



## Learning Through Play, Every Student, Every Day

### A MESSAGE FROM THE DIRECTOR OF 4-YEAR-OLD KINDERGARTEN!

Early Literacy and Language Development are critical learning objectives in our Appleton Community 4K curriculum. The variety and size of a child's vocabulary when they enter Kindergarten is a significant predictor in later reading development. On average, children will know the meaning of, and be able to use when speaking, between 2,500 and 4,500 words by the time they reach kindergarten.

As we strive to provide language-rich environments in our 4K classrooms, our 4K teachers continue to use methods to support early writing efforts in our play-based instructional strategies. By incorporating book-making and interactive writing activities, as well as journals and other techniques, our students are provided many opportunities throughout their class, to learn about the process of writing. Children this age are developmentally at different emerging stages of writing development. Their beginning writing may look like drawings and circles, dashes, and mock letters. Watch for your child's writing through the year to look more like letters and perhaps even reach writing their name by the end of 4K.

Research shows that when parents include talking, reading, and singing as part of routine everyday actions, they can help build children's brains and set them up for success in school and beyond. On page 4 of this newsletter, you will find our Literacy Corner which features several ideas for families to incorporate supporting language development in their everyday routines.

### WHAT'S IN THIS MONTH'S ISSUE?

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### DID YOU KNOW?

According to the Vision Council of America, 80% of all learning in a child's first twelve years of life is obtained through vision. Many children under the age of five experience vision difficulties and do not recognize them because they have "always seen this way" or because vision changes are often gradual. The AASD and Appleton Community 4K will be partnering with the Appleton Noon Lions Club to offer vision screening for all 4K students in December. While a vision screening is not a substitute for a comprehensive eye exam, it can assist in identifying for families a need for further evaluation. Please watch for more information and parent permission slips to come home with your child.

### IMPORTANT UPCOMING DATES:

No School  
(Conference  
Compensation)—  
November 27

No School  
(Thanksgiving  
Break)—  
November 28 and  
29



### Upcoming Events

- Learning Through Play Playgroups sponsored by Birth to Five Outreach: join on Thursdays each month from 9:30-10:30 AM. Registration is required, see below for more information.
- Play with Purpose: join on Tuesdays each month from 9:00-10:00 AM or 10:30-11:30 AM. Registration is required, see below for more information.

For more information OR to register for any of these events, please contact:

(920)832-6470



# TUCKER'S CORNER



One of the important social-emotional skills that children in 4K are learning and practicing is problem-solving. The problem-solving boy and girl visual is used to prompt children to solve their problems using the following steps.

## Problem Solving Steps



**Step 1:** Identify the problem.

**Step 2:** Think of solutions.

**Step 3:** Consider the consequences...

**Step 4:** Give it a try!

The problem-solving process is taught and modeled with children in 4K. They can practice and use the Solution Cards as they interact with others during their play or work time. Children are encouraged to solve their problems and are continually guided and supported by an adult throughout the learning process. Some of the solution choices are to ask nicely, share, take turns, say "please stop," play together, ignore, say "please," get a timer, and get a teacher. You can encourage your child(ren) to solve the problems they encounter at home by using and practicing these strategies. Problem-solving can be a difficult task for children. However, when they are taught and supported, it is an important skill that they will be able to use for the rest of their lives.

Visit the NCPMI website to find the "We Can Be Problem Solvers at Home" Book:

<https://challengingbehavior.cbcs.usf.edu/>



**Solution Cards available to all students in 4K.**



Health Services \* P.O. Box 2019, Appleton, WI 54911 \* 920-852-5344

## FROM THE SCHOOL NURSE: DIABETES AWARENESS MONTH

Diabetes is a chronic condition that occurs when the body can't produce enough insulin or can't use insulin properly, resulting in high blood sugar levels.

Where does insulin come from and what role does it play? Insulin is a hormone produced by the pancreas. It helps move sugar from the bloodstream into the body's cells to be used for energy. Think of this whole process like a lock and key system. Imagine that the body's cells have locked doors and insulin is the key that opens the locks to allow the sugar in. The pancreas is the company that makes the keys.

What happens to insulin in diabetes? There are three types of diabetes: Type 1, Type 2, and gestational diabetes. Type 1 diabetes is an autoimmune condition where the body mistakenly attacks the cells in the pancreas that create insulin. Eventually, the pancreas can't make insulin anymore or can't make enough to keep up with the body's needs. The company has stopped manufacturing keys so there are little to no keys available to open the locks. In Type 2 diabetes, the body produces insulin but cannot use it properly. The company is still making keys but the locks are rusty so the keys don't open the locks as well. Gestational diabetes is a type of diabetes that occurs when a pregnant person is unable to produce enough insulin or use the insulin effectively. There are not enough keys and some of the locks are rusty.

What are the common symptoms of diabetes? Per the American Diabetes Association, some common symptoms of diabetes include:

- Urinating often
- Feeling very thirsty
- Feeling very hungry even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss even though you are eating more (type 1)
- Tingling, pain, or numbness in your hands/feet (type 2)

Can diabetes be prevented? There is currently no known way to prevent Type 1 diabetes. Things that can help to lower the chances of developing Type 2 diabetes include eating healthy, being active, and maintaining a healthy weight. The American Diabetes Association offers a free [60-second Type 2 Diabetes Risk Test](#).

For more information about diabetes, possible long-term complications, and how you can help, please visit the [American Diabetes Association website](#).

# THE LITERACY CORNER

## Building Your Child's Vocabulary

Reading aloud and discussing stories with your child are two great ways to build your child's vocabulary. When picking a book to read aloud, read it first yourself, noting any words that might be new to your child. Always consider the words your child already knows. A book should not have too many new words and it helps if the pictures support the vocabulary in the story.

Reading the same book multiple times helps your child become more and more familiar with the new vocabulary and therefore more likely that they will use the new words during conversations.

Poems and songs are very appealing to young children and aid in their ability to remember and use some of the language in everyday talk.

Along with reading aloud, be sure to use new vocabulary words while having meaningful conversations about topics that interest your child.

"Knowledgeable teachers recognize the value of expanding children's vocabulary in the course of studying topics of interest, and by reading aloud high-quality books with rich vocabulary."  
-Heather Biggar Tomlinson and Marilou Hyson-

### This Month's Book Recommendations Focus on Cumulative Stories and Rhymes:

**Silly Sally by Audrey Wood**

**Let's Go Visiting by Sue Williams**

**Good Night Owl by Pat Hutchins**

**The House in the Night by Marie Susan Swanson**



4K OFFICE  
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INFORMATION



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## GUIDING PRINCIPLES OF APPLETON COMMUNITY 4K

We believe that a successful and effective four-year-old kindergarten program:

- Recognizes early relationships between the individuals in a child's world matter.
- Is universal, yet optional, and provides choices for children and their families.
- Is inclusive of all children, recognizing and supporting diversity and individual stages of child development.
- Prepares the whole child.
- Uses knowledge of child growth and development as the foundation for educational experiences.
- Is engaged with and supported by the community.
- Supports parents as the child's primary teacher.
- Views a child as a part of a family.
- Takes place in high-quality environments.
- Fosters each child's love of learning.



## SCHOOL FEES

Thank you for paying your student(s) school fees!

If you still need to make a payment, you may pay online via your Infinite Campus Parent Portal or in the 4K office via cash (exact amount) or check (made out to Appleton Area School District). Free and Reduced forms are also available.

The school fee for Appleton Community 4K is \$15.00.



## COMMUNITY OPPORTUNITIES FOR STUDENTS

The AASD shares local, community opportunities for students. These community opportunities include upcoming events and activities such as art and music camps, youth athletics, cultural events, enrichment programs, and more. We encourage AASD families to regularly review these opportunities for students of all ages. Check out the [AASD COMMUNITY OPPORTUNITIES FOR STUDENTS WEBPAGE](#) for a current list of opportunities for students.

# December Play Ideas Calendar Preschoolers



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p><b>National Eat a Red Apple Day!</b></p> <p>Enjoy an apple while reading:  <b>Ten Red Apples</b></p>	<p><b>2</b></p> <p>Do a snowball toss with rolled up socks or cotton balls</p>	<p><b>3</b></p> <p><b>National Day of Giving!</b></p> <p>Give someone a handmade picture</p>	<p><b>4</b></p> <p><b>National Cookie Day!</b></p> <p>Read: <i>If you give a mouse a cookie!</i> </p>	<p><b>5</b></p> <p>Learning Through Play at CELC from 9-10 &amp; 10:30-11:30 <i>I Went Walking</i> (Registration required)</p>	<p><b>6</b></p> <p>Have a picnic in your living room; have child help to set up the dishes and food</p>	<p><b>7</b></p> <p><b>National Play Outside Day!</b></p> <p>Dress up warm, go for a walk or play in the yard</p>
<p><b>8</b></p> <p>Go to the library and find books about winter to read with your child</p>	<p><b>9</b></p> <p>Freeze colored water into ice cubes* for painting</p>	<p><b>10</b></p> <p><b>National Bathtub Party Day!</b></p> <p>Fill the tub with toys, or try this recipe for bathtub paints*</p>	<p><b>11</b></p> <p>Take a walk at a nature center. How many winter animals do you see or hear</p>	<p><b>12</b></p> <p>Learning Through Play at CELC from 9-10 &amp; 10:30-11:30 <i>Arctic Animals</i> (Registration required) <i>Winter Wonderland*</i> 6-7 PM</p>	<p><b>13</b></p> <p><b>National Cocoa Day!</b></p> <p>Make one of these Hot Cocoa Sensory Bins* </p>	<p><b>14</b></p> <p>Blue Q-tips on paper to make a snowflake</p>
<p><b>15</b></p> <p><b>National Cupcake Day!</b></p> <p>Make cupcakes with your child and read:  <b>If You Give A...</b></p>	<p><b>16</b></p> <p>Fill a spray bottle with colored water. Spray snow outside for colorful fun</p>	<p><b>17</b></p> <p><b>No Snow?!</b></p> <p>Make your own snow with this link <i>Taste Safe. 2 Ingredients</i> <i>Snow Dough*</i></p>	<p><b>18</b></p> <p>Sing and dance to a favorite song or music</p>	<p><b>19</b></p> <p>Learning Through Play at CELC from 9-10 &amp; 10:30-11:30 <i>Gingerbread Man</i> (Registration required)</p>	<p><b>20</b></p> <p>String beads or cereal on a piece of yarn</p>	<p><b>21</b></p> <p>Use shaving cream to play in and practice writing letters </p>
<p><b>22</b></p> <p>Have your child scoop ice cubes from one container to another</p>	<p><b>23</b></p> <p>Make a homemade bird feeder* </p>	<p><b>24</b></p> <p>Make a healthy snack with your child of fruit &amp; cheese</p>	<p><b>25</b></p> <p>Is it cold out today? Blow bubbles outside and watch them freeze</p>	<p><b>26</b></p> <p><b>National Thank You Note Day!</b></p> <p>Write a thank you note to someone who has helped you</p>	<p><b>27</b></p> <p>Make a paper chain, use more than one color paper; can you make a pattern</p>	<p><b>28</b></p> <p>Make an indoor fort out of blankets, chairs and pillows</p>
<p><b>29</b></p> <p>Fill a bucket with snow and bring it in the house. Don't forget your mittens</p>	<p><b>30</b></p> <p>Create a sensory bin with shaving cream or whipping cream; hide items for child to find</p>	<p><b>31</b></p> <p>Use tape to make snowflakes, paint over the tape</p>			<p>Scan here for more information about Birth-Five Outreach</p>	<p><b>*See back side for website &amp; activity details</b></p>

AASD  
**Birth-Five**  
OUTREACH

PLEASE JOIN AASD BIRTH-FIVE  
OUTREACH AND APPLETON  
COMMUNITY 4K FOR

  
**Appleton**  
COMMUNITY 4K

# WINTER WONDERLAND

**December 12th,  
2024**

**6:00-7:00 PM**

313 S. State St.,  
Appleton

**Activities:**  
**WINTER THEMED  
GAMES, CRAFTS,  
STORIES AND MORE!**

**Registration is required  
by Dec. 9th.**

Contact us at (920)832-6470 #1  
or [tzakaisdaniell@aasd.k12.wi.us](mailto:tzakaisdaniell@aasd.k12.wi.us)

Please include the following information:  
parent/caregiver name, child's name/birth  
date, phone number, address and email  
address

THIS **FREE** EVENT  
IS OPEN TO  
FAMILIES WITH  
CHILDREN AGES  
BIRTH TO FIVE.  
SIBLINGS ARE  
WELCOME!







## The Salvation Army of the Fox Cities 2024 Coats for Kids and Christmas Assistance



### Coats for Kids

November 11-15 | 1 PM - 3 PM

November 16 | 9 AM - 11 AM

Coats are available for children ages 17 and under.  
No pre-registration required for coats.

The Salvation Army Social Services Center  
130 E North St., Appleton



### Christmas Assistance Registration

Households with children ages 17 and under are eligible for:

Adopt a Family

Online Registration October 14 — 18 or until program is full

Or

Toy Shop (Toys for Tots)

Online Registration November 12 — December 4



#### TO REGISTER

Use the QR code or go to [www.safoxcities.org](http://www.safoxcities.org)  
follow the link under "Christmas Assistance Programs"



ANGEL TREE

To apply in person, call The Salvation Army front desk after November 12, 2024 at  
(920)734-3324 to set up an appointment.