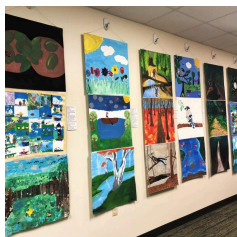




Family Center Events



Preschool Story Time - Please join us at 6:30 p.m. Monday, April 7, at the Good Shepherd building. Librarians from the Henrietta Public Library will be there to read to preschool friends.



Please join us for our very first **UPK Art Show and Reception!** Every UPK student will have a piece of artwork on display at the Henrietta Recreation Center, Monday, April 28. Come anytime between 6:30 and 7:30 p.m. to find your child's unique creation. Light refreshments will be provided.

Parent Discussion Group

This month, Betsy Marshall will discuss how to **"Discover Rochester with Children."** She will take you through all of the wonderful opportunities our region provides for family outings. We welcome and encourage interested UPK parents to attend any session that fits their schedule. Every parent that attends this month will receive a **free book** to add to their family library. See the attached flyer for details and the calendar below for session dates and times!


Discover Rochester with Children

UPK Site	Date	Times
Augustin	Monday, April 21	9-10 a.m.
Care-a-lot	Monday, April 7	8-9 a.m.
Expressive Beginnings	Tuesday, April 8	8:30-9:30 a.m.
Good Shepherd	Tuesday, April 22	12-1 p.m. (new time)
Henrietta Recreation Center	Tuesday, April 8	11:30 a.m.-12:30 p.m.
Richard M. Guon Child Care Center at MCC	Tuesday, April 1	9-10 a.m.
Pride and Joy	Thursday, April 3	8:30-9:30 a.m.

Tips for Parents

Young children are natural-born scientists! They are naturally curious and when they play, they observe, experiment, ask questions, and try to figure out how things work. These are all key skills for school and life. Please read this month's "Family Focus" article to learn how you can support your little scientist!

Calendar

There will be no UPK classes April 14 -April 18 for Spring Recess. 

R-H UPK April Family Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
		Joke of the Month: What falls but never gets hurt? Rain! Happy April Fools' Day!	Help your child think of words that rhyme with pop (top, mop, stop) & can (man, fan, tan)	Give your child scrap paper and have them tear it into pieces. For an extension, have them glue the pieces onto another paper to make a collage.	Draw a rectangle. Discuss the 2 long sides and 2 short sides. Have your child find 5 rectangles in your house. 	
6	7	8	9	10	11	12
	Read a story to your child. Have them retell the story in their own words	For snack time give your child a variety of items (ex: goldfish, gummies, cheerios) and have them make patterns as they eat.	Have your child clap the syllables they hear in: Spring, flower, outside, grass, egg, bunny, April, rain, umbrella	Have your family members vote for their favorite season. Discuss the characteristics of each.	Brainstorm family activities for Spring Break. Make a list together and have your child check off any completed activities.	
13	14	15	16	17	18	19
		Spring Recess Play Outside!		Spring Recess Play Outside!		
20	21	22	23	24	25	26
Easter 	Write A, B, C, on paper. Ask, "What comes next?" Repeat with new letters. 	Go for a walk! Can your child skip, hop, jog, and walk backwards too?	Read a book together. Have your child identify the front cover, back cover, and title. Have them hold the book and turn the pages as you read.	Count out 10 pennies. Have your child point and count. Add 10 more and have them count again. (Save the pennies for tomorrow!)	Use household items to build a bridge (cups, spoons, toothpicks, cards etc.) Is it strong enough to hold 5 pennies? 10? 	
27	28	29	30	1	2	3
	Place 4 objects in a row. Ask, "Which one is first, second, last?" Mix up the order and repeat.	Help your child think of words that start the same as: Flower Rain Puddle	Practice name recognition. Write and cut up the letters in your child's first and last name. Help them put the letters in the right order.			

Rush Henrietta Universal Pre-K

Parenting Education Programs



Discover Rochester With Children

- Learn about great places to take your children in and around Rochester.
- Free opportunities for adventures with your children right here in town.
- Get the scoop on where to go and what to do!
- Take home a free book just for attending!

Betsy Marshall, Parent Educator, will be providing a free hour long program for parents/caregivers. Attend any meeting that fits your schedule.

UPK Site	Date	Times
Richard M. Guon Child Care Center at MCC	Tuesday, April 1	9-10 a.m.
Pride & Joy	Thursday, April 3	8:30-9:30 a.m.
Care-A-Lot	Monday, April 7	8-9 a.m.
Rush Nursery School	Monday, April 7	2-3 p.m.
Expressive Beginnings	Tuesday, April 8	8:30 - 9:30 a.m.
Town Rec. Center	Tuesday, April 8	11:30 - 12:30 p.m.
Augustin	Monday, April 21	9 - 10 a.m.
Good Shepherd	Tuesday, April 22	12:00 - 1:00 pm (new time)

All are welcome! Please join us (any of the sites/times that work for your schedule). This is a free program for adults.

You are invited to the Rush-Henrietta Family Center's

PRESCHOOL STORY TIME

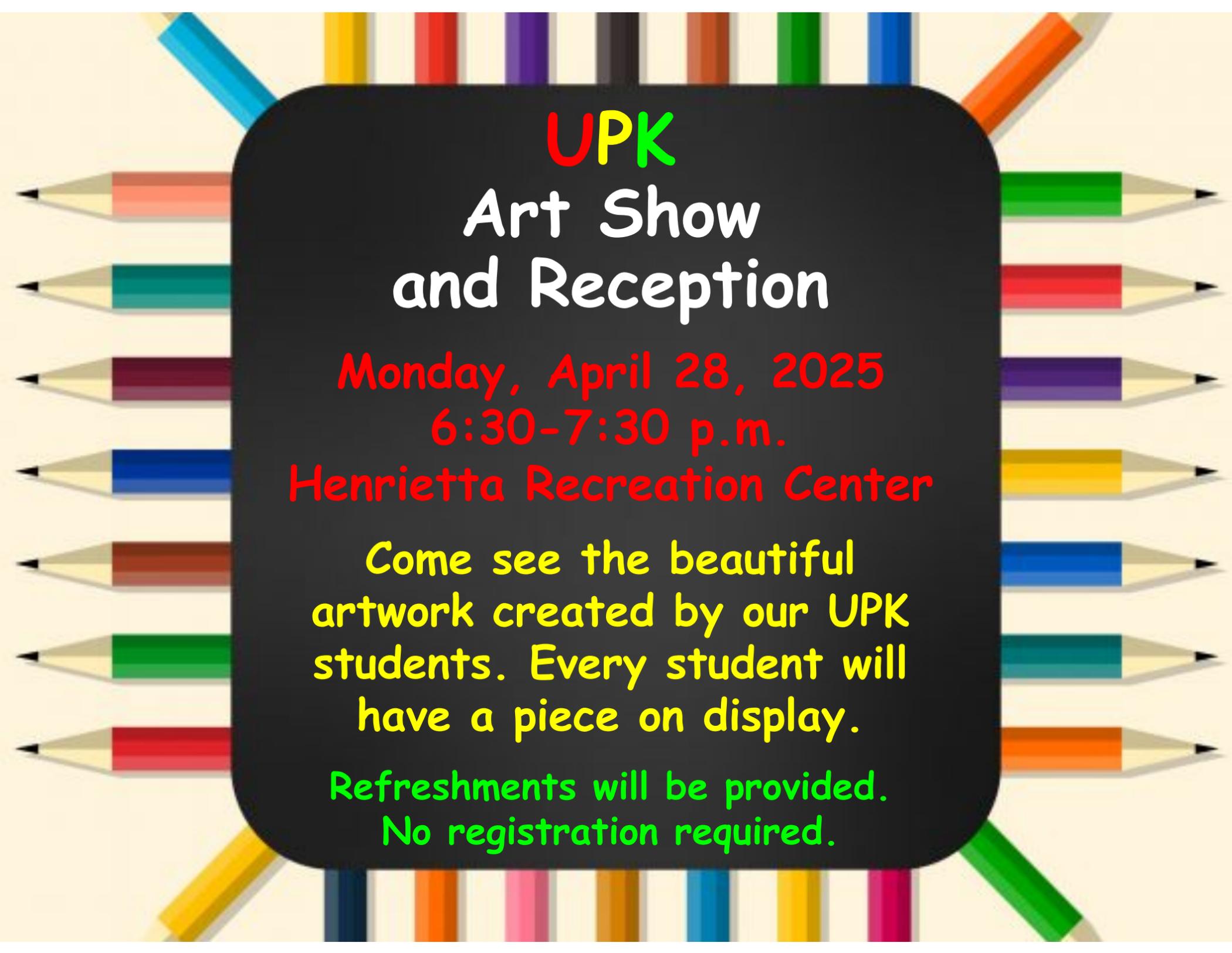
Monday, April 7, 2025 from
6:30 to 7:30 pm

Good Shepherd Building
3288 East Henrietta Rd, Henrietta, NY 14467

For Even Start and UPK Students ONLY.

A librarian from the Henrietta Public Library will be there to share stories and songs along with fun movements.



The background of the entire image is a light cream color, populated with numerous colored pencils. The pencils are arranged in a radial pattern, with their sharpened tips pointing outwards towards the edges of the frame. The pencils come in a wide variety of colors, including shades of blue, green, red, orange, yellow, purple, and brown. In the center of the image is a dark grey, rounded rectangular box that serves as a backdrop for the event information.

UPK
**Art Show
and Reception**

**Monday, April 28, 2025
6:30-7:30 p.m.
Henrietta Recreation Center**

**Come see the beautiful
artwork created by our UPK
students. Every student will
have a piece on display.**

**Refreshments will be provided.
No registration required.**

Family Focus

Building a Foundation for School Success

Getting Ready for School Science with Your Child Everyday

Young children are natural born scientists! They are curious. When they play, they observe, experiment, ask questions and try to figure out how things work. Observing, experimenting, asking questions, and trying to figure things out are all key skills for school and life. You can support your little scientist!

Why is this important for school readiness?

Our world is changing and becoming more technological every day. Studies show that children can develop an interest in science, technology, engineering and math (STEM) when they are young. These areas will provide more career opportunities in their future.

Science helps children develop many different skills. They develop scientific skills like exploring, observing, making predictions, experimenting, and problem solving. Science also helps children develop their senses and awareness of the world around them.

Through science, children develop the ability to communicate their ideas, remain organized and focused, and develop critical thinking skills they will need throughout their lives.

Children are hands-on learners who explore the physical world around them through their play. "Like scientists using the scientific method, children have their theories about how the world works (their hypotheses), they test those theories (the experiment), they observe what happens (document the findings), and then try again (revise the theory and conduct another experiment)".

Science appeals to children because it gives them a way to be smart and to solve mysteries.

What can families do to help?

- ❖ Science can be fun and simple. You do not need fancy materials to provide your child with scientific learning opportunities. You can take advantage of everyday activities to support science by asking questions, talking with your child, and learning together.
- ❖ Observe outdoor animals such as birds, mammals (ex. squirrels), and insects. Talk about their features (ex. wings, legs), what they eat, and where they live.
- ❖ Watch the moon together as it appears to change shape over the course of a month. Draw pictures or take a picture to record the moon's different phases. Discuss what you both see and what is happening.
- ❖ In the kitchen, point out the changes that happen when you boil a liquid such as water or when cake batter is baked.
- ❖ It is important to ask your child questions when you participate in a scientific activity together. For example:
 - What happens when.....(we add food coloring to the play dough recipe)?
 - How did.....(the flower grow so tall)?
 - Why did.....(the flower's petals fall off)?
- ❖ Remember, when participating in science activities it is important to follow your child's lead while keeping them safe. When your child carries out a simple experiment and it does not work, it is important to talk about why it did not work and to try again. This is part of the process of learning science.
- ❖ Always encourage your child's interests in science.

Activities to do with your preschooler:

❖ Add Materials to Your Child's Play: **Ramps**

Your child may enjoy playing with cars, trucks, and trains. Adding a plank of wood can get your child to begin thinking about physics, the science of motion and force. Here's one way to do this.

- Allow your child to first explore how he or she can use a board when playing with toy vehicles.
- Join the play and follow your child's lead. Suggest propping up one end of the board (for example on a stack of books) and sending a car down it (if your child hasn't already done this).
- Wonder aloud about making the car travel slower or faster down the board by adding or taking away books from the stack the ramp is on. Then experiment together. Your children will figure out that the steeper the incline, the faster the car will travel. To extend the experiment try other toys that roll!

❖ Looks Like Magic, But It's Science: **Leak Proof Bag**

This is a simple experiment you can do with your child that looks like magic but relies on chemistry. It works because the plastic bag is made of a polymer which has long flexible molecules. When your child pokes a pencil through the bag, the molecules of the bag wrap themselves around the pencil and the bag doesn't leak.

- You need a one-gallon plastic bag and sharpened pencils.
- With your child, fill the bag about halfway with water and then seal it. While holding it over the sink, have your child use the sharpened pencil to poke a hole right through the bag – in one side and out the other – and leave the pencil in the bag (see the picture). You can do this with as many sharpened pencils as you have.

❖ **Recording Children's Observations and Discoveries & Making Good Use of Your Electronic Devices**

Writing, drawing, audio recordings and pictures are all good ways for children to record their observations; keeping track of what you see is an important skill in science. When you notice your child is observing something such as melting snow, leaves changing on the trees, a growing plant, you can suggest that your child record what he or she saw. “Do you want to draw that?” or “Do you want to take a picture?” or “Do you want me to help you write down what you noticed?” You can use your “smart” phone to take pictures or record sounds. You can use the internet to look up information and together learn more about the topics that your child is interested in.

❖ Playing with the Density of Liquids: *Lava Lamp Experiment*

There are many versions of the lava lamp experiment you can do with your child. As with all these types of experiments, you need to do it with your child, but have your child do as much of it as possible.

Lava lamp experiments work because they use liquids of different densities and chemical reactions. Vinegar is heavier or more dense than oil, and baking soda creates carbon dioxide bubbles (chemical reaction) when liquid is added to it. It's very cool to do and watch!

- You need: a clear plastic bottle or tall cup, baking soda, vegetable oil, vinegar, food coloring, funnel, eye dropper, small plastic cup
- Place a funnel in the bottle and ask your child to add 3-4 tablespoons of baking soda so it's flat at the bottom of the bottle. Use the funnel and pour in enough oil so the bottle is about 2/3 full.



Pour $\frac{1}{2}$ cup vinegar into a small cup and ask your child to mix in a few drops of food coloring, then stir. Ask your child to add the colored vinegar to the bottle using the eye dropper a few drops at a time and see (any maybe record) what happens.

Resources for families: [Parenting Science: Preschool science activities](#) [Fun Learning For Kids: 30 Science Activities for Preschoolers](#)

Resources used for this tip sheet: [Importance of Learning Science for Young Children](#), [Science Made Fun](#), [How to Teach Kids Science and Why It's Important](#), [10 Tips to Support Children's Science Learning](#)

