

Rush-Henrietta UPK October Newsletter



Hello and welcome to the Rush-Henrietta Universal Pre-K program for the 2026-2027 school year! The UPK office is now located in the West Henrietta Education Building at 649 Erie Station Rd. and the main phone number is 359-7913.

The UPK office team includes:

Kimberly Klubek, UPK Program Coordinator, 359-7914, kklubek@rhnet.org
Debbie Wood, Family Liaison, 359-7913, dwood@rhnet.org
Erica Eason, Social Worker, 359-7936, eeason@rhnet.org
Betsy Marshall, Parent Educator, 359-5522, emarshall@rhnet.org
Caroline Nevil, Parent Liaison, 359-7917, cnevil@rhnet.org

Our goal for the Universal Pre-K program is to ensure that your child is prepared for kindergarten. Your child's school will provide a safe, nurturing environment with many opportunities to discover, create, explore, and grow. Students will gain the skills, knowledge, and approaches to learning necessary for kindergarten. These skills include things like engaging with peers, following routines, problem-solving, and building foundations in reading, writing, vocabulary, and math.

Each month, you will receive a newsletter from the UPK office with important program information and details on upcoming school and community events. Please take a moment to read this month's news and let us know if you have any questions.

Tips for Parents

Each month we will try to incorporate some helpful hints, strategies, and ideas for families with preschool-aged children. Please take a look at the "Family Focus" article on healthy bodies and healthy minds. We hope you find these tip sheets to be informative and useful.

***The November newsletter will contain our first family fun calendar of the year! Your child will love the easy and quick daily family activities. Stay tuned!**

Parent Discussion Groups

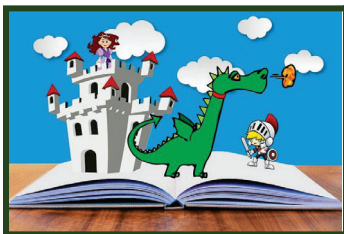
These engaging discussion groups are offered each month by our parent educator, Betsy Marshall. Throughout the year, she will discuss a variety of parenting issues including things like discipline, bedtime battles, picky eaters, and preparing for kindergarten. Betsy has set discussion times at multiple locations. All UPK parents are welcome and encouraged to attend any group time that fits their schedule. In October, please join Betsy for a discussion on "**Discipline and Challenging Behaviors**." See the attached flyer for details and the calendar below for session dates and times.

Discipline and Challenging Behaviors

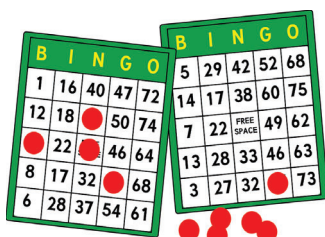
Location	Date	Time
Care-a-lot	Wednesday, October 7	8-9 a.m.
Expressive Beginnings	Tuesday, October 13	8:30-9:30 a.m.
Pinnacle Early Learning Center	Thursday, October 15	2-3 p.m.
Henrietta Public Library The Agatha Christie Room	Thursday, October 22	12:30-1:30 p.m.

Family Center Events

The Rush-Henrietta Family Center is located at the Carlton Webster building, 2000 Lehigh Station Road, and will host family-centered events each month. These events can also be found in the district calendar. Studies have shown student success is directly related to parental involvement. Events like these provide wonderful opportunities for you to be actively engaged. We hope you choose to participate and enjoy the time spent with your preschool student. Please join us this month at one of these events!



Preschool Story Time is for children 2-5 years old. The first story time of the year will be at 5:30 p.m., Tuesday, October 6. Please call (585) 359-7915 or (585) 359-7911 to register. Hope to see you there!



Preschool Bingo Night will be held at 6:30 p.m on Tuesday, October 27. Please join us for this fun, free event for the whole family. Registration details will be sent out soon.

Henrietta Public Library

The Henrietta Public Library is a wonderful resource for families. They offer a variety of programs for children and we will try to highlight them in the UPK newsletter each month.

The library offers two evening storytimes each week: Monday is the Quiet Sensory Storytime at 6:30 p.m. and Wednesday is the All-Ages Evening Storytime at 6:30 p.m. Both have ASL interpreters, are located in the Storytime Room, and no registration is required. Click the links for more information!

Literacy Kits and Library Books

Some sites may begin allowing students to sign out library books and/or literacy kits. Each UPK site runs these programs slightly differently. If your child begins bringing home books or kits, please work with them on how to be responsible with the borrowed materials and return them to school in a timely manner. This is a great learning opportunity for students and a great way for families to be engaged in the UPK program. More information to come!



Calendar

ALL UPK classes will be closed Monday, October 12, because of Columbus Day/Indigenous Peoples' Day.

UPK classes are collecting dog and cat food for **Make a Difference Day** on Saturday, October 31. Donations will be accepted in classrooms October 26 - 30. Please see the flyer for details!

Reminders

*If your child is sick and will not be attending UPK, please call the office at your school to let them know. It is extremely important that your child arrives at school and is picked up from school on-time every day. Thank you for your help!

*Newsletters are sent out monthly and contain new and important program information. Please be sure to read them and let your child's teacher know if you would like them translated into another language. We will do our best to accommodate those requests.



Rush-Henrietta Universal Pre-K

PARENTING EDUCATION PROGRAM

DISCIPLINE & CHALLENGING BEHAVIORS



Do you struggle with getting your child to listen to you?



Does your child get overwhelmed with tasks like cleaning up?



We will work to understand challenging behaviors and why they happen.



Learn ways to help your child gain coping skills.



Find techniques to address challenging behaviors.



You're Invited:



Wednesday, October 7, 2026

8:00 - 9:00 AM

Care-A-Lot Child Care, Inc.
395 John Street



Tuesday, October 13, 2026

8:30 - 9:30 AM

Expressive Beginnings
875 Commons Way



Thursday, October 15, 2026

2:00 - 3:00 PM

Pinnacle Early Learning Center
250 Pinnacle Road



Thursday, October 22, 2026

12:30 - 1:30 PM

Henrietta Public Library
The Agatha Christie Room

All are welcome!

Please join us (any of the sites/times that work for your schedule)

THIS IS A FREE PROGRAM FOR ADULTS.



The R-H Family Center Presents

PRESCHOOL STORY TIME

TUESDAY OCTOBER 6, 2026
AT 5:30 P.M.

WEBSTER LEARNING CENTER
2000 LEHIGH STATION RD
HENRIETTA, NY 14467

REGISTRATION REQUIRED
CALL (585) 359-7915 OR
(585) 359-7911





RUSH-HENRIETTA SCHOOL DISTRICT



"MAKE A DIFFERENCE DAY" 2026



**HELP US HELP THOSE IN NEED IN OUR
COMMUNITY!**



**Join us for this year's, Day of Caring on Saturday,
October 31st at the R-H High School**

Cafeteria from 9am-12pm with a pizza celebration at 12pm



The Town of Henrietta and the Rush-Henrietta Central School District are joining together once again for "Make A Difference Day" the annual National Day of Caring.



RHAFT COLLECTION

Grades K-6th

Pancake Mix
Potato Flakes
Hamburger Helper
Chunky Soups
Mayonnaise
Canned SpaghettiOs
Canned Chicken (large size)
Canned Beef Stew*
Pre-made Pudding Packs (Kids)
Body Wash
Toothpaste
Deodorant
Shampoo
Canned Baked Beans*
Canned Tomato Sauce (15 oz.)

***High demand items**

UPK Programs & Even Start Program

Canned/Dry Pet Food for Dogs
& Cats

*The schools will be accepting donations
of non-perishable food products and
personal care items beginning the week
of October 26th-October 30th.*

*See list of items being collected at the
different grade levels.*

R-H KICKING HUNGER FOOD PANTRY COLLECTION

Grades 7th-12th

Mac and Cheese (7.25 oz box)
Packs of Ramen (not cups)
Mashed Potato Flakes
Hearty/Chunky Soups
Laundry Soap (approx. 50 oz)
1 lb. White Rice



To find out more ways your group/family can lend a hand to make a difference, check out: www.henriettarec.org.
or contact: Anita
at (585) 359-7051 or email at atichacek@henriettany.gov

Make a Difference Day

2026 UPK Pet Food Drive



**UPK CLASSES ARE COLLECTING CANNED
AND DRY DOG AND CAT FOOD
TO BE DONATED TO RHAFT
(RUSH-HENRIETTA AREA FOOD TERMINAL.)
IF YOU WOULD LIKE TO DONATE,
PLEASE SEND FOOD INTO YOUR
CHILD'S UPK CLASSROOM. THANK YOU!**

**FOOD DRIVE RUNS
MONDAY, 10/26-FRIDAY, 10/30**

Family Focus

Rush-Henrietta CSD

Sept. 2019

Building a Foundation for School Success

Getting Ready for School: Healthy Bodies & Healthy Minds

Meeting the health and nutrition needs of your preschool child and establishing regular routines is important for your child's success in school.

Why is this important for school readiness?

Growing bodies and minds need well balanced meals and snacks that include fruits, vegetables, meats, and fish. Calcium rich foods like milk and yogurt are important for building strong bones and teeth.

Children need the right amount of sleep. If children are healthy, rested, and feel well, they can focus on learning.

It's important that families establish routines for children: bedtime routines, daily routines of waking, dressing, hygiene practices such as washing their faces, and eating breakfast. Consistent routines give children a sense of security and they know what to expect. Routines help children develop self-discipline. Not knowing what to expect can make children feel anxious.

Young children need to move! They need to run, play outdoors, and make friends, so get outside whenever possible. Remember to limit screen time (TV, computers/tablets, smart phones) to 1-2 hours per day. When your child is in front of a screen, be certain that he or she is playing age-appropriate, non-violent video games or watching age-appropriate shows and movies.

Children learn that they are capable and important when families talk with them about their day. Teach them simple chores they can do successfully. When children experience success, they develop positive self-esteem and a "can do" attitude.

What can families do to help?

- ❖ Provide balanced meals that include all of the food groups. Limit sugars and fats.
- ❖ Provide healthy snack choices such as fruits, vegetables, yogurt, and healthy grains.
- ❖ Eat together as a family as much as possible, using this time for conversations.
- ❖ Model healthy eating practices for your child.



- ❖ Use your child's bedtime routine as a chance to read books and talk about his or her day.
- ❖ Provide sixty minutes a day of outdoor physical activity you can do with your child such as running, taking a walk, or going to the park together. Can't go outside? Try indoor activities that get arms and legs moving, like dancing together.
- ❖ Provide your child with age-appropriate equipment such as balls, hula-hoops, a bicycle or a tricycle.
- ❖ Provide a regular daily routine of tooth brushing and flossing. Visit the dentist with your child for regular check-ups.
- ❖ Give your child simple chores such as setting the table or watering plants. Praise them when they completed their chores.
- ❖ Learn about your child's preschool. Introduce yourself to the teacher. Talk with your child about his or her day at school. Who are his or her friends? What was the best part of the day?

Activities to do with your preschooler:

❖ Make a healthy snack together: ***Ants on a Log***

You'll need: celery stalks cut into 3"-4" pieces, peanut or soy butter, nutella, or hummus, raisins, plastic knives, a plate. Show your preschooler how to spread the peanut or soybutter, nutella, or hummus on the celery stick. Count out the raisins or ants, and place them on the celery stick. It's fun to gobble up "ants"!

(If you child doesn't like celery, use apple wedges instead of celery. It tastes great too!)

Does your child have food allergies? Work with your child to learn to know the ingredients they are allergic to and ask before eating foods to make sure they are safe.

❖ Create a bedtime routine chart together: ***My Bedtime Routine***

You'll need paper, crayons or markers, magazines (optional). List what your child needs to do to be ready for bed and a good night's sleep. Your child can draw the pictures or cut out pictures from magazines. You can also make the rows on the chart long so your child can check ☒ each step completed.

❖ Teach your child about healthy foods: ***Shopping Healthy Scavenger Hunt***

The next time you go shopping, include your preschooler in the experience. For this activity you'll need a shopping list, a flyer from the grocery store, and crayons/markers for drawing.

Identify 3-5 healthy foods from your shopping list your child can look for. Together create his or her own shopping list or "scavenger hunt". Use pictures from a flyer or have the child draw the items and write the word next to the picture. Then go shopping and have your child find and add the healthy food items to his or her own shopping cart and cross off the item on the list. Discuss why these are healthy foods with your child.

❖ Track your child's height: ***See How Much I've Grown!***

You'll need a wall where you can mark your child's height every few months, or you can make or purchase a growth chart to show your child how she or he is growing.

As you mark your child's growth, discuss what he or she needs to grow up healthy and strong.



❖ Sing a song to help your child wash his or her hands for at least 20 seconds: ***Hand Washing Song!***

Teach your child this simple song sung to the tune of Row, Row, Row Your Boat: "Wash, wash, wash your hands, Soap will make them clean! Scrub the germs 'til they fall off, Germs go down the drain." Sing it twice and that's about 20 seconds!

Get your child moving and having fun: ***Have a Dance Party!***

All you need for this activity is some music and your dancing shoes! Dance with your child so he or she can get some exercise, have fun, and feel important because you're spending time with him or her.



"I am Healthy, Strong, Smart, and Ready for School!"

Online Resources for families:

The [Choose My Plate website](#) includes growth charts, how to include healthy eating styles, and activities for you to do with your preschooler.

Resources used for this tip sheet:

[Centers for Disease Control and Prevention's](#)

[Positive Parenting Tips: Preschoolers](#)

