



# Serra Preschool

*A Parent Participation Nursery School  
Where Kids and Parents Learn Together.*

**April 2018  
Newsletter**

## Director's Message

**~Kids get everything they want when they want it~**

Do you think this is true? I wonder. I do know that the inability for kids to delay gratification is a hot topic among educators right now.

A few weekends ago I was in the bay area at a conference. I went to several workshops on sensory processing, another hot topic. Occupational Therapists are seeing a decline in children's social, emotional, and academic functioning, as well as a sharp increase in learning disabilities and other diagnoses.

This is what Victoria Prooday and OT from Canada thinks.

**~Kids get everything they want when they want it.**

**"I am hungry!"** "In a sec I will stop at the drive thru."

**"I am Thirsty!"** "Here is some money for the vending machine."

**"I am bored!"** "Here use my phone."

The ability to delay gratification is one of the key factors for future success. We have the best intentions, to make our children happy, but unfortunately, we make them happy at the moment but miserable in the long term. To be able to delay gratification means to be able to function under stress. Our children are becoming less equipped to deal with even minor stressors, which eventually become huge obstacles to their success in life.

The inability to delay gratification is often seen in classrooms, malls, restaurants, and toy stores the moment the child hears "No" because parents have taught their child's brain to get what it wants right away.

**~Limited social interaction**

We are all busy, so we give our children digital gadgets and make them "busy" too. Kids used to play outside

in their neighborhoods, where in unstructured natural environments, they learned and practiced their social skills. Unfortunately, kids do not play outside like they used to just one or two generations ago. That I think is for many reasons, but one of them is that technology and the unending cascade of organized activities has taken its place. Also, technology has made parents less available to socially interact with their children. The babysitting gadget is not equipped to help kids develop social skills. Most successful people have great social skills this is a priority!

**~Endless Fun**

We have created an artificial fun world for our children. There are no dull moments. The moment it becomes quiet, we run to entertain them again, because otherwise, we feel that we are not doing our parenting duty. We live



Serra Preschool Director Mrs. Nowicki

in two separate worlds. They have their "fun" world, and we have our "work" world. Why aren't children helping us in the kitchen or with the laundry? Why don't they tidy up their toys? This is basic monotonous work that trains the brain to be workable and function under "boredom," which is the same "muscle" that is required to be eventually teachable at school. When they come to school and it is time for handwriting their answer often is "I can't. It is too hard. Too boring." Why? Because the workable "muscle" is not getting trained through endless fun. It gets trained through work.

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### ~Technology

Using technology as a "Free babysitting service" is, in fact, not free at all. The payment is waiting for you just around the corner. We pay with our kids' nervous systems, with their attention, and with their ability for delayed gratification.

### ~Kids rule the world

"My son doesn't like vegetables." "She doesn't like to go to bed early." "He doesn't like to eat breakfast." "She does not like toys, but she is very good at her I-pad." (young children need to create and work with 3 dimensional materials) "He does not want to get dressed by himself." "He won't sit at the dinner table."

Since when do children dictate to us how to parent them? If we leave it up to them, all they are going to do is eat macaroni and cheese and bagels with cream cheese, watch TV, play on their tablets, and never go to bed. What good are we doing them by giving them what they **WANT** when we know that is not **GOOD** for them? Without proper nutrition and a good nights sleep, our kids come to school irritable, anxious, and inattentive. In addition, we send them the wrong message. They learn they can do what they want not what they don't want. The concept of "need to do" is absent.

Unfortunately, in order to achieve our goals in our lives, we have to do what's necessary, which may not always be what we want to do. For example, if a child wants to be an A student, he needs to study hard. If he wants to be a successful soccer player, he needs to practice everyday. Our children know very well what they want, but have a hard doing what is necessary to achieve that goal. This results in unattainable goals

that leave kids disappointed.

Whew that was a lot of information. I think it is important for all of you to know that I am not in any way passing judgment on any of you or your kids. While it may be true that I think some kids struggle more with things like delayed gratification I do believe with my whole heart that everyone is doing the very best job that they can, with the very best of intentions. For starters I know you would not be at this school if you did not believe it is a good place for kids and for parents to learn a few things along the way.

Parenting today is not nearly as simple as it used to be. We are bombarded with information, and the advent of technology has made it easy to give in to our kids demand for screen time. I made plenty of mistakes with my kids, none of us are perfect and that is not what we should be striving to be anyway. Most times its good enough to just be "good enough"!!!!

I am simply providing information that I think might be helpful. I think it is very interesting to look at things from a developing brain perspective.

So here are a few tips from Victoria!

### ~Don't be afraid to set limits. Kids need limits to grow happy and healthy!

- Make a schedule for meal times, sleep times, technology time.
- Think of what is GOOD for them-not what they WANT/ DON'T WANT. They are going to thank you for that later in life. Parenting is a hard job. You need to be creative to make them do what is good for them because, most of the time, that is the exact oppo-

site of what they want.

- Kids need breakfast and nutritious food. They need to spend time outdoors and go to bed at a consistent time in order to come to school available for learning the next day.
- Convert things that they don't like doing or trying into fun, emotionally stimulating games.

### ~Limit technology, and reconnect with your kids emotionally

- Surprise them with flowers, share a smile, tickle them, put a love note in their backpack or under their pillow, surprise them by taking them out to lunch on a school day, dance together, have pillow fights.
- Have family dinners, board game night, go biking, go on outdoor walks with a flashlight in the evening.

### ~Train delayed gratification

- Make them wait. Its ok to have "I am bored" time. This is the first step to creativity.
- Gradually increase the waiting time between "I want" and "I get."
- Avoid technology use in cars and restaurants, and instead teach them waiting while talking and playing games.
- Limit constant snacking.

### ~Teach your child to do monotonous work from early years as it is the foundation of "workability."

- Folding laundry, tidying up toys, hanging clothes, unpacking groceries, setting the table, making lunch, unpacking their lunch box, making their bed.
- Be creative. Initially make it stimulating and fun so their

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brain associates it with something positive.

### ~Teach social skills

- Teach them turn taking, losing/losing, compromising, complimenting others, using please and thank you!!!

Kindergarten readiness comes to my mind when thinking of strengthening the brain to function under boredom. As much as we want school to be this magical place where kids love learning, are inspired and motivated by wonderful creative teachers that is not always going to be the case. School will not always be fun or

exciting and it is going to be boring sometimes, maybe for some kids most of the time, but if that boredom muscle is strong then maybe not so much!

Lastly Victoria says that from her experience the kids change the moment parents change their perspective on parenting. Help your kids succeed in life by training and strengthening their brain sooner rather than later.

*Love, Mrs. Nowicki*



### Field Trip April 26th!



**amazon**smile

[www.smile.amazon.com](http://www.smile.amazon.com)

when shopping on Amazon, Serra will receive a percentage of your purchase (you pay what you would normally pay anyways, but Amazon will donate funds to Serra!).

### Dad Joke of the Month

What do Mermaids wash their fins with? Tide!

April 2018

### Dates to Know:

- Mar 29 EggHunt 2day
- Mar 30 Egg Hunt 3day
- Apr 2-6 | Spring Break No School
- Apr 11 | Street Sweeping
- Apr 11 | Board meeting
- Apr 12 | Street Sweeping
- Apr 14 | 6 Week Cleanup
- Apr 17 | 2day Class Pics
- Apr 18 | 3day Class Pics
- Apr 20 | Earth Day Field Trip
- Apr 25 | Street Sweeping
- April 25 General Meeting and Auction
- Apr 26 | Street Sweeping
- Apr 26 | LEGOLAND Field Trip
- May 2 | 3day Parent Teacher Conferences
- May 3 | 2day Parent Teacher Conferences

### Serra Preschool Board of Directors

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Social, Tiffany Condello

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### April Birthdays

- Apr 13 | Oliver Bright
- Apr 28 | Leila Matheson



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# the sensational SPRINGTACULAR

3 SENSATIONAL EVENTS, 1 SPECTACULAR DAY!

SATURDAY, MARCH 31, 2018  
Vista Hermosa Sports Park Meadow  
(987 Ave. Vista Hermosa)

9 am - 12 pm SPRINGTACULAR ACTIVITIES\*

Breakfast hosted by Chef TLC's Sidewalk Cafe

Bunny Visits • Pony Derby • Train Rides • Giant Slide  
Egg Hunts • Face Painting • Petting Zoo • Spring Games



EGG HUNT  
SCHEDULE

10:00 am: 1 & under | 2-3 yrs | 4-6 yrs  
11:45 am: 7-9 years | 10-12 years



9 am - 12 pm SUMMER CAMP PALOOZA

Summer Camp Discounts • Meet Instructors • Free Giveaways

12-4 pm SPLASHTACULAR PARTY at the AQUATICS CENTER  
Recreation Swim • Snorkel Bunny • Water Games • Music

Visit CAMP PALOOZA for free entry or recreation swim fees will apply.

Food truck will serve lunch for a nominal fee

\*Nominal fees apply, cash only



City of San Clemente Beaches, Parks & Recreation Department

San Clemente Community Center • (949) 361-8264

San Clemente Aquatics Center • (949) 429-8797

Ole Hanson Beach Club • (949) 388-2131

[www.san-clemente.org/recreation](http://www.san-clemente.org/recreation)

