

Delphos City Preschool Post

DEAR FAMILIES

We hope everyone enjoyed the holidays and are looking forward to starting off the new year. Second quarter ends Wed., Jan. 10th. Progress reports will be sent home the week of Jan. 15th. Important upcoming dates are listed below and in the upcoming dates section.

Important Dates

Fri., January 12th - No School - Full day teacher in-service (Waiver Day)

Mon., January 15th - No School - Martin Luther King Day

Tues., February 6th - 2 hour delay for district teacher inservice - latchkey will start at 9:30 am and doors will open at 10:30 am

Mon., February 19th - No School - President's Day

With the temperatures getting colder, please make sure your child is wearing a coat so they are warm when we go outside for recess. If you are able to send in an extra hat and gloves for your child, they will be kept in their locker for the days when we go outside for recess.

Morning Doors

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

Attached Information

Attached to the newsletter are information sheets from the National Association of Elementary School Principals on how to "Combat Cold & Flu" and "Fostering Social and Emotional Learning at Home."

Upcoming Dates

Fri., Jan. 5th - Mon/Wed day

Wed., Jan. 10th - End of 2nd quarter

Fri., Jan. 12th - No School - Full day teacher In-service

Mon., Jan. 15th - No school - Martin Luther King Day

Week of Jan. 15th - progress reports will be sent home

Fri., Jan. 19th - Tues/Thurs day

Fri., Jan. 26th - Mon/Wed day

Fri., Feb. 2nd - Tues/Thurs day

Tues., Feb. 6th - 2 hour delay - district teacher in-service

Fri., Feb. 9th - Mon/Wed day

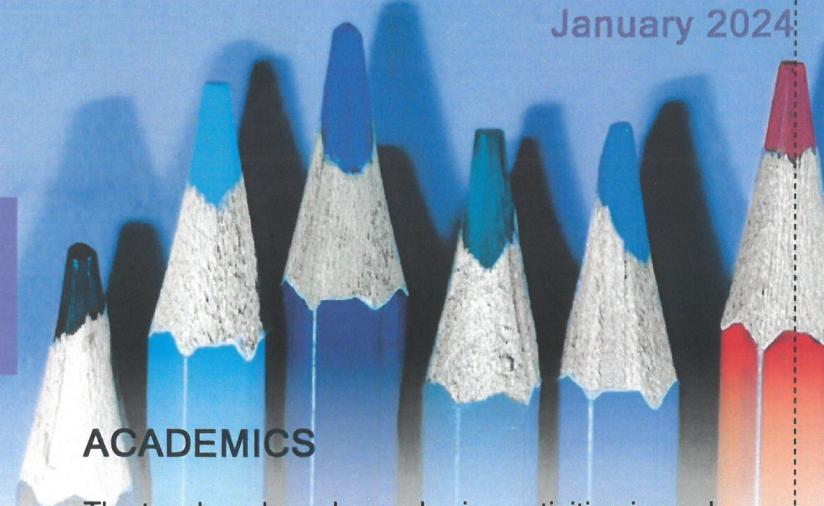
Fri., Feb. 16th - Tues/Thurs day

Mon., Feb. 19th - No school - President's Day

Fri., Feb. 23rd - Mon/Wed day

Fri., Mar. 1st - Tues/Thurs day

Thurs., Mar. 7th - 2 hour delay - district teacher in-service



Delphos City Schools Preschool Positive Behavior Expectations

| | | | | | |
|---|---------------------|--------------------------------|--------------|---------------------|----------------------|
|  Kind | be a friend | play with my friends | share | take turns | help others |
|  A Leader | look at the speaker | listen | quiet voice | clean up | throw my trash away |
|  Safe | follow directions | keep my hands & feet to myself | gentle hands | use my walking feet | use materials safely |

The students and staff are continuing to focus on Positive Behavior Expectations. Several students have been receiving Positive Behavior Referrals.

Being Kind

The preschoolers have been working on Being Kind by being a friend, playing with my friends, sharing, taking turns, and helping others as seen in the pictures below.



Preschool Activities

The preschoolers enjoyed a variety of holiday activities before leaving for break including a visit from Santa, wearing holiday shirts and pajamas to school, watching a movie, and enjoying



Report to PARENTS

Combat Cold & Flu

Get Your Flu Vaccination

One of the best ways to help slow the spread of seasonal, germ-causing illnesses is to receive immunizations, like the flu shot. The CDC recommends anyone above the age of six months receive a flu vaccine every year.¹

Wash Your Hands

Wherever the winter months may bring you, always be sure to wash your hands thoroughly and often. Taking the recommended twenty seconds to wash your hands with soap and water is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others!²

Stay Home if Sick

If your child is exhibiting any cold or flu symptoms, it is recommended to stay home from school. The same goes for staying home from work or running errands if you are sick yourself! This will help prevent you from spreading your illness to others.²



Disinfect High-Touch Surfaces

Lysol Disinfecting Wipes and Lysol Disinfecting Spray make it easy to disinfect surfaces at home and school. Disinfect frequently touched areas from desks to door handles to help protect you, your family, and the community from the spread of illness-causing germs. For more information, visit Lysol.com/HERE.

Support the Kinsa FLUency Program

Encourage your child's school to apply for the Kinsa FLUency program, an early detection program for illness in schools across the country. While

cold and flu begin to peak during this time of year, participating schools will receive free Lysol Disinfecting Wipes and Kinsa smart thermometers that help notify school nurses and officials, as well as parents, of illness levels and trends within the community.

Content courtesy of NAEPS Partner Lysol.

Informe a los **PADRES**

Vacúñese contra la gripe

Una de las mejores maneras de ayudar a retrasar la propagación de enfermedades estacionales que causan gérmenes es recibir inmunizaciones, como la vacuna contra la gripe. Los Centros para el Control y la Prevención de Enfermedades (Centers for Disease Control and Prevention, CDC) recomiendan que cualquier persona mayor de seis meses de edad reciba una vacuna contra la gripe cada año.¹

Lávese las manos

Dondequiero que los meses de invierno lo lleven, siempre asegúrese de lavarse las manos minuciosamente y con frecuencia. Tomarse los veinte segundos recomendados para lavarse las manos con agua y jabón es una de las mejores maneras de eliminar gérmenes, evitar enfermarse y prevenir la propagación de gérmenes a otras personas.²

Permanezca en casa en caso de enfermedad

Si su hijo presenta síntomas de resfriado o gripe, se recomienda que permanezca en casa y no vaya a la escuela. Del mismo modo, quédese en casa y no vaya al trabajo o haga mandados si usted está enfermo. Esto ayudará a evitar que contagie su enfermedad a otras personas.²

Combata el resfriado y la gripe

Desinfecte las superficies de contacto frecuente

Las toallitas desinfectantes de Lysol y el aerosol desinfectante de Lysol facilitan la desinfección de las superficies en el hogar y la escuela. Desinfecte las áreas que se tocan con frecuencia, desde los escritorios hasta las manijas de las puertas, para ayudar a protegerlo a usted, a su familia y a la comunidad de la propagación de gérmenes que causan enfermedades. Para obtener más información, visite Lysol.com/HERE.



Apoye el Programa FLUency de Kinsa

Aiente a la escuela de su hijo a solicitar el programa de FLUency de Kinsa, un programa de detección temprana de enfermedades en escuelas de todo el país. Si bien el

resfriado y la gripe comienzan a alcanzar su punto máximo durante esta época del año, las escuelas participantes recibirán toallitas desinfectantes de Lysol y termómetros inteligentes de Kinsa gratuitos que ayudan a notificar a las enfermeras y los funcionarios escolares, así como a los padres, sobre los niveles de enfermedad y las tendencias dentro de la comunidad.

Contenido cortesía del socio de NAEPS Lysol.



Fostering Social and Emotional Learning at Home

Social and emotional learning (SEL) is a framework that gives students the skills to recognize and manage emotions and help solve problems effectively by establishing positive relationships. According to the Collaborative for Academic, Social, and Emotional Learning (CASEL), encouraging SEL yields positive results for students, adults, and school communities. Parents can use these tips to help foster SEL at home.

Focus on Strengths

When your child brings home a test, talk first about what they did well. Then talk about what can be improved. Praise specific strengths; don't just criticize things that were done wrong.

Ask Children How They Feel

When you ask your child about their feelings, the message is that feelings matter and you care. It shows the importance of being a good listener and helps children feel heard in a way that fosters a strong parent-child relationship.

Be Willing to Apologize

Parents need to be able to apologize to their children if what they said was not what they meant. Calmly explain what you really wanted to say. By doing this, you're being a good role model. You're showing how important it is to apologize after hurting someone. You're teaching that it's possible to work through problems with respect for the other person.

Give Children Choices—and Respect Their Wishes

When children have a chance to make choices, they learn how to solve problems. If you make



all their decisions for them, they'll never learn this key skill. Giving children ways to express preferences and make decisions shows that their ideas and feelings matter.

Ask Questions to Help Children Solve Problems on Their Own

When parents hear their child has a problem, it's tempting to step in and take over. However, this can harm a child's ability to find solutions on their own. A helpful approach is to ask good questions. Examples include, "What do you think you can do in this situation?" and "If you choose a particular solution, what will be the consequences of that choice?"

Fomentar el aprendizaje social y emocional en el hogar

El aprendizaje social y emocional (Social and emotional learning, SEL) es un marco que brinda a los estudiantes las habilidades para reconocer y manejar las emociones y ayudar a resolver los problemas de manera eficaz mediante el establecimiento de relaciones positivas. Según la plataforma de Colaboración para el Aprendizaje Académico, Social y Emocional (Collaborative for Academic, Social, and Emotional Learning, CASEL), fomentar el SEL produce resultados positivos para los estudiantes, los adultos y las comunidades escolares. Los padres pueden usar estos consejos para ayudar a fomentar el SEL en el hogar.

Enfóquese en las fortalezas

Cuando su hijo lleve un examen a casa, primero hable sobre lo que hizo bien. Luego, hable sobre lo que se puede mejorar. Elogie las fortalezas específicas; no se limite a criticar las cosas que se hicieron mal.

Pregunte a los niños cómo se sienten

Cuando le pregunta a su hijo sobre sus sentimientos, el mensaje es que los sentimientos son importantes y usted se preocupa. Esto muestra la importancia de saber escuchar y ayuda a que los niños se sientan escuchados de una manera que fomenta una sólida relación entre padres e hijos.

Esté dispuesto a disculparse

Los padres deben poder disculparse con sus hijos si lo que dijeron no fue lo que quisieron decir. Explique con calma lo que realmente quería decir. Al hacer esto, está siendo un buen modelo a seguir. Está demostrando lo importante que es disculparse después de lastimar a alguien. Está enseñando que es posible resolver problemas con respeto por la otra persona.

Brinde opciones a los niños y respete sus deseos

Cuando los niños tienen la oportunidad de tomar decisiones, aprenden a resolver



problemas. Si usted toma todas sus decisiones por ellos, nunca adquirirán esta habilidad clave. Brindar a los niños formas de expresar sus preferencias y tomar decisiones demuestra que sus ideas y sentimientos son importantes.

Haga preguntas para ayudar a los niños a resolver problemas por sí mismos

Cuando los padres se enteran de que su hijo tiene un problema, es tentador intervenir y hacerse cargo. Sin embargo, esto puede dañar la capacidad de un niño de encontrar soluciones por su cuenta. Un enfoque útil es hacer buenas preguntas. Algunos ejemplos incluyen: "¿Qué crees que puedes hacer en esta situación?" y "Si eliges una solución en particular, ¿cuáles serán las consecuencias de esa elección?"