

# Learning Adventures

## PRESCHOOL



September / October 2019

## 8 Tips to Help Your Child Start Preschool

1. Visit the preschool! Walk around the outside the building, go to the park, talk about where the class is, and answer any questions your child might have.
2. Read stories about going to preschool like:
  - "Preschool Day Hooray!" by Linda Leopold Strauss or
  - "Maisy Goes to Preschool: A Maisy First Experiences Book" by Lucy Cousins.Bedtime stories are great but did you know that reading a book for 15 minutes during the day will help your child learn to sit and settle?
3. If your child is anxious, call and make an appointment for your child to meet his or her teacher.
4. Pretend play about being at preschool.
5. Go with your child on the first day.
6. Volunteer at the school when you can.
7. Arrange play dates with children who will be in your child's class, and stay with your child at the play date.
8. Put a family photo in the preschool bag for your child to look at if they are missing you or give your child a personal belonging of yours (like a favorite scarf) so they know you will come back to get it.

## Important Preschool Dates

Preschool begins Tuesday, September 10th

This is a staggered entry week which means children in the:

- 2 day/week will only have one day of preschool that week
- 3 day/week will only have one day of preschool that week
- 5 day/week will have three days of preschool that week

**September 23rd** - No Preschool - closed for P.D. Day

**October 14th** - No Preschool Thanksgiving Day

**October 24th & 25th** - No Preschool P.C.C.E. Teacher's Convention

## Important CCS News

**September 5th** - Elementary School Social - 5:30 - 7:00 p.m. (cancelled if raining)

## SNACK TIME!



snack photo: [www.parents.com](http://www.parents.com)

### SWEET & CRUNCHY

What's better than veggies with dip? Veggies with fruit (example: purple grapes and sugar snap peas in a mini sealed bag...)



# Rhythm and Wordplay to try at home

Rhythm and wordplay will help familiarize your child with the wide variety of sounds in the spoken language. He or she, in turn, will be developing phonemic awareness – the ability to segment and manipulate the sounds, which is a key component of reading readiness. Have fun and enjoy some special time together!



## Red Balloon

Oh, once I had a red balloon  
(Pretend to take balloon out of pocket)  
And then I blew it up.  
(Pretend to blow balloon up)  
'Till it became all big and round  
And grew and grew and grew.  
(Make arms into bigger and bigger circle)  
I bounced it up into the air  
(Pretend to bounce ball)  
And never let it drop.  
Then I bounced it on the ground  
Until it suddenly went POP!  
(Clap hands loudly on pop)

Did you know that all Calgary residents can have a free Calgary Public Library card, even kids? Register online or visit any Calgary Public Library location to get your card.



## September Parent Tip

### “A Sheltering Space”

Remember that the shelter of your home is the most significant protective factor for your child throughout their transition into fall routines. When you purposely make spaces in their day, week, and month, for expanses of down time (to reconnect with themselves and one another), you are providing them with an enriched experience and making life easier for everyone, including yourself!

## October Parent Tip

### “Plant seeds of Gratitude”

Cultivate more than manners in your family by practicing gratitude. In the car play the gratitude game. Simply notice things and express your appreciation for them out loud- the green light that tells you it is safe to go; the ambulance whizzing by to help someone; the song on the radio that makes you smile.

**Gratitude makes the ordinary extraordinary and uncorks authentic appreciation.**

Tips provided from:

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