The Family Center is sponsoring two popular events this month!

(Field Bingo Night) will be held Tuesday, April 13. Normally this is an in-person event. This year however, the family center is offering take-home bingo kits. Please email Donna Marshall at dmarshall@rhnet.org, or call (585) 359-7913 if you would like to participate in this fun, free activity. Space is limited to 20 families and registration will be open April 6-13. Please see the attached flyer for more details!

(Science Night) this year is a fun, interactive slide posted to the district website throughout the month of April. It provides families with ideas for easy, at-home science experiments and activities. Be sure to check it out and have fun creating and exploring in your own science labs!
Preschool Story Time is online this year! Take a few minutes to sit with your child and listen to a reading of "Froggy's Baby Sister," an adorable story your little one is sure to enjoy!

Check out the April Family Fun Calendar! Each day contains a quick activity for you to do with your preschooler. Some activities are perfect for the whole family. If you are able, print the calendar, place it in a convenient location, and have your child cross off the days as they complete the activities. Have fun!

Did you know that Rush-Henrietta has a School Food Pantry located in the Good Shepherd Building? Check out the attached flyer for dates, times, and instructions.

Parent Discussion Group

Betsy has posted a new slideshow to her Parenting Site. This month she discusses how to "Discover Rochester with Children." She takes you through all of the wonderful opportunities our region provides for family outings. Check out her comprehensive list of places to visit. As a reminder, all of Betsy's fantastic resources are free for UPK parents!

Calendar

There will be no UPK classes March 29-April 2 for Spring Recess.
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<th>Sunday</th>
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<td>Help your child think of words that start the same as: Flower Rain Puddle</td>
<td>Cut string as long as your child’s arm. Can they find something the same length? Longer? Shorter?</td>
<td>Review the colors of the rainbow. Have your child find one item of each color and put them in rainbow order</td>
<td>Read a story to your child. Have them retell the story in their own words.</td>
<td>Have your child clap the syllables they hear in: Spring, flower, outside, grass, egg, bunny, April, rain, umbrella</td>
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<td>Help your child think of words that rhyme with pop (top, mop, stop) &amp; can (man, fan, tan)</td>
<td>Ask your child to help sort laundry. Clean socks are perfect! Have them match the pairs of socks and count the pairs when finished. This is an easy chore for preschoolers to help with.</td>
<td>For snack time give your child a variety of items (ex: goldfish, gummies, cheerios) and have them make patterns as they eat.</td>
<td>Have your child do 6 sit ups, 5 knee bends, 10 toe touches, and 8 jumping jacks.</td>
<td>Have your family members vote for their favorite season. Discuss the characteristics of each.</td>
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<td>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.</td>
<td>Draw a rectangle. Discuss the 2 long sides and 2 short sides. Have your child find 5 rectangles in your house.</td>
<td>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.</td>
<td>Count out 10 pennies. Have your child point and count. Add 10 more and have them count again. (Save the pennies for tomorrow!)</td>
<td>Use household items to build a bridge (cups, spoons, toothpicks, cards etc.) Is it strong enough to hold 5 pennies?10?</td>
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<td>Write A, B, C, ___ on paper. Ask, “What comes next?” Repeat with new letters.</td>
<td>Place 4 objects in a row. Ask, “Which one is first, second, last?” Mix up the order and repeat.</td>
<td>Have your child mimic the ways in which different animals move. Ex: hop like a bunny, walk like a crab, slither like a snake.</td>
<td>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.</td>
<td>If possible, visit a playground. Have fun running, climbing, swinging and sliding!</td>
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Please join us for an evening of fun at Rush-Henrietta’s

BINGO NIGHT FOR FAMILIES

Tuesday, April 13, 2021

Sponsored by Rush-Henrietta Family Services

~ For parents and children ages 4 years old through 3rd grade. ~

This will be an at home event. Registered participants will be able to pick up Bingo packets from Good Shepherd prior to the event. Please take pictures of your family's Bingo fun and email them to dmarshall@rhnet.org or hcampo@rhnet.org to be posted on the R-H Facebook page!

Have fun with your family!

Register early "B-4" all the spots are gone!

Limited to 20 families ONLY. Registration begins April 6.

FAMILY EVENT REGISTRATION

To join in the fun, please call Donna at (585) 359-7913 or email dmarshall@rhnet.org. If you have any questions, please call (585) 359-7913. Please let me know the following information:

Your family name: ________________________________________________________________

Number of adults and children participating: ________________________________

The best phone number to reach you at in the case we need to contact you regarding the event: ____________________________________________

REGISTRATION BEGINS APRIL 6
When you read stories with your child, look for examples of good character. He might notice how brave a little giraffe is in a story about a talent show. Or you could point out a kind boy standing up for a classmate who is being made fun of.

**On-the-job training**

Your little one might not be able to do all the steps of a chore, such as loading the dishwasher. Show her how anyway (“I’m putting the knives in with the sharp sides down”) and let her do as much as possible (“Here, you load the spoons”). She’ll gain confidence and be ready to tackle the job herself when she’s older.

**Helmet safety**

Keep your youngster safe by making sure he always wears a helmet when he rides a bike or scooter. It should fit snugly, have a liner that’s at least 1 inch thick, and sit level on his head. *Idea:* Let him make a helmet for a stuffed animal. Then, he may be more excited about wearing his own.

**Worth quoting**

“There is nothing in a caterpillar that tells you it’s going to be a butterfly.” *Buckminster Fuller*

**Just for fun**

Q: Why did the chicken say, “Quack”?
A: It was learning to speak Duck.

**Going with the flow**

Flexible thinking lets your child adapt to changing situations and look at things in multiple ways. Stretch her thinking and problem-solving skills with these activities.

**Two voices**

Your youngster will need to shift gears to succeed in this twist on Simon Says. Give her instructions (“Touch your toes,” “Spin around”), but switch back and forth between two silly voices (say, a robot and a pirate). The catch? Tell her to listen only to the robot. If she follows the pirate’s instruction instead, her turn ends. Now she gets to choose two voices and give you directions.

**Mystery pictures**

Can your child figure out what’s in a picture even if she can’t see the whole thing? Cut a 1-inch hole in a sheet of paper, and lay it on top of a book illustration. Now let her slide the paper around, peek through the hole, and think about what it could be a picture of. Something that looks rough and brown might be a furry animal. Or is it a football or a tree trunk?

**What if?**

This activity encourages your youngster to practice finding alternatives. Ask a “what if?” question like “What if we didn’t have syrup for pancakes?” Take turns naming possible solutions (use jelly or honey, eat them plain, make toast instead). Keep going until you run out of ideas. Then, ask a new “what if” question.

**Search for treasure**

Finding hidden treasure is a fun way for your youngster to learn how maps show where things are located. An X marks the spot with this idea.

1. Help your child draw a map of a room or the park. Encourage him to include landmarks like doors and furniture or trees and fences.
2. Have him cover his eyes while you hide a “treasure,” maybe a juicy apple, in the actual location. Put an X on the map where the treasure can be found.
3. Challenge your youngster to use the map and find the treasure. When he locates it, let him erase your X, hide a treasure, and mark it on the map for you to find.
K is for kindness

Simple acts of kindness make the world a friendlier place—and give your youngster warm, fuzzy feelings. Here are ways to inspire him to be kind.

**Pretend to be a superhero.** Suggest that your child draw himself as a “kindness superhero.” He can make up a superhero name, maybe Captain Kindness. On his drawing, help him write what superpowers he has. (“Cares about others.” “Loves to help.”) Then, encourage him to step into the role and put his superpowers to work whenever he sees the opportunity to be kind. Maybe Captain Kindness will help you look for your misplaced car keys or offer to take a photo of his big sister.

**Make a kindness calendar.** Together, think of a month’s worth of ways to show kindness, and write each one in a calendar square. **Examples:** Smile and wave at neighbors walking by. Compliment a family member. Make a card for a friend. (It’s okay to use ideas more than once!) Every day, read the tip on the calendar, and have your youngster do it. He can draw a heart on each one as he completes it.

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**Storytelling at home**

**Q:** My son’s kindergarten class is working on storytelling. How can we tell stories at home?

**A:** Start by asking your child to tell stories about pictures he draws. Listen to his tale, then ask questions that spark his imagination. If he draws people in a car, for instance, you could ask where they’re going. This is good practice for storytelling now—and creative writing later.

Also, take a few minutes before bed to let him tell the story of his day. He might describe a game he played and what he ate for lunch. Encourage him to keep going by asking questions like “What happened after lunch?”

Share the story of your day, too, making sure to include lots of details. Listening to your story will help him learn to tell his own.

**ACTIVITY CORNER**

**Splash and learn**

April showers bring May flowers—and lots of learning opportunities for your youngster! Sprinkle these activities into the next rainy day:

- Together, listen to the rain and think of words (real or made up) to describe the sound it makes when it hits the windows or pavement. **Examples:** tap, plop, plink. Then, put on slickers and rain boots, and let your child set different containers out in the rain. What words come to mind when she hears raindrops land in a plastic bucket, tin can, or glass jar?

- Help your youngster make aluminum foil boats and sail them on puddles. Which design floats best? Can she create a boat that will carry a small toy across a puddle? Have her use chalk to draw circles around puddles. Let her check back periodically and trace around the puddles again. She’ll notice they get smaller and eventually disappear (**evaporate**). Do bigger puddles last longer than smaller ones?

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**Help siblings get along**

It seemed like my daughters Kate and Brianna were always bickering. My nieces, on the other hand, get along pretty well, so I asked my brother for advice.

He assured me that his girls don’t always get along. But he’s noticed their relationship is better when he lets them work out minor disagreements rather than taking sides. Sometimes, he pointed out, they seem to argue just to get his attention.

Now when my girls argue, I tell them to work it out. If they’re still fighting after 15 minutes, I send them to separate rooms to cool down, as my brother recommended. Afterward, I have them try again to solve their disagreement.

Knowing I won’t jump in and referee has cut down on my daughters’ arguments—and I’m hearing fewer complaints of “You always take her side!”

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The Rush-Henrietta Kicking Hunger School Food Pantry provides dry foods, personal care items, and school supplies for residents of the Rush-Henrietta School District. Located in the Good Shepherd building at 3288 East Henrietta Road, the pantry is available for contact-free pick-up of needed items 9:45 – 11:15 a.m. each Tuesday, and 4:30 – 6 p.m. on Thursdays.

Simply follow the signs and park in one of the designated spots. Call 585-359-7979 and someone will assist you. First-time visitors will need to complete a brief form. People may visit the pantry twice a month and receive up to 14 meals each visit.

This pantry is made available through the support of our community partners and generous donations. If you are interested in donating, please contact us at foodpantry@rhnet.org or 585-359-7979.

Join the Virtual 2021 Rush-Henrietta Kicking Hunger 5K!

rhnet.org/kickinghunger5k