News and Events

acak The UPK office will be emailing out two surveys this month. We are asking every family to respond to both. The surveys are short and will require just a minute of your time.

The first one is a Kindergarten Intention Survey. The district needs to know where this year’s UPK students will be next fall. Please let us know whether or not your child will be attending kindergarten in Rush-Henrietta.

The second one is the UPK Parent Feedback form. Please share your thoughts about the program and your child’s experience in UPK. This survey helps us plan for next year’s program.

acak The teachers will soon begin end-of-year assessments, and Betsy Marshall (parent educator) and Caroline Nevil (parent liaison) be will repeating the kindergarten readiness assessments that were given in October. The spring test scores for each child will be measured against the scores he/she received in the fall. These scores will help us see the progress your child has made this school year.
🌸 Don’t forget, **Preschool Story Time** is online this year! Take a few minutes to sit with your child and listen to a reading of "Froggy Plays in the Band." It is a story your little one is sure to enjoy!

🌸 Check out the **May Family Fun Calendar**. Can you challenge your UPK student to complete at least 10 activities on this month’s calendar?

🌸 May 3-9 is **Children’s Book Week**! Take a look at the Children’s Book Week Activities included in this packet. How many boxes can your family check off? Have fun!

🌸 The school district **budget vote** and Board of Education election will be held from 6 a.m to 9 p.m., Tuesday, May 18, in the gymnasium at the Rush-Henrietta Senior High School, 1799 Lehigh Station Rd. [Click here for more information about the budget.](#) You can watch a recording of the **Meet the Candidates Night** held April 22 to learn more about our Board of Education candidates.

**Parent Discussion Group**

🌸 Betsy has posted a new slideshow to her **Parenting Site**. This month she discusses the "**Foundations of Speech Development**." In this three-part series, she takes you through the stages of speech development in young children. She also explains what parents should look for and do if they have a concern about their child’s language development.

   As a reminder, all of Betsy’s fantastic resources are **free** for UPK parents!

**Calendar**

🌸 There will be no UPK classes at Care-a-lot, Good Shepherd, **MCC**, Pride and Joy, and the Henrietta Recreation Center May 28-31 for the Memorial Day weekend. Augustin and Rush Nursery School will have classes on Friday, May 28 but will be closed on Monday, May 31 for Memorial Day.
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**May 3-9 is Children’s Book Week! Enjoy a week's worth of literacy activities.**

- **Monday, May 3:** Read a book with your child and talk about the characters. Were they people, animals, aliens...? Discuss some of their characteristics.
- **Monday, May 3:** Visit the Henrietta Public Library. Get a card and check out a few books to take home!
- **Monday, May 3:** Story hour – check out Mrs. Marshall’s fantastic read alouds! [https://sites.google.com/rhnet.org/the-nurtured-nest/activities/story-time](https://sites.google.com/rhnet.org/the-nurtured-nest/activities/story-time)
- **Monday, May 3:** If the weather permits, take a book(s) outside and have a "reading picnic."

**May 10 is Mother’s Day**

- **Tuesday, May 10:** Help your child cut out shapes like triangles, circles and squares. Have them glue the shapes onto paper to make pictures. Ask them about their creations!
- **Tuesday, May 10:** Talk about recycling and have your child help sort the recyclables. Review what materials can and cannot be recycled.
- **Tuesday, May 10:** While your child eats breakfast, place a cereal box in front of them. Ask them to identify letters, numbers, colors and/or shapes on the box.
- **Tuesday, May 10:** Go for a walk and have your child listen carefully. Have them identify 3-5 different sounds they hear.
- **Tuesday, May 10:** Help your child think of words that rhyme with hair (chair, pear, bear)

**May 16-17 is Memorial Day**

- **Sunday, May 16:** Turn out the lights and use a flashlight to create shadows. Move closer to and further from the light and note what happens.
- **Sunday, May 16:** Ask your child to draw a picture of what they did today. Add words to their picture or have them help you write some words.
- **Sunday, May 16:** Allow your child to bring a few toys or household items into the bathtub. Experiment to see which ones sink and which ones float.
- **Sunday, May 16:** Go outside or look out the window and discuss the clouds. Take turns telling stories about the shapes of clouds.

- **Monday, May 17:** Have your child find 3 items in the house that are bigger and smaller than they are.
- **Monday, May 17:** Work your child’s fingers and have them play with playdough, chalk, slime, or Legos.
- **Monday, May 17:** Introduce solid shapes like cube (dice), cylinder (drinking glass), and sphere (ball). Have your child find one of each around the house.

**May 23-24 is Memorial Day**

- **Saturday, May 23:** Take a vote in your home to choose which dessert is the favorite: Cookies vs. Cupcakes
- **Saturday, May 23:** Have your child find 3 items in the house that are bigger and smaller than they are.
- **Saturday, May 23:** Introduce solid shapes like cube (dice), cylinder (drinking glass), and sphere (ball). Have your child find one of each around the house.
- **Saturday, May 23:** Enjoy the long weekend and get outside!
Reading is a Superpower

Children’s Book Week 2021

Celebrating children’s books and reading since 1919

everychildreader.net
2021 Children's Book Week Poster Activities
Challenge yourself, your friends, and your family to read during Children's Book Week and all year long. How many boxes can you check off?

- Read out loud to a younger sibling or friend
- Read my best friend's favorite book
- Read the first book in a new series
- Read a graphic novel or comic book
- Read out loud to a grandparent or other adult
- Read a nonfiction book about a topic I don't know much about
- Read a book outside
- Read a wordless picture book
- Ask my librarian for a book recommendation
- Read a book of poetry or a book written in verse
- Read a book with a girl main character
- Read a book by someone who doesn't look like me
- Compare/contrast the differences between a book and the movie version
- Read a book with a boy main character
- Read a book set in another country
- Reread your favorite book
- Read a book in a genre I've never read before
- Ask my teacher to recommend a new book that is similar to one of my favorites
- Read an award-winning book
- Do a book swap with a friend or neighbor
- Read a picture book, regardless of my age
- Read a recipe aloud to somebody cooking while they are making the dish
- Read a book that was published more than 10 years ago
- Ask my parent about a favorite book from when they were a kid and then read it
- Tell my parent about one of my favorite books and ask them to read it

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Win some, lose some
Before you play a family board game, remind your child that only one person or team will win. Then, brainstorm ways to be a good sport whether you win or lose. For example, she might fist-bump opponents or say, “Good game, everyone!”

“I’m bored”
A healthy dose of boredom now and then boosts your youngster’s creativity. Instead of rushing to entertain him, encourage him to find ways to amuse himself. Tip: Together, make a poster with pictures of things he likes to do. Hang it up where he can check it for ideas when he’s bored.

Learning about time
Help your child develop a sense of time as she goes through her daily routine. At home, you might say, “It’s 12:00. Let’s fix lunch now.” In the car, you could tell her, “We’ll be home in 15 minutes. That’s about how long it takes to read a story.”

Worth quoting
“To see the summer sky is poetry.”
Emily Dickinson

Just for fun
Mason: These shoes don’t fit!
Mom: You put them on the wrong feet.
Mason: These are the only feet I’ve got!

A wonder-full summer
Caleb learned his ABCs in school this year. Abigail learned to count to 10. And Darnell learned to do science experiments. How can parents help their children remember what they learned—and learn even more—this summer? Try these activities.

Start a curiosity box
Fill a shoebox with items that will spark your youngster’s curiosity. Examples: flashlight, mirror, calculator, magnifying glass, kaleidoscope. Then, encourage him to explore! He might make a rainbow using the flashlight and mirror, type numbers into the calculator, or examine insects under a magnifying glass. Tip: Swap out items regularly to keep him interested.

Make weekly postcards
Let your youngster record an “adventure of the week” on postcards to family members. Have him draw a picture on the blank side of an index card. Then, help him write on the left half of the lined side. Add an address and a stamp. He might send one postcard to Grandma about learning to ride a scooter and another to his uncle about seeing a fire engine zoom down your street.

Take imaginary trips
Visit pretend versions of your child’s favorite places. Is he a fan of the aquarium? Read books to learn about sea creature habitats, and let him set up a stuffed animal aquarium. If he loves going to the car wash, he might turn on the sprinkler and wash bikes and other outdoor toys.

Backyard carnival
Old-fashioned carnival games sharpen your child’s hand-eye coordination. Play these versions in the backyard or at a park for some family fun.

Water balloon toss.
Help your youngster fill balloons with water and tie them off. Players try to land the balloons in a bucket.

Topple the pyramid.
Let your child build a pyramid of empty cans from the recycling bin. Take turns throwing a tennis ball at them to knock them down.

Frisbee throw.
Hang a hula-hoop from a tree branch. Family members can toss a Frisbee (or a ball) through the hoop.
Everyday wordplay

The more words your child hears and understands, the more ready she’ll be to read and write. Try these activities to build her vocabulary.

Connect words. Say any random word (zebra), and ask your child to say a related word and explain the connection. (“Stripes, because zebras have stripes.”) Now you say a word related to stripes—perhaps one you think your youngster doesn’t know.

Clap syllables. Have your child point out long words in books and magazines or on signs. Read them together, and clap for each syllable (spec-tac-u-lar). Then, tell your youngster what the word means, or look it up in a dictionary together. (“Spectacular means really awesome. The restaurant is advertising its spectacular ice cream sundaes.”)

Solve riddles. Secretly pretend to be something that’s related to summer, such as lemonade. Give your child hints to discover your identity, making sure to include new words. (“I am a sweet yellow beverage. I’m made from a citrus fruit. What am I?”) Once she figures out what you are, she can choose a “secret identity” and describe herself.

Growing more independent

Some children want to do everything by themselves. Others want help when they don’t need it. Ask yourself these questions to strike a balance and foster your youngster’s independence.

1. Is it safe? Slicing a banana with a butter knife? Yes. Cutting his meat for dinner? Probably not. You know your child best. If he wants to do something that you feel is safe, let him try.

2. Am I on “autopilot”? Before helping your youngster out of habit, pause to consider whether he could take over. Can he zip his jacket by himself? Shampoo his hair without assistance? Encourage him to do as much as possible for himself.

3. Could I make a suggestion? When your child struggles, offer advice instead of a rescue. (“Your tent might stay up better if you find a way to anchor it to the chair.”)

Work out worries through play

Q: My daughter sometimes acts out scary scenarios when she plays, like getting COVID or taking cover during a tornado. What should I do?

A: It’s perfectly normal for children to use pretend play to handle scary things. Because your child is in charge of what happens when she plays, she feels like she has some control over a worrisome situation.

You can offer reassurance by having age-appropriate conversations about her fears. For instance, explain to your daughter that children don’t usually get very sick with COVID. Also, work together to make a plan for scenarios that concern her. For storms, she might put special snacks and toys in a basket to keep in a spot where you would shelter.

Note: If your daughter shows signs of stress, like stomachaches or changes in eating or sleeping habits, talk to her pediatrician.