

Delphos City Preschool Post

DEAR FAMILIES

We have had a great start to the year. The students have been learning the routines, following directions, and participating in a variety of activities during their days. The preschool is continuing to use a social emotional curriculum this year entitled AI's Pals. The teachers will be sharing information on the curriculum in their weekly newsletters. More information can be found on the back about the implementation of the Preschool Positive Behavior Expectations.

Important Dates

Monday, Sept. 18th - 2 hour delay for teacher-in-service - preschool doors will open at 10:30 am with latchkey starting at 9:30 am

Preschool Positive Behavior Expectations

Be kind, be a leader, and be safe are the focus for this year's positive behavior expectations. Be kind focuses on being a friend, playing with my friends, sharing, taking turns, and helping others. Be a leader focuses on looking at the speaker, listening, using a quiet voice, cleaning up, and throwing my trash away. Be safe focuses on following directions, keeping my hands and feet to myself, using gentle hands, using my walking feet, and using materials safely. The students who follow these expectations will be receiving a Positive Behavior Referral from the teacher/classroom aide and the preschool director. A copy of the expectations and positive behavior referrals can be found on the back of the newsletter along with a few examples of how the preschoolers are following the expectations.

Morning Doors

Reminder doors open in the morning at 8:30 am. If a preschooler arrives before 8:30 am the 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!

Lunch Money

The lunch price per day for preschool is \$1.40. You may submit a lump sum toward their account by placing money in your child's folder. The extra money will be kept on their lunch account to be used throughout the year.

Student Goals

Thank you for collaborating with your child's teacher to develop two annual goals for your child. These goals are established for either educational and/or developmental goals allowing the families, teachers, and preschool program to work together. Progress toward the goals will be shared on each quarterly progress report.

Attached Information

The National Association of Elementary School Principals Reports to Parents are attached. The report shares information on how to "Help Your Kids Make New Friends" and "7 Strategies to Help Kids Start the School Year Strong."

Upcoming Dates

Fri., Sept. 8th - Mon/Wed day

Fri., Sept. 15th - Tues/Thurs day

Mon., Sept. 18th - 2 hour delay - teacher in-service - preschool doors open at 10:30 am - latchkey starts at 9:30 am

Fri., Sept. 22nd - Mon/Wed day

Fri., Sept. 29th - Tues/Thurs day

Delphos City Schools Preschool Positive Behavior Expectations



Below are examples of the Positive Behavior Referrals your child may receive for being crazy kind, a leader, and super safe.

Positive Behavior Referral

Student _____ Date _____

Your child was crazy kind!

- ★ Being a friend
- ★ Playing with Friends
- ★ Sharing
- ★ Taking Turns
- ★ Helping Others

Teacher/Aide _____ Director _____

Positive Behavior Referral

Student _____ Date _____

Your child was a leader!

- ★ Looked at the speaker
- ★ Listened to the speaker
- ★ Used a quiet voice
- ★ Cleaned up after playing
- ★ Threw away his/her trash

Teacher/Aide _____ Director _____

Positive Behavior Referral

Student _____ Date _____

Your child was super safe!

- ★ Followed directions
- ★ Kept his/her hands to themselves
- ★ Used gentle hands
- ★ Used walking feet
- ★ Used materials safely

Teacher/Aide _____ Director _____

We would love for you to help us with reviewing the Preschool Positive Behavior Expectations with your preschooler at home. We truly appreciate your support.

Thanks for a great start to the year!

Below are great examples of Be Kind - playing with my friends.





Help Your Kids Make New Friends

For children, fostering friendships post-pandemic carries its own set of challenges. Kids, and even parents, might find themselves overwhelmed and intimidated by returning to in-person activities, and this can cause anxiety, especially for young students who might already have trouble socializing. Isolation—especially during trying times—affected mental health for children and adults alike. School families can use these recommendations to help kids reconnect and socialize.

Provide Extra Support

Share your own thoughts on friendship and how hard it's been to get back to normal as a way to draw out concerns your child might be having about resocializing after COVID. Say something like, "I remember how I felt when I had to go back to work" or "I remember when I moved to a new school." Reassure your child that social anxiety is normal and affects all of us at one time or another. Role playing can help: Rehearse introductions and simple ways to help join into group conversations.

Join Group Activities

Outdoor sports and activities provide a healthy, safe way for kids to meet new friends, and the school playground is a natural place for elementary school kids to interact and form friendships. Online gaming sessions can also help your child connect with classmates and friends.

Reach Out to Old Friends

Ask your child about favorite classmates and suggest a meet-up to ride bikes or do something craft-based. Movie nights, mini golf, and ice cream outings can add structure and ease kids back into face-to-face interactions.



Observe and Offer Reassurance

If your child continues to struggle with making friends, observe what happens when your child interacts with other kids. Often, when we get uncomfortable, the first impulse is to run and hide. Offer reassurance that this is a normal reaction, and work as a team to come up with creative ways to connect.

Set Realistic Expectations for Your Child's Friendships

If your child doesn't have as many playdates or invites to birthday parties, that's OK. Being happy with just one or two good friends is normal. It's the quality, not quantity, that matters. Feeling a sense of connection, even if it's with just one favorite friend, is often enough.

Para los niños, cultivar las amistades después de la pandemia conlleva toda una serie de desafíos. Los niños, e incluso los padres, pueden sentirse abrumados e intimidados al retomar las actividades presenciales, y esto puede causar ansiedad, especialmente a los estudiantes jóvenes a quienes ya les costaba socializar. El aislamiento, especialmente en los momentos difíciles, afectó a la salud mental tanto de los niños como de los adultos. Las familias de niños en edad escolar pueden utilizar estas recomendaciones para ayudar a los niños a reconectarse y socializar.

Proporcionar apoyo adicional

Comente lo que piensa sobre la amistad y lo difícil que ha sido volver a la normalidad como una forma de expresar las inquietudes que su hijo pueda tener al volver a socializar después de la COVID. Diga algo como: «Recuerdo cómo me sentí cuando tuve que volver al trabajo» o «Recuerdo cuando pasé a una nueva escuela». Asegúrele a su hijo que la ansiedad social es normal y nos afecta a todos en un momento u otro. El juego de roles puede ayudar: Ensaye presentaciones y formas sencillas que ayuden a participar en conversaciones de grupo.

Participar en actividades de grupo

Los deportes y las actividades al aire libre son una manera saludable y segura para que los niños conozcan nuevos amigos, y el patio de la escuela es un lugar natural para que los niños de la escuela primaria interactúen y hagan amigos. Las sesiones de juegos en línea también pueden ayudar a su hijo a conectarse con compañeros de clase y amigos.

Retomar el contacto con los viejos amigos

Pregúntele a su hijo sobre sus compañeros de clase favoritos y sugiera una reunión para andar en bicicleta o hacer alguna manualidad. Las noches de películas, minigolf y salidas a



tomar un helado pueden facilitar un contexto y ayudar a que los niños vuelvan a interactuar cara a cara.

Observar y brindar confianza

Si a su hijo le sigue costando hacer amigos, observe lo que sucede cuando interactúa con otros niños. A menudo, cuando nos sentimos incómodos, el primer impulso es correr y escondernos. Hágale ver a su hijo que se trata de una reacción normal y trabajen juntos para encontrar formas creativas para que pueda socializar.

Establecer expectativas realistas para las amistades de su hijo

Si no invitan mucho a su hijo a jugar o a fiestas de cumpleaños, no pasa nada. Ser feliz con solo uno o dos buenos amigos es normal. Es la calidad, no la cantidad, lo que importa. Sentir una sensación de conexión, incluso si es solo con un amigo favorito, suele ser suficiente.



7 Strategies to Help Kids Start the School Year Strong

A strong foundation as the school year begins sets the tone for the rest of the school year. As children gear up to head back to school, families can use these strategies to get their kids excited for school and start the year strong.



- 1. Validate Feelings:** Whether students are starting a new grade or a new school, it can be scary. Give kids the opportunity to share their feelings about starting school, and validate these feelings by letting them know it's normal to feel that way.
- 2. Focus on the Positive:** Starting something new can cause anxiety for kids and adults alike. Help children make a list of fun things they're looking forward to during the school year.
- 3. Set Goals:** Having goals set ahead of the school year for the first few weeks helps them feel accomplished and more confident. Make goals unique to your child, but general ideas include finding a club or an activity to be part of, introducing themselves to one student they don't know, or reading a book in the first month or quarter of the school year.
- 4. Visit the School:** Many schools offer tours of the school or open houses for new students. Take advantage of this to help your child become familiar with a new building or classroom and how to navigate the school.
- 5. Meet With Teachers:** When students can meet their teachers ahead of the school year, it'll make them feel calmer when they show up for school the first day. Have your child write a "hello note" to their teacher that lets them introduce themselves and start building the connection that is so important to their success during the school year.
- 6. Connect With Friends:** Get your child together with friends, including new friends who will be in class with them, to talk about how they all feel about starting the new year. Have them take turns sharing what they're looking forward to the most and what hesitations they might have.
- 7. Set Up Accommodations and Specialized Services:** Individualized and equitable learning is a top priority in schools. This means that your child has access to individualized learning programs and specialized accommodations to help them learn in ways that maximize success for them. Connect with the school district or the school's administrators to set up these accommodations and services before the school year begins.



7 estrategias para ayudar a los niños a comenzar el año escolar con fuerza

Una base sólida al comienzo del año escolar marca la pauta para el resto del año. A medida que los niños se preparan para volver a la escuela, las familias pueden usar estas estrategias para que sus hijos se sientan entusiasmados y empiecen el año con fuerza.



1. **Validar los sentimientos:** ya sea que los estudiantes estén comenzando un nuevo grado o en una nueva escuela, esto puede ser aterrador. Brinde a los niños la oportunidad de compartir sus sentimientos sobre comenzar la escuela y valide estos sentimientos al hacerles saber que es normal sentirse así.
2. **Céntrese en lo positivo:** comenzar algo nuevo puede causar ansiedad, tanto para niños como para adultos. Ayude a los niños a hacer una lista de las cosas divertidas que esperan durante el año escolar.
3. **Establezca metas:** tener objetivos establecidos antes del año escolar durante las primeras semanas les ayuda a sentirse realizados y más seguros. Haga que las metas sean únicas para su hijo, pero las ideas generales incluyen encontrar un club o una actividad de la que formar parte, presentarse a un estudiante que no conoce o leer un libro en el primer mes o trimestre del año escolar.
4. **Visite la escuela:** muchas escuelas ofrecen visitas o sesiones abiertas para nuevos estudiantes. Aproveche esto para ayudar a su hijo a familiarizarse con un nuevo edificio o aula y cómo moverse por la escuela.
5. **Reúnase con los maestros:** reunirse con sus maestros antes del año escolar les ayuda a los estudiantes a sentirse más tranquilos cuando se presenten a la escuela el primer día. Dígale a su hijo que escriba una nota para saludar a su maestro que le permita presentarse y comenzar a construir la relación que es tan importante para su éxito durante el año escolar.
6. **Conéctese con amigos:** reúna a su hijo con amigos, incluso nuevos amigos que estarán en clase con ellos, para hablar sobre cómo se sienten todos acerca del comienzo del nuevo año. Pídales que se turnen para compartir lo que más esperan y las dudas que puedan tener.
7. **Establezca adaptaciones y servicios especializados:** el aprendizaje individualizado y equitativo es una de las principales prioridades en las escuelas. Esto significa que su hijo tiene acceso a programas de aprendizaje individualizados y adaptaciones especializadas para ayudarlo a aprender de maneras que maximicen su éxito. Comuníquese con el distrito escolar o con los administradores de la escuela para establecer estas adaptaciones y estos servicios antes de que comience el año escolar.