

Delphos City Preschool Post

DEAR FAMILIES

We will be celebrating National Fire Prevention Monday, October 16 - Thursday, October 19. We will be holding two dress up days for each group during this 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. The Delphos Fire Department will be coming in to talk with the preschoolers about fire safety. They will be in on Tuesday, October 17th & Wednesday, October 18th. They will even be bringing one of the fire trucks for the preschoolers to see.

Important Dates

Friday, Oct. 13th - No School - Full day teacher in-service (Waiver Day)

Dress Up Days

Mon., October 16th - Crazy/Mismatch Sock Day

Tues., October 17th - Red Day

Wed., October 18th - Red Day

Thurs., October 19th - Crazy/Mismatch Sock Day

Costumes

On, Monday, October 30th & Tuesday, 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 sponsoring this event. Additional information will be shared in the near future.

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 1st from 2:00 pm - 4:45 pm

Wednesday, November 1st from 6:00 pm - 8:45 pm

Thursday, November 2nd from 8:30 am - 10:45 am

Thursday, November 2nd 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. The teachers will go over your child's progress on the developmental/educational goals established earlier this year along with their progress on the Early Learning Assessment (ELA) and on their 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.

Upcoming Dates

Fri., Oct. 6th - Mon/Wed day

Fri., Oct. 13^h - No School - Full day teacher in-service (Waiver Day)

Fri., Oct. 20th - Tues/Thurs day

Fri., Oct. 27th - Mon/Wed day

Wed., Nov. 1st - 12:30 preschool dismissal - 1:30 district dismissal - Parent-teacher conferences

Thurs., Nov. 2nd - No School

Fri., Nov. 3rd - No School

Delphos City Schools Preschool Positive Behavior Expectations



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



Remote Learning Bags

Your child brought home 3 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.

Preschool Activities

More examples of being kind and playing with my friends.



Thanks for a great start to the year!

Here are some examples of our circle time throughout the day.



The students have been working on their fine motor skills throughout the day including the creation of a self portrait.



Here are a few additional pictures from the last few weeks.



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>

Consejos de crianza positiva para el desarrollo saludable del niño

Niños en edad preescolar (3 a 5 años)

Indicadores del desarrollo

Las destrezas como saber los nombres de los colores, mostrar afecto y saltar en un pie se denominan indicadores del desarrollo. Los indicadores del desarrollo son las cosas que la mayoría de los niños pueden hacer a una edad determinada. Los niños alcanzan estos indicadores en áreas como el juego, el aprendizaje, el habla, la conducta y la movilidad (como gatear, caminar o saltar).

A medida que los niños entran en la primera infancia, su mundo comienza a expandirse. Se harán más independientes y comenzarán a prestar más atención a los adultos y niños que están fuera de la familia. Querrán explorar y preguntar más sobre las cosas a su alrededor. Su interacción con familiares y aquellos que los rodean les ayudarán a moldear su personalidad y a definir sus propias maneras de pensar y actuar. En esta etapa, su hijo estará en capacidad de andar en triciclo, cortar con tijeras de seguridad, diferenciar a los niños de las niñas, comenzar a vestirse y desvestirse solo, jugar con otros niños, recordar partes de los cuentos y cantar una canción.

Para obtener más información sobre los indicadores del desarrollo, los signos de advertencia de posibles retrasos del desarrollo y sobre cómo contribuir al desarrollo de su hijo, visite el sitio web de la campaña "Aprenda los signos. Reaccione pronto". <http://www.cdc.gov/ncbddd/spanish/actearly/index.html>

Consejos de crianza positiva

Estas son algunas cosas que usted puede hacer para ayudar a su hijo preescolar en esta etapa:

- Continúe leyéndole a su hijo. Llévelo a las bibliotecas y librerías para inculcarle el amor por los libros.
- Permítale que ayude con tareas sencillas.
- Anímelo a que juegue con otros niños. Esto le ayudará a entender el valor de compartir y de la amistad.
- Sea claro y no cambie las reglas a la hora de disciplinar a su hijo. Explíquele y muéstrela la conducta que espera de él. Cuando le diga no, dígame lo que debería hacer en cambio.
- Ayude a su hijo a desarrollar destrezas del lenguaje hablándole con oraciones completas usando palabras de adultos. Ayúdelo a usar las palabras y frases correctas.
- Ayude a su hijo paso a paso a resolver problemas cuando esté frustrado.
- Dele un número limitado de opciones sencillas (por ejemplo, que decida la ropa que se pondrá, cuándo puede jugar y qué va a comer de refrigerio).



La seguridad de los niños es lo primero

A medida que el niño adquiera más independencia y aumente su interacción con el mundo exterior, es importante que usted y su hijo sepan mantenerse seguros. Estos son algunos consejos para proteger a su hijo:

- Explíquelo a su hijo por qué es importante mantenerse alejado del tráfico. Pídale que no juegue en la calle ni corra tras las pelotas que se van a la calle.
- Actúe con cautela cuando le permita a su hijo andar en triciclo. Haga que circule por la acera y no por la calle y que siempre use un casco de protección.
- Inspeccione los equipos de los parques infantiles. Asegúrese de que no tengan partes flojas ni bordes filosos.
- Vigile a su hijo todo el tiempo, especialmente cuando juegue afuera.
- Tenga precaución con el agua. Enséñele a su hijo a nadar, pero vigílelo todo el tiempo que esté cerca de algún lugar con agua (esto incluye las piscinas infantiles).
- Enséñele a su hijo a cuidarse de los extraños.
- Su niño deberá viajar en la sillita de seguridad del auto con un arnés viendo hacia adelante mientras no supere la altura o el peso máximo permitido por el fabricante de dicho asiento. Cuando su hijo pase del límite para usar la sillita de seguridad que mira hacia adelante, estará apto para viajar en una sillita de seguridad elevada, pero siempre en la parte posterior del vehículo. La Administración Nacional de Seguridad Vial tiene información sobre la seguridad de los niños que viajan en vehículos (en inglés).

Cuerpos saludables

- Coman juntos con su niño siempre que sea posible. Muéstrole que usted disfruta al comer frutas, vegetales y granos enteros en las comidas o refrigerios. Su niño solo debe comer y beber una cantidad limitada de alimentos con azúcar adicional, grasas sólidas o sal.
- Limite el tiempo que su niño pasa frente a pantallas a no más de 1 a 2 horas al día viendo programas adecuados, sea en casa, en la escuela o en la guardería.
- Ofrezcale a su hijo en edad escolar juguetes apropiados para esa edad, como pelotas y bates de plástico, pero déjelo que escoja lo que quiere jugar. Esto hará que moverse y estar activo sea algo divertido para él.

Este documento está disponible gratis en Formato de Documento Portátil (PDF) para imprimir:

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

Información adicional:

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