Lennox School District State Preschool Program

Early Childhood Education Newsletter

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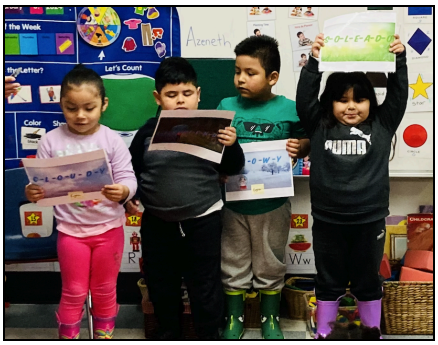
Promoting Young Children's Social and Emotional Health

By JEANNIE HO, SUZANNE FUNK of the National Association of Young Children



In a preschool classroom, some of the 3- and 4-year-old children smile, laugh, and giggle during free play; are curious about what happens next during story time; ask what and why questions while doing hands-on activities; and use words to express feelings and needs. In the toy area, Tom and Juan both reach for a small blue car. Tom says, "May I please have it first, then you have it later?" Juan replies, "You have it for five minutes and then I have it for five minutes." Noticing this exchange, their teacher says, "Tom and Juan, you are talking about taking turns. What a great way to play together!"

Tom, Juan, and their classmates are a model of social and emotional health in preschool. Children who are socially and emotionally healthy tend to demonstrate, and continue to develop, several important behaviors and skills (adapted from McClellan & Katz 2001 and Bilmes 2012). They

- Are usually in a positive mood
- Listen and follow directions
- Have close relationships with caregivers & peers
- Care about friends and show interest in others
- Recognize, label, and manage their own emotions
- Understand others' emotions and show empathy
- Express wishes and preferences clearly
- Gain access to ongoing play and group activities
- Are able to play, negotiate, and compromise with others



Why social and emotional health matters

Children's social and emotional health affects their overall development and learning. Research indicates that children who are mentally healthy tend to be happier, show greater motivation to learn, have a more positive attitude toward school, more eagerly participate in class activities, and demonstrate higher academic performance than less mentally healthy peers (Hyson 2004; Kostelnik et al. 2015). Children who exhibit social and emotional difficulties tend to have trouble following directions and participating in learning activities. Compared with healthier peers, they may be more likely to suffer rejection by classmates, have low self-esteem, do poorly in school, and be suspended (Hyson 2004; Kostelnik et al. 2015). Thus, children's social and emotional health is just as important as their physical health, and affects their capacity to develop and potential to lead a fulfilling life.

https://www.lennox.k12.ca.us/

Experience and Training of Program Staff

by Nellie Ríos-Parra, Director of State Preschool



Our monthly staff meeting took place yesterday, Tuesday, February 13th. We had much information to process and review. We took the time to check-in with everyone. We acknowledged the staff that reported to work daily. We recognized the February birthdays and we celebrated each other's accomplishments via announcements.

We focused on new materials we received to help children with processing their social-emotional well being. Teachers took the time to see items in a Calming Kit that are intended to help children manage their emotions to self-regulate and self-comfort. We acquired puppets and stuffed caterpillars to help children soothe themselves. Teachers made plans to use the materials in the classroom to better meet the needs of children. They will share items with students when the child is in need of support.

UPCOMING EVENTS

**** EVERY Tuesday, please return the READ WITH ME books to school. ****

Wednesday, February 14 - Valentine's Day - Please NOTE, we do NOT celebrate holidays. We do not permit outside food or drinks. Please do NOT send any items to school. Thank you.

Wednesday, February 14, 3:15 PM, Parent Advisory Council Meeting via Zoom.
https://lennoxk12-org.zoom.us/j/82746928883?pwd=N3RSazcwOER0M1VQeFJESFJQb2E1UT09
Meeting ID: 827 4692 8883 Passcode: 906153

Thursday, February 15, 10:15 AM/1:00 PM - FSP walking visit to Felton Elementary School. Parents who wish to accompany their child, must call 310-680-3500 to RSVP.



Saturday, February 17 - Happy Birthday Mrs. González-Ponciano!

Monday, February 19 - No school and office closed in observance of Presidents' Day.

Tuesday, February 20 - Classes resume. Return the READ WITH ME books to the classroom teacher.

Wednesday, February 21, 9 AM/12:30 PM - JSP walking visit to Jefferson Elementary School. Parents who wish to accompany their child, must call 310-680-3500 to RSVP.

Friday, February 23, 8:30 AM/1:00 PM - WSP walking visit to Dolores Huerta Elementary School. Parents who wish to accompany their child, must call 310-680-3500 to RSVP.

Monday February 26 - March 2nd - Read across America

Monday February 26 - "Cozy Up with a Good Book" – Wear Pajamas and bring a book to share.

Tuesday, February 27 - Crazy Hat Day: Hats off to Dr. Seuss!!!

Tuesday, February 27 - Return the READ WITH ME books to the classroom teacher.

Wednesday, February 28 - Wear Red & White Clothes!

Thursday, February 29, - Wear green clothes for Leap year

Thursday, February 29 - Leap-a-thon

Friday, March 1 - Dress-as-your-favorite-book character day and bring the book to school!

Friday, March 1 - First Day of Women's History Month

Saturday, March 2 - Pitch a tent outdoors and read a book with a flashlight!

Monday, March 4 - Hearing and Vision Test @ MSP "Southern California Sensory Screening"

Tuesday, March 5 - 7 - Lil libros Book Fair @ JSP

Tuesday, March 5 - School Spring Pictures @ Buford and Felton

Wednesday, March 6 - School Spring Pictures @ Jefferson

Thursday, March 7 - School Spring Pictures @ Whelan

Friday, March 8 - School Spring Pictures @ Moffett

Sunday, March 10 - Daylight Savings



Thursday, March 14 - Happy Birthday Ms. Mosqueda!

Friday, March 15 - National Preschool Teachers Appreciation Day

Monday, March 18 - Drop, Hold, Cover Evacuation

Thursday, March 21 - World Down Syndrome Day - Rock Your Socks!

Monday, March 25 - Friday, April 5 - Spring Break, no classes.



Monday April 8 - Classes Resume

Thursday April 11 - Happy Birthday Mrs. Zapata!

Follow us on Instagram: @preschool_Lennoxsd

The Lennox School District State Preschool Program is a place where every child can sing, play, learn and thrive. https://lsp.lennox.k12.ca.us/

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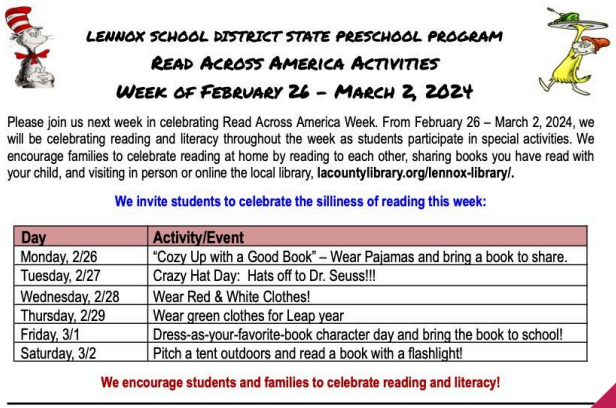

LENNOX SCHOOL DISTRICT STATE PRESCHOOL PROGRAM
READ ACROSS AMERICA ACTIVITIES
WEEK OF FEBRUARY 26 – MARCH 2, 2024

Please join us next week in celebrating Read Across America Week. From February 26 – March 2, 2024, we will be celebrating reading and literacy throughout the week as students participate in special activities. We encourage families to celebrate reading at home by reading to each other, sharing books you have read with your child, and visiting in person or online the local library, **lacountylibrary.org/lennox-library/.**

We invite students to celebrate the silliness of reading this week:

Day	Activity/Event
Monday, 2/26	"Cozy Up with a Good Book" – Wear Pajamas and bring a book to share.
Tuesday, 2/27	Crazy Hat Day: Hats off to Dr. Seuss!!!
Wednesday, 2/28	Wear Red & White Clothes!
Thursday, 2/29	Wear green clothes for Leap year
Friday, 3/1	Dress-as-your-favorite-book character day and bring the book to school!
Saturday, 3/2	Pitch a tent outdoors and read a book with a flashlight!

We encourage students and families to celebrate reading and literacy!