

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

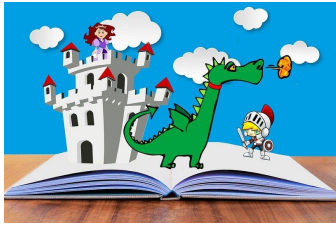
To help us complete the assessment process and meet state requirements, we need all UPK parents to fill out a social-emotional survey for their children. Please have your survey filled out by **Friday, November 11**, if you haven't done so already. The survey is short and easily accessible here: <https://forms.gle/ZHtNA96XAduWJyBZ6>

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

Family Center Events



Please join us for **Science Night**, 6:30-7:30 p.m., Tuesday, November 7. It will be a fun night with many hands-on science experiments and activities for families to enjoy. Space is limited to 20 families. Registration is required and opens Monday, October 30. Please see the attached flyer for more details. Contact Patty Sammon at psammon@rhnet.org if you would like to attend.



A **Preschool Story Time** will take place at 10 a.m. Tuesday, November 14, 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!



Next month, the Family Center will host **Make a Holiday Ornament** on Tuesday, Dec. 5. You can register for this fun, free event by emailing Patty Sammon at psammon@rhnet.org. Registration will open on Tuesday, November 28, and is limited to 20 children! A flyer with details will be coming home soon.

Tips for Parents

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

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.

Parent Discussion Groups

This month, Parent Educator Betsy Marshall will be offering a class on "**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	Thursday, November 16	9-10 a.m.
Care-a-lot	Tuesday, November 28	8-9 a.m.
Expressive Beginnings	Wednesday, November 15	8:30-9:30 a.m.
Good Shepherd	Wednesday, November 8	8:30-9:30 a.m. or 2-3 p.m.
Henrietta Recreation Center	Tuesday, November 14	11:30 a.m.-12:30 p.m.
Richard M. Guon Child Care Center at MCC	Monday, November 13	9-10 a.m.
Pride and Joy	Tuesday, November 7	8-9 a.m.
Rush Nursery School	Thursday, November 9	9-10 a.m.

Calendar

There is no UPK on Friday, November 10, due to the observation of Veterans Day. **Augustin will also be closed on Thursday, November 9** for parent conferences.

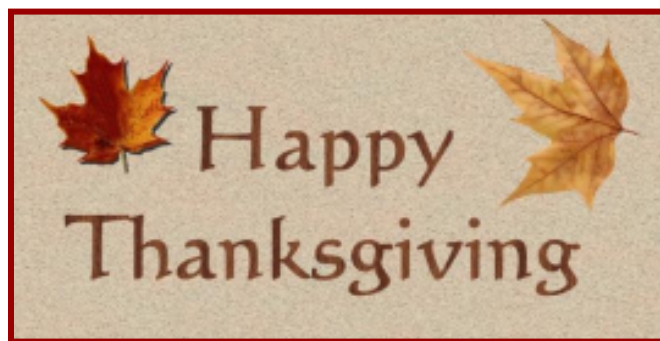
UPK classes will not be in session during the week of November 20-24 for staff development, parent conferences, and the Thanksgiving Recess. However, **UPK at Augustin will be open November 20-21.**

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. See the attached flyer on the importance of consistent attendance. UPK children are expected to be **ON TIME** and in school every day, unless they are sick. 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.

***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!



November Family Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			What color is a school bus? Can your child name 3 other things that are the same color? 	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.	
5	6	7	8	9	10	11
	Talk about the seasons and focus on Fall/Autumn. List a few characteristics of the season. 	Does your child know his/her -first name? -last name? -address? -phone number? If not, please practice!	Practice with your child how to dress him/herself. 	Draw a triangle. Have your child trace it with their finger. Count the sides and corners.  Find a triangle in your house.	Veterans Day (observed) No School Play a game as a family.	Veterans Day
12	13	14	15	16	17	18
	Be in bed by 8:00 p.m. A good night's sleep helps you do your best in school!	Read a book together and point out the names of the author and illustrator and explain what they do. 	Ask your child to jump... forward, backward, to each side. Can he/she hop on one foot?	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.	
19	20	21	22	23	24	25
	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.	Thanksgiving Day Discuss the Thanksgiving holiday and your family traditions. Enjoy!!		
26	27	28	29	30	1	2
	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. 		

R-H Family Center presents

Science Night!

Tuesday, November 7, 2023 from 6:30-7:30 p.m.

Good Shepherd Building 3288 East Henrietta Road (door 1)

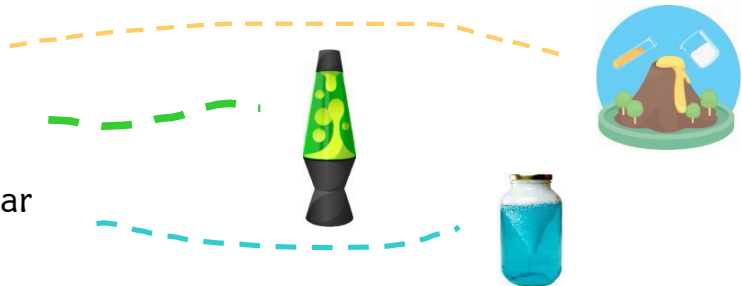


Join us for fun science demonstrations:

volcano

lava lamp

tornado in a jar



as well as many hands-on activities!

This program is open to students in EvenStart through 1st grade and is limited to 20 families. Registration begins on October 30, 2023. NO REGISTRATIONS WILL BE ACCEPTED BEFORE THAT DATE.

REGISTRATION: PLEASE EMAIL Patty Sammon at psammon@rhnet.org.

Please do not return to the Kindergarten or First Grade Buildings.

Please include the following information:

- Your family name
- Number of children/number of adults
- Your email and the best phone number to reach you in case we need to contact you regarding the event.

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.

UPK Site	Date	Times
Pride & Joy	Tuesday, November 7	8-9 a.m.
Good Shepherd	Wednesday, November 8	8:30 - 9:30 a.m. or 2-3 p.m.
Rush Nursery School	Thursday, November 9	9-10 a.m.
Richard M. Guon Child Care Center at MCC	Monday, November 13	9-10 a.m.
Henrietta Recreation Center	Tuesday, November 14	11:30 a.m. - 12:30 p.m.
Expressive Beginnings	Wednesday, November 15	8:30 - 9:30 a.m.
Augustin	Thursday, November 16	9-10 a.m.
Care-a-lot	Tuesday, November 28	8-9 a.m.

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

"MAKE A HOLIDAY ORNAMENT"

Tuesday, December 5, 2023 from 6:30 to 7:30 p.m.

Good Shepherd School Auditorium;

3288 East Henrietta Rd., Henrietta NY 14467

For parents and children in preschool through 2nd grade.
Children will receive their own materials with directions
to make and decorate their choice of several ornament
designs!



Space is limited to **20 Children**

Registration is required and will begin on Tuesday,
November 28th.

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

Please EMAIL Patty Sammon at psammon@rhnet.org
and include the following information:

- Your family name
- Number of children and number of adults
- The best number to reach you in case we need to
contact you regarding the event.



©AttendanceWorks

Help Your Child Succeed in Preschool and Kindergarten Build the Habit of Good Attendance

DID YOU KNOW...

Showing up on time every day is important to your child's success and learning from preschool forward.

Missing 10% of school (1 or 2 days every few weeks) can make it harder to:

- Gain early reading and math skills.
- Build relationships.
- Develop good attendance habits.

High quality preschool and kindergarten has many benefits!

- The routines your child develops will continue throughout school.
- Make the most of early grades by encouraging your child to attend every day.

WHAT YOU CAN DO

Work with your child and his/her teacher to develop your child's strong attendance.

Talk about it – sing about it – make it an adventure!

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Share ideas with other parents for getting to school on time.

Before the school year starts

- Find out what day school starts and begin a countdown!
- Keep your child healthy and make sure your child has the required shots.
- Attend orientation with your child to meet teachers and classmates and find out about health and safety procedures.

Ready, Set, GO!

- If you are concerned your child may have Covid-19, call your school for advice. Ask for resources to continue learning at home if needed.
- Ask family members or neighbors for assistance if you need help.
- Try to schedule non-Covid-19 medical appointments and extended trips when school is not in session.
- If your child seems anxious about preschool or kindergarten, talk to the program director, teacher, your doctor or other parents for advice.



Revised October 2021

Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!

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.



New York State
EDUCATION DEPARTMENT
Knowledge > Skill > Opportunity