

## Rush-Henrietta UPK October Newsletter



Hello and welcome to the Rush-Henrietta Universal Pre-K program for the 2024-2025 school year! Our UPK program is held in eight different locations. However, the central UPK office is located in the Good Shepherd building at 3288 East Henrietta Road and the main phone number is 359-7913. The UPK office team includes:

Kimberly Klubek, UPK Program Coordinator, 359-7914, [kklubek@rhnet.org](mailto:kklubek@rhnet.org)  
Patty Sammon, Family Liaison, 359-7913, [psammon@rhnet.org](mailto:psammon@rhnet.org)  
Betsy Marshall, Parent Educator, 359-5522, [emarshall@rhnet.org](mailto:emarshall@rhnet.org)  
Caroline Nevil, Parent Liaison, 359-7917, [cnevil@rhnet.org](mailto:cnevil@rhnet.org)

Our goal for the Universal Pre-K program is to ensure that your child is prepared for kindergarten. Your child's school will provide a safe, nurturing environment with many opportunities to discover, create, explore, and grow. He or she will gain the skills, knowledge, and approaches to learning necessary for kindergarten. These skills include things like engaging with peers, following routines, problem-solving, and building foundations in reading, writing, vocabulary, and math.

Each month, you will receive a newsletter from the UPK office with important program information and details on upcoming school and community events. Please take a moment to read this month's news and let us know if you have any questions.



## Social-Emotional Survey

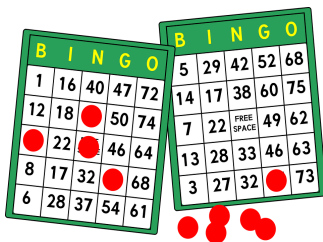
As we begin the school year, the UPK team is trying to get to know all of our students. We are asking all UPK parents to fill out a social-emotional survey for their children. Tracking each student's social-emotional progress is a state expectation for UPK programs. We feel that parents can provide us with valuable background information. The short survey is easily accessible here: <https://forms.gle/9hkjbKt2TeXsMyxE7>  
Please have your survey completed by **Friday, October 25**. Thank you for your help!

## Family Center Events

The Rush-Henrietta Family Center is located at the Good Shepherd building and will be hosting family-centered events each month. Flyers for these events will be attached to the UPK newsletters. Studies have shown student success is directly related to parental involvement. Events like these provide wonderful opportunities for you to be actively engaged. We hope you choose to participate and enjoy the time spent with your preschool student. Please join us this month at:



**Literacy Night** - Come join the fun from 6:30-7:30 p.m. on Monday, October 21. Participants will receive at least one free book for their family library and everyone will enjoy a variety of fun, literature-based activities. Please email Patty Sammon at [psammon@rhnet.org](mailto:psammon@rhnet.org), if you would like to participate. Space is limited to 25 families and registration opens Tuesday, October 15. See the flyer for details and be sure to register!



**Family Bingo Night** will be held at 6:30 p.m on Monday, October 28. Please email Patty Sammon at [psammon@rhnet.org](mailto:psammon@rhnet.org), if you would like to participate in this fun, free activity. Space is limited to 25 families and registration opens Tuesday, October 22. Please see the attached flyer for more details!

## Tips for Parents

Each month we will try to incorporate some helpful hints, strategies, and ideas for families with preschool-aged children. Please take a look at the "Family Focus" article on healthy bodies and healthy minds. We hope you find these tip sheets to be informative and useful.

## Parent Discussion Groups

These engaging discussion groups are offered each month by Betsy Marshall, our parent educator. Throughout the year, she will discuss a variety of parenting issues including things like discipline, bedtime battles, picky eaters, and preparing for kindergarten. 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. In October, please join Betsy for a discussion on "**Discipline and Challenging Behaviors.**" See the attached flyer for details and the calendar below for session dates and times.

### Discipline and Challenging Behaviors

UPK Site	Date	Times
Augustin	Wednesday, October 16	9-10 a.m.
Care-a-lot	Monday, October 21	8-9 a.m.
Expressive Beginnings	Tuesday, October 15	8:30-9:30 a.m.
Good Shepherd	Wednesday, October 9	9:30-10:30 a.m. or 2-3 p.m.
Henrietta Recreation Center	Tuesday, October 15	11:30 a.m. - 12:30 p.m.
Richard M. Guon Child Care Center at MCC	Monday, October 7	9-10 a.m.
Pride and Joy	Tuesday, October 8	8:30-9:30 a.m.
Rush Nursery School	Wednesday, October 16	2-3 p.m.

In addition to the classes listed above, Betsy is hosting a special evening discussion on Discipline and Challenging Behaviors. This class will be 6:30-7:30 p.m., Monday, October 7, at the Good Shepherd building, 3288 E. Henrietta Road.

All parents are welcome, but please note, this program is for adults only.



## 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.



## Calendar

**ALL UPK classes will be closed Monday, October 14,** because of Columbus/Indigenous Peoples' Day.

UPK classes are collecting dog and cat food for the **Day of Caring**. Donations will be accepted in classrooms October 28 - November 1. Please see the flyers for details!

## Reminders

\*If your child is sick and will not be attending UPK, please call the office at your school to let them know. Thank you for your help with this!

\***Newsletters are sent out monthly and contain new and important program information. Please be sure to read them and let your child's teacher know if you would like them translated into another language. We will do our best to accommodate those requests.**

\*The November newsletter will contain our first family fun calendar of the year! Your child will love the easy and quick daily family activities. Stay tuned!



Rush Henrietta Universal Pre-K

## Parenting Education Programs



## Discipline & Challenging Behaviors

- Do you struggle with getting your child to listen to you?
- Does your child get overwhelmed with tasks like cleaning up?
- We will work to understand challenging behaviors and why they happen.
- Techniques provided to address challenging behaviors
  - Learn ways to help your child gain coping skills.

UPK Site	Date	Times
Richard M. Guon Child Care Center at MCC	Monday, October 7	9-10 a.m.
Pride & Joy	Tuesday, October 8	8-9 a.m.
Good Shepherd	Wednesday, October 9	9:30 - 10:30 a.m. or 2-3 p.m.
Expressive Beginnings	Tuesday, October 15	8:30-9:30 a.m.
Town Recreation	Tuesday, October 15	11:30 a.m.-12:30 p.m.
Augustin	Wednesday, October 16	9-10 a.m.
Rush Nursery School	Wednesday, October 16	2-3 p.m.
Care-A-Lot	Monday, October 21	8-9 a.m.
EVENING PROGRAM Good Shepherd	Monday, October 7	6:30-7:30 p.m.

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

*Please join us for Rush-Henrietta's*  
**Literacy Night**

Monday, October 21, 2024 6:30 – 7:30 p.m.

Good Shepherd Gym, 3288 East Henrietta Road  
Henrietta, NY 14467

This event will focus on developing emerging literacy skills in young children. It is appropriate for **Even Start and UPK students ONLY**. It will be an interactive evening with stories, games and activities, and special guest readers. Play Bingo, listen to stories, get a free book or two, and enjoy a fun evening with your child!

Parents and children can visit fun reading stations including:

- Bingo for books
- Make your own bookmark
- Reading picnic
- Sensory activities
- Henrietta Public Library's selection of free books

Space is limited to 25 families.

Registration is required and will begin on Tuesday, October 15, 2024.

**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





Please join us for an evening of fun at Rush-Henrietta's

# **BINGO NIGHT FOR FAMILIES**

**Monday, October 28, 2024**

*Sponsored by Rush-Henrietta Family Services*

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

*Bingo will be held at the Good Shepherd Gym, 3288 East Henrietta Rd, Henrietta, NY 14467 from 6:30 pm - 7:30 pm. Please enter the building through door number 2 to join us for an evening of fun and prizes.*

**Have fun  
with your  
family!**



**Limited to 25 families. Registration begins on October 21, 2024.**

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

## ***FAMILY EVENT REGISTRATION***

To join in the fun, email [Patty Sammon at psammon@rhnet.org](mailto:psammon@rhnet.org). Please include the following information:

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



RUSH-HENRIETTA SCHOOL DISTRICT



# "MAKE A DIFFERENCE DAY" 2024

**HELP US HELP THOSE IN NEED IN OUR COMMUNITY!**



**This year's Day of Caring will be held on  
Saturday, November 2nd at the R-H High  
School**



*The Town of Henrietta and the Rush-Henrietta Central School District are joining together once again for "Make A Difference Day" the annual National Day of Caring.*

*The schools will be accepting donations of non-perishable food products and personal care items beginning the week of October 28-November 1.*

*See list of items being collected at the different grade levels.*

## **RHAFT COLLECTION**

### **Grades K-6th**

Pancake Mix  
Potato Flakes  
Minute Rice  
Hamburger Helper  
Soups & Chunky Soups  
Mayonnaise  
Canned SpaghettiOs  
Canned Chicken, (large size)  
Canned Beef Stew  
Pasta, Spaghetti and Elbows  
Pre-made Pudding Packs (Kids)  
Bar Soap  
Toothpaste  
Deodorant  
Shampoo

### **UPK Programs & Good Shepherd Building**

Canned/Dry Pet Food for Dogs & Cats

## **R-H KICKING HUNGER FOOD PANTRY COLLECTION**

### **Grades 7th-12th**

Mac and Cheese (7.25 oz box)  
Packs of Ramen (not cups)  
Mashed Potato Flakes  
Hearty/Chunky Soups  
Canned Fruit (15-16 oz)  
Canned Vegetables (15-16 oz)  
Laundry Soap (approx. 50 oz)



To find out more ways your group/family can lend a hand to make a difference, check-out:  
[www.henrietta.org](http://www.henrietta.org)  
or contact:  
Anita at [atichacek@henrietta.org](mailto:atichacek@henrietta.org)  
(585) 359-7051



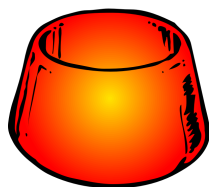
# **MAKE A DIFFERENCE DAY 2024 FOOD DRIVE**

**Monday, October 28 - Friday, November 1**

**We are collecting food for dogs and cats  
to be donated to RHAFT  
(Rush-Henrietta Area Food Terminal).**



**If you would like to donate, please send in canned  
or dry pet food to your UPK classroom.**





MAKE A  
DIFFERENCE DAY  
NATIONAL DAY OF DOING GOOD

# MAKE A DIFFERENCE DAY

## CLOTHING DRIVE

For: The Community Clothesline

When: November 2nd from 9am—12pm

Where; Rush-Henrietta Sr. High School Parking Lot



Help those in our area by donating gently used clean winter clothing



Accepting Winter Clothing for Adults & Children:



Winter Coats Long Sleeve Shirts Pants Hoodies

Winter Hats Gloves Boot Shoes Blankets Towels



T-Shirts Long Underwear (used or new)

*Also accepting: New Underwear for:*



*Mens: S-XL    Womans: S-XL    Boys: 5 & up*



# Family Focus

Sept. 2019

Building a Foundation for School Success

## Getting Ready for School: Healthy Bodies & Healthy Minds

Meeting the health and nutrition needs of your preschool child and establishing regular routines is important for your child's success in school.

### Why is this important for school readiness?

Growing bodies and minds need well balanced meals and snacks that include fruits, vegetables, meats, and fish. Calcium rich foods like milk and yogurt are important for building strong bones and teeth.

Children need the right amount of sleep. If children are healthy, rested, and feel well, they can focus on learning.

It's important that families establish routines for children: bedtime routines, daily routines of waking, dressing, hygiene practices such as washing their faces, and eating breakfast. Consistent routines give children a sense of security and they know what to expect. Routines help children develop self-discipline. Not knowing what to expect can make children feel anxious.

Young children need to move! They need to run, play outdoors, and make friends, so get outside whenever possible. Remember to limit screen time (TV, computers/tablets, smart phones) to 1-2 hours per day. When your child is in front of a screen, be certain that he or she is playing age-appropriate, non-violent video games or watching age-appropriate shows and movies.

Children learn that they are capable and important when families talk with them about their day. Teach them simple chores they can do successfully. When children experience success, they develop positive self-esteem and a "can do" attitude.

### What can families do to help?

- ❖ Provide balanced meals that include all of the food groups. Limit sugars and fats.
- ❖ Provide healthy snack choices such as fruits, vegetables, yogurt, and healthy grains.
- ❖ Eat together as a family as much as possible, using this time for conversations.
- ❖ Model healthy eating practices for your child.



- ❖ Use your child's bedtime routine as a chance to read books and talk about his or her day.
- ❖ Provide sixty minutes a day of outdoor physical activity you can do with your child such as running, taking a walk, or going to the park together. Can't go outside? Try indoor activities that get arms and legs moving, like dancing together.
- ❖ Provide your child with age-appropriate equipment such as balls, hula-hoops, a bicycle or a tricycle.
- ❖ Provide a regular daily routine of tooth brushing and flossing. Visit the dentist with your child for regular check-ups.
- ❖ Give your child simple chores such as setting the table or watering plants. Praise them when they completed their chores.
- ❖ Learn about your child's preschool. Introduce yourself to the teacher. Talk with your child about his or her day at school. Who are his or her friends? What was the best part of the day?

## Activities to do with your preschooler:

### ❖ Make a healthy snack together: ***Ants on a Log***

You'll need: celery stalks cut into 3"-4" pieces, peanut or soy butter, nutella, or hummus, raisins, plastic knives, a plate. Show your preschooler how to spread the peanut or soybutter, nutella, or hummus on the celery stick. Count out the raisins or ants, and place them on the celery stick. It's fun to gobble up "ants"!

(If your child doesn't like celery, use apple wedges instead of celery. It tastes great too!)

*Does your child have food allergies? Work with your child to learn to know the ingredients they are allergic to and ask before eating foods to make sure they are safe.*

### ❖ Create a bedtime routine chart together: ***My Bedtime Routine***

You'll need paper, crayons or markers, magazines (optional). List what your child needs to do to be ready for bed and a good night's sleep. Your child can draw the pictures or cut out pictures from magazines. You can also make the rows on the chart long so your child can check ☒ each step completed.

### ❖ Teach your child about healthy foods: ***Shopping Healthy Scavenger Hunt***

The next time you go shopping, include your preschooler in the experience. For this activity you'll need a shopping list, a flyer from the grocery store, and crayons/markers for drawing.

Identify 3-5 healthy foods from your shopping list your child can look for. Together create his or her own shopping list or "scavenger hunt". Use pictures from a flyer or have the child draw the items and write the word next to the picture. Then go shopping and have your child find and add the healthy food items to his or her own shopping cart and cross off the item on the list. Discuss why these are healthy foods with your child.

### ❖ Track your child's height: ***See How Much I've Grown!***

You'll need a wall where you can mark your child's height every few months, or you can make or purchase a growth chart to show your child how she or he is growing.

As you mark your child's growth, discuss what he or she needs to grow up healthy and strong.



### ❖ Sing a song to help your child wash his or her hands for at least 20 seconds: ***Hand Washing Song!***

Teach your child this simple song sung to the tune of Row, Row, Row Your Boat: "Wash, wash, wash your hands, Soap will make them clean! Scrub the germs 'til they fall off, Germs go down the drain." Sing it twice and that's about 20 seconds!

### Get your child moving and having fun: ***Have a Dance Party!***

All you need for this activity is some music and your dancing shoes! Dance with your child so he or she can get some exercise, have fun, and feel important because you're spending time with him or her.



*"I am Healthy, Strong, Smart, and Ready for School!"*

#### **Online Resources for families:**

The [Choose My Plate website](#) includes growth charts, how to include healthy eating styles, and activities for you to do with your preschooler.

#### **Resources used for this tip sheet:**

[Centers for Disease Control and Prevention's](#)

[Positive Parenting Tips: Preschoolers](#)



New York State  
EDUCATION DEPARTMENT  
Knowledge > Skill > Opportunity