

## ***Rush-Henrietta UPK November Newsletter***

It is hard to believe that we have completed two months of school! Classroom routines are well established now and the learning can flourish! This month we honor our veterans, show thanks for a bountiful harvest, and enjoy some time off with family. Please take some time to read through the UPK news for this month and feel free to call the UPK office at 359-7913 with any questions.



### **Assessments and Parent-Teacher Conferences**

Teachers are busy conducting fall assessments in anticipation of meeting with parents at conferences. Each classroom schedules and conducts conferences a little differently, so be on the lookout for more information from teachers in the near future.

### **Social-Emotional Survey**

To help us complete the assessment process and meet state requirements, we need all UPK parents to fill out a social-emotional survey for their children. Please have your survey filled out by **Friday, November 8**, if you haven't done so already. The short survey is easily accessible here: <https://forms.gle/9hkjbKt2TeXsMyxE7>

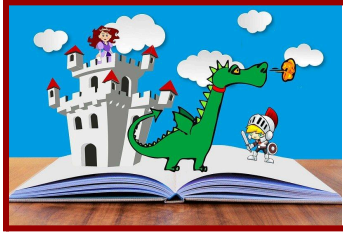
Thank you to the families that have already completed the survey!

### **Literacy Kits and Library Books**



Some sites may begin allowing students to sign out library books and/or literacy kits. Each UPK site is slightly different in how they run these programs. 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.

## Family Center Events



A **Preschool Story Time** will take place at 6:30 p.m., Monday, November 4, in the gym at the Family Center at the Good Shepherd building. Librarians from the Henrietta Public Library will be reading to our preschool friends! See the flyer for details.



UPK and Even Start students are also welcome to attend the **Preschool Music Night** at the Family Center. Please join us at 6:30 p.m., Monday, November 18, for an evening of fun musical activities. Registration is required for this event. Please see the flyer for more information.

## Parent Discussion Groups

This month, Parent Educator Betsy Marshall will be offering a class on **"Children with Food Aversions (Picky Eaters) and Nutrition."** Betsy has discussion times set for each of our UPK sites. However, all UPK parents are welcome and encouraged to attend any group time that fits their schedule. See the attached flyer for details and the calendar below for session dates and times. Parents are also encouraged to visit Betsy's Google Site and watch her videos. All of Betsy's programs and materials are free for UPK families! Her site is: <https://sites.google.com/rhnet.org/the-nurtured-nest/home>

### Picky Eaters and Nutrition

UPK Site	Date	Times
Augustin	Wednesday, November 13	9-10 a.m.
Care-a-lot	Monday, November 18	8-9 a.m.
Expressive Beginnings	Tuesday, November 12	8:30-9:30 a.m.
Good Shepherd	Wednesday, November 6	9:30-10:30 a.m. or 2-3 p.m.
Henrietta Recreation Center	Tuesday, November 12	11:30 a.m.-12:30 p.m.
Richard M. Guon Child Care Center at MCC	Monday, November 4	9-10 a.m.
Pride and Joy	Tuesday, November 5	8:30-9:30 a.m.
Rush Nursery School	Wednesday, November 13	2-3 p.m.

## Tips for Parents

Please take a look at this month's "Family Focus" article on the importance of play. Remember - preschoolers learn through play!

## Reminders

\*Please remember, if your child will be absent on a scheduled school day, notify your school as to when and why they will be out. UPK children are expected to be **ON TIME** and in school every day, unless they are sick. Thank you for your help with this!





\***New this month** - our **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!

## Calendar

There is no UPK on Monday, November 11, in honor of Veterans Day.

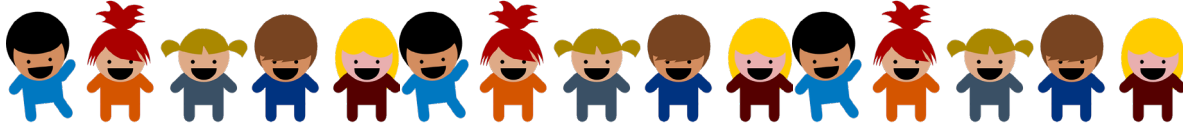
UPK classes will not be in session during the week of November 25-29 for staff development, parent conferences, and the Thanksgiving Recess. However, **UPK at Augustin will be open November 25 and 26.**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
					What color is a school bus? Can your child name 3 other things that are the same color? 	
3	4	5	6	7	8	9
	Talk about the seasons and focus on Fall/Autumn. List a few characteristics of the season. 	Go for a walk. Talk with your child about the colors and shapes that you see.	Clap your hands 3 times. Ask your child to copy what you did. Repeat with different numbers.	Draw a triangle. Have your child trace it with their finger. Count the sides and corners.  Find a triangle in your house.	Ask your child to jump... forward, backward, to each side.  Can they hop on one foot?	
10	11	12	13	14	15	16
	<b>Veterans Day</b>  <b>No School</b>  Play a game as a family.	Read a book together and point out the names of the author and illustrator and explain what they do. 	Have your child in bed by 8:00 p.m. A good night's sleep helps them do their best in school!	Write your child's name on a piece of paper. Practice identifying the letters. Remember – only the first letter should be an uppercase letter!	Have your child help set the table. Together, count the plates, cups, and utensils.	
17	18	19	20	21	22	23
	Take a vote in your home to choose which food is the favorite: Pizza vs. Tacos 	Have your child find things around the house that are bigger and smaller than they are.	Place 3 items on a table. Have your child touch and count each object. Repeat with a new amount – try up to 5.	Read a favorite book together. 	Help your child practice dressing themselves. Work on buttons, snaps, and zippers. 	
24	25	26	27	28	29	30
	Have your child sort things such as socks, coins, buttons, and canned goods.	Brainstorm foods that will be eaten on Thanksgiving.  Which one is your favorite?	Talk about thankfulness.  Make a list of things you are grateful for.	<b>Thanksgiving Day</b> Discuss the Thanksgiving holiday and your family traditions.  Enjoy!!		

Rush-Henrietta Universal Pre-K

# Parenting Education Programs



## Children with Food Aversions (Picky Eaters) & Nutrition

- Do you struggle with getting your child to try new foods?
- Does meal time become a battleground that is overwhelming?
- Are you frustrated when your children won't eat the dinner you made?
- We will work to understand why children have food aversions and how to be sure your child is getting what they need nutritionally.

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**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 PJ'S AND STORY TIME***

**Monday, November 4, 2024 from 6:30 to 7:30 pm**

Good Shepherd School Gym

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.**

**NO REGISTRATION REQUIRED**





# **FAMILY MUSIC NIGHT**

**Monday, November 18, 2024, 6:30 - 7:30 pm**

**Good Shepherd School Gym  
3288 East Henrietta Rd**

**For parents and children in UPK and Even Start**

**Come enjoy an evening  
of Music, Movement  
and Instruments.**

**Space is limited to 25 Children**

**Registration is required and will begin on  
Tuesday, November 12th**

**NO REGISTRATION WILL BE ACCEPTED  
BEFORE THAT DATE.**

**Please EMAIL Patty Sammon at [psammon@rhnet.org](mailto:psammon@rhnet.org) and  
include the following information:**

- **Your family name**
- **Number of children and their ages**
- **Number of adults**
- **The best phone number to reach you**

# Family Focus

Oct. 2019

Building a Foundation for School Success

## Getting Ready for School: Play

Play is an important part of your child's development. Play helps build children's brains and bodies, and they learn about everyday life. Participating in your child's play helps build strong bonds between you and your child. It's fun to play together!

### Why is this important for school readiness?

Play is an important part of children's development. Children learn through play. They begin to understand how the world around them works.

Play helps children develop curiosity, language, and social emotional skills. Through play, children learn how to cooperate with others.

Research shows that children who "free play" often have greater brain growth in the front part of the brain. This is the part of the brain where emotions are regulated, planning is done, and problem solving happens. These are all important skills for children to develop to be successful in school and as adults. There are no adult imposed rules in "free play"; in free play, children are allowed to use their curiosity, imagination, and ideas.

Playing with your child is important as it helps to form closer bonds between members of your family. When your child is able to lead the play, your child feels empowered.

Everyday play should build on your child's developing skills. For example:

- ❖ *Large muscle skills-* running, climbing, jumping, pushing pulling
- ❖ *Small muscle skills-* scribbling, painting, stringing beads
- ❖ *Social skills-* sharing, talking, initiating
- ❖ *Emotional skills-* showing feelings, caring
- ❖ *Language skills-* listening, singing, telling stories
- ❖ *Thinking skills-* exploring, planning, matching, problem solving

### What can families do to help?

- ❖ You don't need to buy expensive toys to support your child's play. Provide safe household items your child can use in creative, imaginative ways. For instance, an empty cardboard box can become a train or a house.
- ❖ Talk about play with your child. Ask your child what he or she played and with whom. Talking about play gives your child the message that you are interested in play and see the value of it. It also helps the child think about play and see it from a different lens.
- ❖ Daily activities such as getting dressed or cooking dinner can turn into a play activity. Have your child find different articles of clothing (like a scavenger hunt) or set the table (like a guessing game).
- ❖ Play outdoors with your child year round and be sure to provide appropriate clothing. Playing in the rain, sun and snow can teach your child about weather and science.



- ❖ Take a nature walk in a park with your child. It's an opportunity to teach your child about trees, plants, birds and animals.
- ❖ Play make-believe with your child! Every pretend cook needs someone to eat the pretend meal! Every stuffed animals needs to see a doctor.



## Activities to do with your preschooler:

### ❖ Create a dress-up box together: ***Let's Pretend Box or Suitcase***

Girls and boys like to dress up and pretend to be a superhero, a mom or dad, a doctor, and other roles they are familiar with. Create a dress-up box using a plastic tote or a cardboard box, or use a suitcase, if you have an old one lying around. Together with your child, find some old clothes, shoes, hats, handbags and odds and ends to add to the dress up box. When it's time to play, just take out the box. A Let's Pretend Box also makes clean up easy; everything goes back in the box. Have stickers, markers and crayons available for your child to personalize his or her dress up box! Most importantly, don't forget to join in the pretend play! That's what makes it very special to your child.

### ❖ Help your child build a blanket fort: ***Create A Special Hideaway or Magic Place***

Children like to have their own special place, a place that can become a magic castle, a fort, a cave, or just a cozy place that belongs to your child. Locate a space where a fort can remain for a few days. Build the fort with your child, talking about the process and using your child's suggestions. Be certain that the doorway is big enough to allow you to crawl in and out of the fort so you can be invited to join in the fun too.



### ❖ After a busy day, take a few minutes to play a fun game: ***Play a Game!***

After a busy workday or preschool day, playing a game may be a fun way to connect with your child and wind down. Play a simple game of "I Spy". For example, in a room of house say to your

child, "I Spy something green". Let your child guess until correct and then give them a turn. This is a great way to learn vocabulary words. Play *Memory* with a few cards from a regular deck of cards (start with a small number of cards and add more as your child's matching skills increase). Play "*Simon Says*" with your child. Give them simple one step movements that helps them move different parts of their bodies. Playing games is not only fun and educational, it's a special time for your child because you're playing with him or her.

### ❖ Let your child "play kitchen" next to the real kitchen: ***Making Dinner Together***

Children usually love to help you cook or bake. But sometimes having your child help may not be possible, so have your child cook alongside you. If your child has a play kitchen, move it closer to the real kitchen. If your child doesn't have a store-bought play kitchen, it's easy to set one up on a table your child can reach. Add a pot, wooden spoons, plastic bowls and dishes, and you have a play kitchen! You can even give your little assistant cook some ideas of what to make for dinner.

### Online Resources for families: [List of 20 Best Board Games for Preschoolers \(And Parents\)](#)

#### Resources used for this tip sheet:

***The Case of Brain Science and Guided Play.*** (May 2017) B. Hassinger-Das, K. Hirsh-Pasek and R. Michnick Golinkoff. **Young Children**

*What Science Tells us about Supporting Early Childhood Development* (2016). J. Shonkoff. Center of the Developing Child at Harvard University.

**How to Support Children's Approaches to Learning? Play with Them!** (2013) G. Gronlund. NAEYC. Learning to Play and Playing to Learn: Getting Ready for School. (2011) Best Start: Maternal, Newborn and Early Childhood Development Resource Centre.



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