Lennox School District State Preschool Program

Early Childhood Education Newsletter

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Children Develop At Different Stages

By CHOC, https://www.choc.org/primary-care/ages-stages/3-years/

To help understand your 3-year-old's development, doctors use certain milestones to tell if your child is developing as expected. There is a wide range of what is considered normal, so some children gain skills earlier or later than others. Toddlers who were born prematurely may reach milestones later. Always talk with your doctor about your child's progress.

Children at this age love to play games of make-believe. However, their imaginations can sometimes run away with them and even spook them. Listen to your child's fears and be there to comfort and reassure him or her when needed. There are many other 3-year-old developmental areas and milestones that will be reviewed in this article.

How Much Will My 3-Year-Old Child Grow?

In 3-year-olds, growth is still slow compared to the first year. Most children have become slimmer and lost the rounded tummy of a toddler. While all children may grow at a different rate, the following indicate the average for 3-year-old boys and girls:

- Weight: average gain of about 4 to 6 pounds per year
- Height: average growth of about 2 to 3 inches per year

After age 2, children of the same age can noticeably vary in height and weight. Although kids come in all shapes and sizes, a healthy toddler should continue to grow at a regular pace. The doctor will measure and weigh your child at routine checkups and plot the results on a growth chart. This lets the doctor track your child's growth over time and spot any trends that need attention. As long as your child is maintaining his or her own rate of growth, there should be no reason to worry. A consultation with your child's pediatrician is recommended if there is cause for concern.

Helping Kids Grow

Normal growth — supported by good nutrition, plenty of sleep and regular exercise — is one of

the best overall indicators of a child's good health.

Your toddler's appetite may vary greatly now, which is common. It is also common for some toddlers to get stuck on one food. Food "jags" usually don't last long if you don't give in to them. Keep serving a variety of nutritious foods and let your child decide which and how much of them to eat, in order to build healthy eating habits.

Your child's growth pattern is largely determined by genetics. Pushing children to eat extra food or more than the recommended amounts of vitamins, minerals or other nutrients will not increase their weight. Malnutrition, severe enough to affect growth rate, is uncommon today in the United States and other developed countries unless a child also has a related chronic illness or disorder.

What Can My 3-Year-Old Child Do at This Age?

As your child continues to grow, you will notice new and exciting abilities that develop. While children may progress at different rates, the following are some of the common milestones your child may reach in this age group:

- Runs and jumps easily
- Walks upstairs unassisted
- Rides a tricycle
- Washes and dries hands
- Stacks 10 blocks
- Easily draws straight lines and copies a circle
- Can stand on tip-toes
- Uses spoon well and feeds self
- Dresses and undresses self except for buttons and laces
- Can concentrate on tasks for eight or nine minutes
- Has all 20 primary ("baby") teeth
- Vision is nearing 20/20
- Bladder and bowel control are usually established; uses potty chair or toilet
- May sleep 11 to 13 hours total, may still take a short afternoon nap

What Can My 3-Year-Old Child Say?

Speech development is very exciting as you watch your child begin to speak clearly and interact with others. While every child develops speech at his or her own rate, the following are some of

the common milestones in this age group:

- Should be able to say about 500 to 900 words between ages 3 to 4 years old
- Speech can be understood by others
- Speaks in two or three word sentences and progresses to four- to five-word sentences
- Can remember simple rhymes or lyrics
- Uses “please” and “thank you”
- Refers to self by using own name
- Names colors

For more information about child development and milestones, please proceed to the following link, https://www.choc.org/primary-care/ages-stages/

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

Experience And Training Of Program Staff

by Child Development Organization, **https://www.childdevelopment.org/**

Staff must meet specific criteria and qualifications in order to earn a Child Development Permit and work in an early childhood education classroom. Our staff is expected to complete 21 hours per year of professional development hours for a minimum of 105 professional growth hours every 5 years in order to renew their permit. Our staff exceeds the 21 hours per year by more than 100% and are highly trained and qualified to work with children. The graphic organizer is the Child Development Permit Matrix that guides staff on how to continue to move forward with permit renewals.

Child Development Permit Matrix - *with Alternative Qualification Options Indicated*

Permit Title	Education and Experience Requirements (Option 1 only: Both column requirements must be met)		Alternative Qualification Requirements (Options 2, 3, or 4)	Authorization	Five Year Renewal Requirement
Assistant (Optional)	***Option 1:*** 6 units of Early Childhood Education (ECE) or Child Development (CD)	***Option 1:*** None	***Option 2:*** Accredited HERO program (including ROP)	Authorizes the holder to assist in the care, development and instruction of children in a child care and development program under the supervision of an Associate Teacher Permit holder or above.	105 hours of professional growth activities*****
Associate Teacher	***Option 1:*** 12 units ECE/CD including core courses**	***Option 1:*** 50 days of experience at 3+ hours per day within 2 years	***Option 2:*** Child Development Associate (CDA) Credential. CDA Credential must be earned in California.	Authorizes the holder to provide service in the care, development and instruction of children in a child care and development program; and supervise an Aide or Assistant Permit holder.	Permit may only be renewed one time with additional 15 units. Must meet Teacher Permit requirements within 10 years.
Teacher	***Option 1:*** 24 units ECE/CD including core courses** plus 16 General Education (GE) units*	***Option 1:*** 175 days of experience at 3+ hours per day within 4 years	***Option 2:*** AA or higher in ECE/CD or related field with 3 units supervised field experience in ECE/CD setting	Authorizes the holder to provide service in the care, development and instruction of children in a child care and development program; and supervise Aide or Permit holders above.	105 hours of professional growth activities*****
Master Teacher	***Option 1:*** 24 units ECE/CD including core courses** plus16 GE units* plus 6 specialization units plus 2 adult supervision units	***Option 1:*** 350 days of experience at 3+ hours per day within 4 years	***Option 2:*** BA or higher (does not have to be in ECE/CD) with 12 units of ECE/CD, plus 3 units supervised field experience in ECE/CD setting	Authorizes the holder to provide service in the care, development and instruction of children in a child care and development program; and supervise all above including Aide. Also authorizes the holder to serve as a coordinator of curriculum and staff development.	105 hours of professional growth activities*****
Site Supervisor	***Option 1:*** AA (or 60 units) which includes: • 24 ECE/CD units with core courses** plus 6 administration units plus 2 adult supervision units	***Option 1:*** 350 days of experience at 3+ hours per day within 4 years, including at least 100 days of supervising adults	***Option 2:*** BA or higher (does not have to be in ECE/CD) with 12 units of ECE/CD, plus 3 units supervised field experience in ECE/CD setting; **Or *Option 3:*** Admin. credential *** with 12 units of ECE/CD, plus 3 units supervised field experience in ECE/CD setting; **Or *Option 4:*** Teaching credential**** with 12 units of ECE/CD, plus 3 units supervised field experience in ECE/CD setting	Authorizes the holder to supervise a child care and development program operating at a single site; provide service in the care, development and instruction of children in a child care and development program; and serve as coordinator of curriculum and staff development.	105 hours of professional growth activities*****
Program Director	***Option 1:*** BA or higher (does not have to be in ECE/CD) including: • 24 ECE/CD units with core courses** plus 6 administration units plus 2 adult supervision units	***Option 1:*** Site Supervisor status and one program year of Site Supervisor experience	***Option 2:*** Admin. credential *** with 12 units of ECE/CD, plus 3 units supervised field experience in ECE/CD setting; **Or *Option 3:*** Teaching credential**** with 12 units of ECE/CD, plus 3 units supervised field experience in ECE/CD setting, plus 6 units administration; **Or *Option 4:*** Master's Degree in ECE/CD or Child/Human Development	Authorizes the holder to supervise a child care and development program operating in a single site or multiple-sites; provide service in the care, development and instruction of children in a child care and development program; and serve as coordinator of curriculum and staff development.	105 hours of professional growth activities*****

NOTE: All unit requirements listed are semester units. All course work must be degree applicable and completed with a grade of 'C' or better from a regionally accredited college or university.

* GE Units: One course in each of the four general education categories: English/Language Arts; Math or Science; Social Sciences; Humanities and/or Fine Arts.
** Core Courses: One course in each of the following categories, Child/Human Growth & Development; Child/Family/Community or Child and Family Relations; and Programs/Curriculum. (All core course work must meet a minimum unit requirement of three semester units or four quarter units)
*** Holders of the Administrative Services Credential may serve as a Site Supervisor or Program Director.
**** A valid Multiple Subject or a Single Subject in Home Economics.
***** Professional growth hours must be completed under the guidance of a Professional Growth Advisor.

For more detailed information by the CA Commission on Teacher Credentialing, refer to Leaflet CL-797 at www.ctc.ca.gov.

This matrix was prepared by the Child Development Training Consortium. To obtain a permit application visit our website at www.childdevelopment.org.

Permit Matrix 2/2023

UPCOMING EVENTS.



Wednesday, October 18, 3:15 pm - Parent Advisory Council Meeting via Zoom

Wednesday, October 18, Unity Day - Wear orange to raise awareness.

Thursday, October 19, 2023 - 10:19am - **The Great Shakeout Evacuation Drill** (Nationwide)

Friday, October 20, National Cancer Awareness Month - Wear pink to raise awareness.

Monday, October 23 - Tuesday, October 31 is RED RIBBON WEEK, Love yourself, be drug free!

Monday, October 23 - Kick off Red Ribbon Week and be alert! Wear RED clothes.

Tuesday, October 24 - From head to toe, stay drug free! Wear crazy hair and socks.



Tuesday, October 24 - **HAPPY BIRTHDAY TO STATE PRESCHOOL TEACHER MRS. LAZARO**

Wednesday, October 25 - Team up against drugs! Wear your favorite sports team shirt.

Thursday, October 26 - Put drugs to sleep! Wear pajamas.

Thursday, October 26 - Fiftieth (50th) Day of School! Let's celebrate. Home Activity: Collect 50 natural objects and bring them to school

Friday, October 27 - Let's scare drugs away! Wear a superhero outfit.

Monday, October 30 - "Don't let Drugs sneak up on you." Wear sneakers.

Tuesday, October 31 - Black out Drugs! Dress up as your favorite book Character and bring your book to share.

Tuesday, October 31, We do not observe Halloween as it is considered a religious event and we do not provide any religious instruction.

Thursday, November 2 - Cafecito at the PDC: Learn the signs act early

Thursday, November 9, 3:30-9:00 PM, Chuck E. Cheese Fundraiser, 6290 Prairie Avenue

Friday, November 10, - School closed in honor of Veteran's Day.

Monday, November 13 - Classes resume.

Monday, November 13 - Friday, November 17th - Canned Food Drive, drop off items in the designated boxes.

Tuesday, November 14 - Parent Conference Day, by appointment with your child's teacher.

Tuesday, November 14, 6:00 - State Preschool Program Presentation to the Board in the District Office, 10319 Firmona Avenue

Wednesday, November 15 - Classes resume

Friday, November 17 - **HAPPY BIRTHDAY TO STATE PRESCHOOL TEACHER MRS. ALFARO**

Monday, November 20 - Friday, November 25 - No classes due to Thanksgiving holiday.

Monday, November 27 - Classes resume.

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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