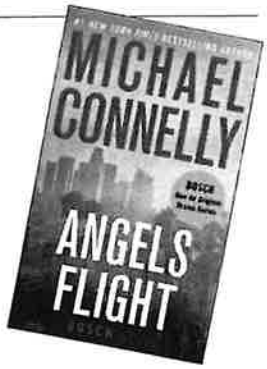
Fresh Flowers for Thanksgiving

Join us as Tommy with Fields Flowers shows us how to create a simple fresh flower arrangement for your Thanksgiving Table! *Adults only.* Registration is required.

Fields Flowers

ASHLAND **Monday, November 21 | 6 pm**

NOVEL-TEA *Book Club*



A lively discussion about novels over tea and biscuits. November's book: *Angels Flight* by Michael Connelly. Stop by Midland Branch and pick up your copy and join in! *Adults only.*

For more information, email Tiffany at tseibert@thebookplace.org.

MIDLAND **Monday, November 28 | 1 pm**

MAIN **BOOK CLUB**



Join us each month as this group will choose a book to read collectively and then discuss our thoughts of what we have read. November's book: *Fly Away* by Kristin Hannah. Stop by the Ashland Branch and pick up your copy and join in! *Adults only.*

For more information, email Tiffany at tseibert@thebookplace.org.

ASHLAND **Tuesday, November 29 | 6 pm**

NOVEMBER CHILDRENS/TEENS

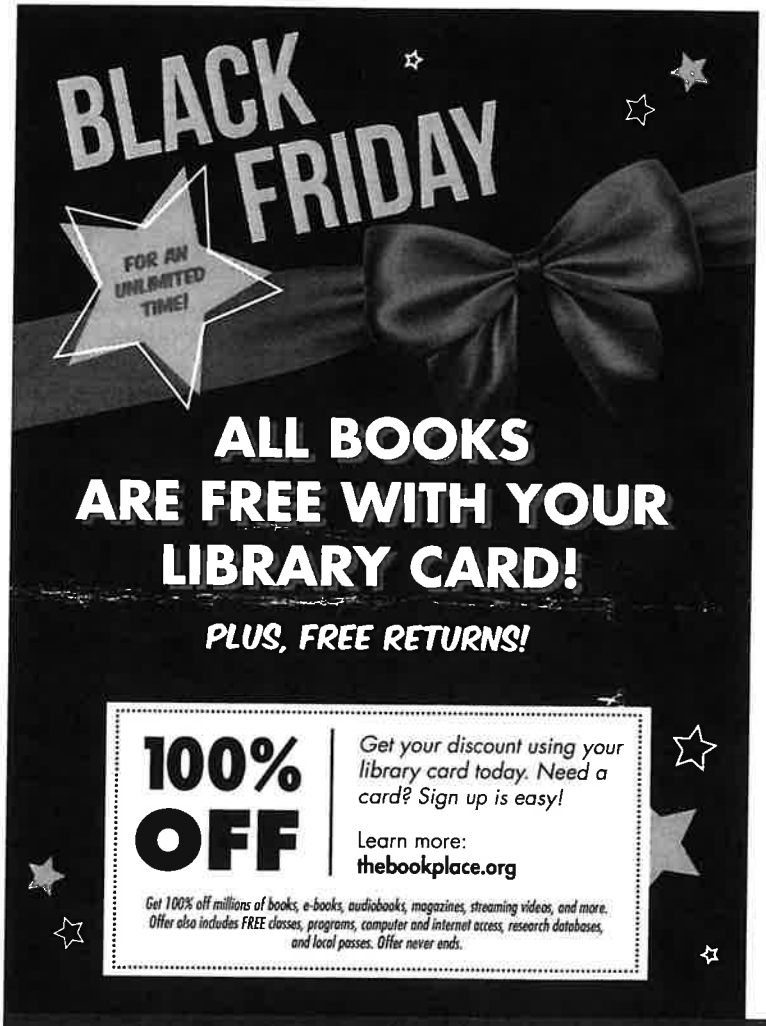
Baby & Me *storytime*

For ages birth – two *and their caregivers.*



Bring your toddler by to enjoy fun sensory activities and to help grow their love of reading through our interactive Baby & Me Storytime.

Fridays | 11 am - 12 pm
MIDLAND **November 4 • 18**
ASHLAND **November 11**



Storytime

For ages 3-5



Hansel and Gretel
Join us as we read a retelling of Hansel and Gretel and make our own food art!

MIDLAND **Tuesday, November 1 | 11 am - 12 pm**
ASHLAND **Wednesday, November 2 | 11 am - 12 pm**

Hibernation Station
Come hang out and read some cool books to learn about these animals that hibernate all winter long!

MIDLAND **Tuesday, November 8 | 11 am - 12 pm**
ASHLAND **Wednesday, November 9 | 11 am - 12 pm**

My Shiny Teeth and Me!
It's time to learn all about the Tooth Fairy and how to keep our teeth clean and shiny!

MIDLAND **Tuesday, November 15 | 11 am - 12 pm**
ASHLAND **Wednesday, November 16 | 11 am - 12 pm**

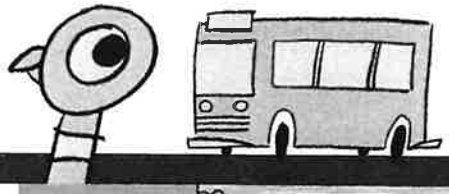
A Charlie Brown Thanksgiving
Join us as we read the classic "A Charlie Brown Thanksgiving" and other 'turkey day' books while we enjoy some tasty snacks and make some fun turkey crafts!



MIDLAND **Tuesday, November 22 | 11 am - 12 pm**
ASHLAND **Wednesday, November 23 | 11 am - 12 pm**

Don't Let the Pigeon Drive the Bus
Today we will be reading the book, "Don't Let the Pigeon Drive the Bus", by Mo Willems and we will have some fun bus themed songs and activities!

MIDLAND **Tuesday, November 29 | 11 am - 12 pm**
ASHLAND **Wednesday, November 30 | 11 am - 12 pm**



N-B-TWEEN CLUB

Ages 6-12

Pumpkin Decorating Celebrate fall and experiment with a variety of fun methods to decorate artificial pumpkins!

ASHLAND **Saturday, November 5**
MIDLAND **Saturday, November 12**
2-3 pm

*TEEN {PROGRAM}

ages 13-18

Learn the art of Macrame as we create our own custom keychains!

ASHLAND **Tuesday, November 8**
MIDLAND **Tuesday, November 15**
6-7 pm

Japanese Culture Club



This is a monthly program to bring together people of all ages who enjoy or are curious about various aspects of Japanese culture. Create colorful works of aquatic creatures like koi, whales, and octopi through the Japanese art of watercolor salt painting.

ASHLAND **Saturday, November 19**
1-3 pm

BCPL PROGRAMS IN NOVEMBER

ASHLAND BRANCH M-TH 9A-8P | F-SAT 9A-5P | SUN 1P-5P
MIDLAND BRANCH M-TH 9A-8P | F-SAT 9A-5P | SUN 1P-5P
CATLETTSBURG BRANCH SUN-TUES CLOSED | W-TH 2P-6P | F-SAT 1P-5P
thebookplace.org

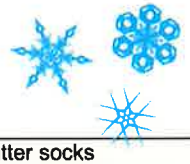
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 **Storytime (Ages 3-5)** 11 am | MIDLAND	2 **Board of Trustees** 4:30 pm | ASHLAND **Storytime (Ages 3-5)** 11 am | ASHLAND	3 **Yoga** 6 pm | ASHLAND	4 **Baby & Me Storytime** 11 am | MIDLAND	5 **Indie Author Day** 1-4 pm | MIDLAND **N-B-Tween Club** 2 pm | ASHLAND
6	7	8 **Storytime (Ages 3-5)** 11 am | MIDLAND **Teen Club** 6 pm | ASHLAND	9 **Storytime (Ages 3-5)** 11 am | ASHLAND	10 **Knitters & Crocheters** 6 pm | MIDLAND **Yoga** 6 pm | ASHLAND	11 **Baby & Me Storytime** 11 am | ASHLAND	12 **N-B-Tween Club** 2 pm | MIDLAND
13	14	15 **Storytime (Ages 3-5)** 11 am | MIDLAND **Teen Club** 6 pm | MIDLAND	16 **Storytime (Ages 3-5)** 11 am | ASHLAND	17 **DIY Thanksgiving Table Runner** 6 pm | MIDLAND **Yoga** 6 pm | ASHLAND	18 **Baby & Me Storytime** 11 am | MIDLAND	19 **Japanese Culture Club** 1-3 pm | ASHLAND
20	21 **Fresh Flowers for Thanksgiving** 6 pm | ASHLAND	22 **Storytime (Ages 3-5)** 11 am | MIDLAND **Library Closes District-Wide @ 5pm for Parade**	23 **Storytime (Ages 3-5)** 11 am | ASHLAND **Library Closes District-Wide @ 5pm for Thanksgiving Eve**	24 **Library Closed District-Wide for Thanksgiving**	25 **Library Closed District-Wide for Thanksgiving**	26
27	28 **Novel-Tea Book Club** 1 pm MIDLAND	29 **Storytime (Ages 3-5)** 11 am | MIDLAND **Main Book Club** 6 pm | ASHLAND	30 **Storytime (Ages 3-5)** 11 am | ASHLAND	1	2	3

December



Get Moving Today!

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time to practice your jumping skills. Practice jumping far and high – bend your knees, reach for the sky, and land softly.	Go for a walk. As you walk practice other ways to move, skipping, galloping, sliding, and leaping. 	Using a balloon, practice volleying with different parts of your body. Can you keep the balloon in the air using your hand, your thumb, or even your elbow?	Go on an ABC treasure hunt! Move throughout your house finding items that begin with each letter. When you get to an item do a fun movement such as donkey kicks, log rolls, or jumping jacks.	Movement Add On: Working together, create a movement sentence. One person starts by doing one movement, the next person does a new movement, and then do the two movements together. Keep adding new movements.	Enjoy the day by going for a family walk. As you walk together take turns sharing something that is special about your family.	Turn on some relaxing, quiet music as you stretch your body in many different ways. Between each stretch try to relax and breath.
Work on your kicking skills. Kick a pair of rolled up socks from room to room.	Sit with your family and take turns laughing. Try to make your laugh extra special.	Time to roll. Clear out some space in your home and roll from one end to the other. First keep your body as straight as you can, then try it with a bent body.	Roll up some socks and practice your throwing skills - turn, step, throw, follow-through.	Practice your hopping skills! Hop once on each foot, and then hop twice on each foot, etc. Keep on hopping and counting.	Pretend to skate on paper plates. Add some style and some tricks.	Puzzle relay: Put puzzle pieces on one end of the room. Starting on the other side, run, pick up a puzzle piece, run back and start the puzzle.
Find items around your home that make noise. Use these "instruments" as you march through your home in a parade.	Create an obstacle with chairs and blankets. Practice moving under, over and around. 	Visit every space in your home, but each time you get to a space do five jumps as high as you can and then move to the next space.	Sort toys as you exercise. Begin by figuring out how to sort – by color, by size – then make piles on different ends of your home. As you find an object move quickly to the correct pile, hop on each foot five times, and then move quickly back to get another toy.	Use your creativity to make up a new game that uses something from your kitchen. Give your game a funny name. 	Get outside and go for a walk. As you walk breath in through your nose and blow out through your mouth.	Work on your cutting skills and make some paper snowflakes. 
Use the snowflakes from yesterday to make a trail through your home. Can you move through your home without touching the floor and only touching the snowflakes?	Take a run. Work on moving in a straight line, move your arms front and back, and land lightly on your feet. Celebrate winning the race!	Family relaxation activity. Turn the lights off and you lay down on the floor. Squeeze and then relax your muscles. Breathe.	Movement charades: Act our something that has to do with winter. Can anyone guess what you are?	Indoor snowball fight! Make a bunch of paper balls and have fun throwing them far, near, high, low. Pick them up and do it again.	Transportation fun: Begin by identifying a different form of transportation and then pretend to do it. Such as riding your bike, driving a big bus or gliding on your roller blades.	Scatter socks throughout the room. Pretend to walk on a tight rope. When you get to a sock, stand on one foot, bend down and pick up the sock – keep your balance.
Get outside for a game of tag. If you have snow on the ground, this will be extra good for your body.	Pretend to float all through your home like a snowflake falling from the sky - float high, float low, float fast, float slow.	Can you build a tower out of pillows? Practice your underhand throwing skill as you try to knock over the tower.	Pretend to be animals who play in the snow – walk like a polar bear, a penguin, and a seal.	Sit across from your parent/caregiver and practice rolling a "snow ball" back and forth – count to 10 as you roll back and forth, and then move further apart and try it again.	Put mittens on your feet and use them as skates to glide across the kitchen floor. 	What was your favorite activity this month? Give it another try!

Funding for this project was provided by the Office of Head Start, Administration for Children and Families, U.S. Department of Health and Human Services

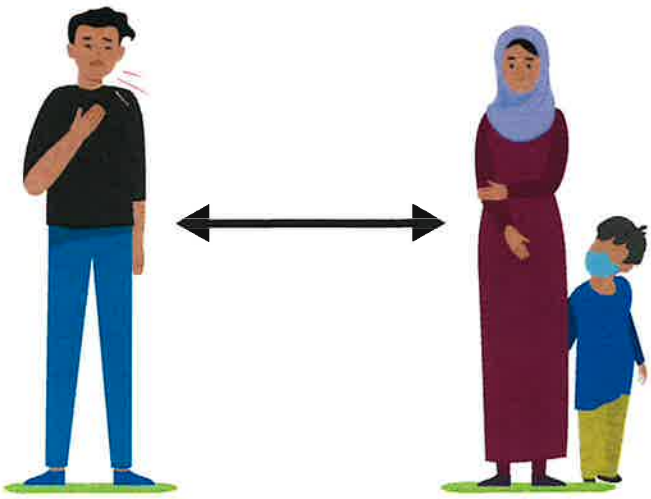
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SHAPE America
health. moves. minds.

Prevent RSV

Respiratory syncytial virus (RSV) is a germ that usually causes cold-like symptoms. But sometimes, it causes serious lung problems like pneumonia, especially in small children. Protect your child from RSV by making sure that they



Avoid sick people



Wash their hands often

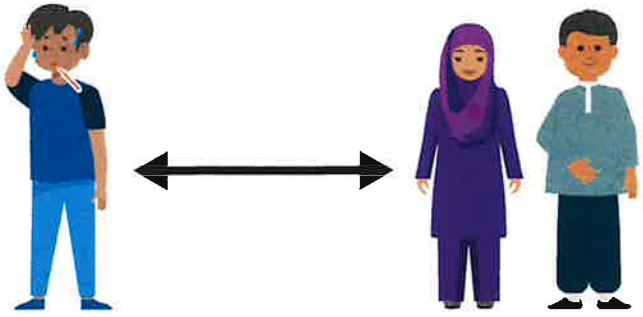


Cover their coughs & sneezes



Avoid touching their eyes, nose, and mouth

Stay away from others when sick



cdc.gov/afghan-evac

CS 322197 | 12/03/202

CALMING TECHNIQUES

Tips for Staying Calm and Relaxed



Breathe

Controlled breathing can cause physiological changes, including lowered blood pressure and heart rate, and reduced levels of stress hormones in the blood.



Relax your body

Relieve your psychological stress, relax your mind and release tension in your body.



Change your thoughts

Regulate the thoughts that cause you anxiety, stress, depression or other emotional issues.



Visualize calm

A simple method to give you a "break" from your stress so that it doesn't control your life.

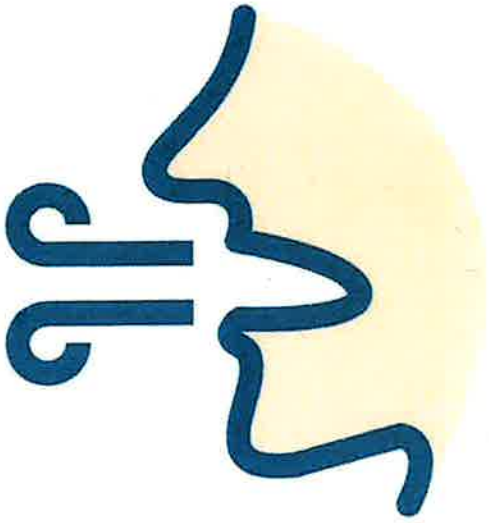


Try guided meditation

A practice available to all, which can reduce stress, increase calmness and clarity and promote happiness.

CALMING TECHNIQUES

Tips for Staying Calm and Relaxed



Breathe

Controlled breathing can cause physiological changes that include:

- lowered blood pressure and heart rate
- reduced levels of stress hormones in the blood
- improved immune system functioning
- increased physical energy
- increased feelings of calm and wellbeing.

CALMING TECHNIQUES

Tips for Staying Calm and Relaxed



Relax your body

1. Settle into a comfortable position, so you feel relaxed.
2. Close your eyes or leave them open, not focusing on anything in particular.
3. Rest for a few moments, paying attention to the natural rhythm of your breathing.
4. Once your body and mind are settled, bring awareness to your body as a whole. Be aware of your body resting and being supported by the chair, mattress, or floor.
5. Begin to focus your attention on different parts of your body.
6. Relax

CALMING TECHNIQUES

Tips for Staying Calm and Relaxed



Change your thoughts

1. Focus on what you want, not on what you don't have
Focus on things you want to achieve.

2. Visualise and get your vision board up. Sometimes we feel negative and down because we are not getting what we want. Take the time to re-connect with your vision.

3. Gratitude
Gratitude is such a powerful tool. Did you know that you cannot feel negative emotions and feel grateful at the same time? Choose to feel grateful.

4. Negative self-talk
Start watching the way you talk to yourself. Self-talk is important because it has a big impact on how you feel and what you do.

CALMING TECHNIQUES

Tips for Staying Calm and Relaxed



Visualize calm

As human beings, we have the ability to control our anxious thoughts through visualization techniques.

Visualization is a popular relaxation technique that involves using your imagination to experience a desired feeling such as peacefulness, confidence, or motivation. Visualization can also help reduce feelings of nervousness.1

CALMING TECHNIQUES

Tips for Staying Calm and Relaxed



Try guided meditation

Meditation is the practice of being present and mindful for a limited period of time and is linked to numerous benefits for physical and mental health. Meditation reduces stress, improves sleep, increases focus, raises mood and can even improve relationships.

Through the calmness encouraged by meditation, people can discover clarity, contentment and compassion. Research on meditation is ongoing, but the benefits of meditation are well-established.