



Serra Preschool Newsletter - February 2015



a cooperative preschool in South Orange County where children and
parents learn and love together

**Please welcome our New Babies
(future Serra Preschoolers)**

➤ Kaylie Frazier,
born Feb 21st, 2015
(Arlo's little sister!)



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Kids Birthdays

Logan Powell turns 4 on 3/07
Taylor Hegarty turns 4 on 3/11
Christina Mesa turns 4 on 3/19

Upcoming Events

Thurs, Mar 5th – Fall Registration paperwork and money due for next year's 3-day class
Mon, Mar 9th – Fri, Mar 13th – Teacher Appreciation Week
Wed, Mar 11th – 12:30pm - Board Meeting
Wed, Mar 25th - General Meeting 6 PM Dinner 6:30 Meeting Starts
Mon, Mar 30th – All School Nature Day. Details TBD.

UPCOMING FIELD TRIP OVERVIEW

NEW CHILDREN'S MUSEUM FIELD TRIP

<http://www.thinkplaycreate.org>

When: Thursday, February 26th from 10am sharp to 12 noon. Please meet at the park across the street from the main entrance at 9:45 am. Our guides will greet us there (not in the front lobby).

If you haven't paid, meet at 9:40 am at the Arts Education Center (red door at Island Ave and Union St.)

Groups are limited to their session time and may not return into the Galleries after their tour time. After the visit, we will e-mail you a 2-for-1 coupon to distribute to your students so that they may return with their families.

What: Jump, climb, and rock your way through the Museum! The Museum Play-date tour is designed just for our littlest visitors. With our arts educator, our group will visit their most popular and engaging art spaces while also participating in open-ended sharing about what the kids do and see! After our tour, for those who want to have a picnic at the park, there is the Children's Park just diagonally across the street from the Museum.

****Museum staff may take photographs during the School Visit that may be shared on The New Children's Museum's social media. Please inform the staff if there are students that should not be photographed.****

Cost: \$5/ person. Cash or check made out to Cori Preisler OR bring payment the morning of field trip.

Bring: If you'd like, pack a picnic lunch to enjoy at the park across the street.

Directions: 200 West Island Avenue, San Diego. Take the I-5 freeway south. Take exit 17, merge onto Front Street. Continue south on Front St. toward Convention Center. The Museum will be on the right at Island Avenue.

Parking: The Museum offers limited parking in their garage, which can be accessed from Front or Union Streets at a cost of \$10 per car. **It doesn't open until 9:30am.** In addition, metered parking is available in the surrounding neighborhood and there are numerous public parking lots in the vicinity of the Museum.

To Park in the Museum lot: Turn right on Island Avenue. Turn right on Union Street. Turn right at the parking entrance onto the plaza. Turn left into the underground parking garage

Sign-Up: mail CoriPreisler@hotmail.com

Director's Message

Limit setting statements to positive interactions

I think its fair to say that at Serra Preschool one of our goals is to build a positive school community. We want our interactions with each other and the children to be playful, fun, rewarding and engaging. Most of the time it is, but then there are times when we have to set limits with the children. There may be one or two children who seem to require more limit setting than the rest. You know that kid whose name you hear over and over. It almost seems that he or she does things on purpose just to get attention.

What we can do to keep a limit-setting statement from becoming dominant is to follow up with at least 5 positive encouraging interactions. This can result in a reversal of any negative behavior patterns.

For example, Sam is jumping up and down on the doll bed.

- The adult might say. "Jumping up and down on the doll bed is not safe". "I am worried it might break so I can't let you jump on that." That is the limit setting statement.
- "Lets find something safe for you to jump on." (1st positive interaction)
- The adult then sits down and watches Sam jump up and down on a mat. (2nd positive interaction)
- The adult comments on how high Sam is jumping and tries once herself. (3rd positive interaction)
- Sam leaves the mat and goes to a table. The adult follows him and comments on his choice of choosing a puzzle. (4th positive interaction)
- The adult then sits down and does a puzzle with Sam. (5th positive interaction)

This child has now experienced the replacement of negative attention getting behaviors with the fun of being a leader and engaging in positive interactions with an adult.

What we have to do when we set limits with a child is stick with him or her and turn the negative interaction into something positive, fun, and playful. This is really all about building connections and keeping them strong. Building connections is something you are already doing by being a part of this school.

I think it is something that can be done not only at school but at home as well. I am looking forward to discussing this with all of you at our end-of-the-day meetings and hearing your thoughts and ideas. Especially if you have tried taking limit setting one step further by adding on some positive interactions.

Happy interacting!
Love, Mrs. Nowicki

Space Walk (Texture Walk) Comments from 3-day Class:

Ella – It feels like Mars because it is squishy (cornstarch). The sand feels like I am on the moon!

Riley P. – It feels like I stepped in poop! (Moon sand)

Olivia – It feels like the moon, I feel like I am in a fluff cloud, a bumpy planet (sandpaper) and I am in the Milky Way! Moon powder and Gravity! (Bubble wrap)

Mikayla – I want to be a puffball Alien. The beans feel like I am on nuts (sand). Like I am almost to the clouds.

Elisa – (sand) feels like mushy moon. (Cotton balls) The softest planet ever and a scratchy planet.

Clara Rae – I think I am in outer space! And, in a puff bath (bubble wrap) – it feels like nothing!

Eli – It feels weird and like I am in a bathtub.

Jameson – I feel like I am on Jupiter, it is hot! (Sand) I am on the planet of nowhere because you leave with nothing on your feet!

Liam – I am on Mars. Mars is comfy (puff balls).

Sophia – It feels like I am in sand and snow. The bubble wrap feels like gravity!

Ryley B. – I am an Alien, it will be the funniest thing ever!

Eligh – It looks like Mars Sand!

NASA Space Station Comments from 3-day Class

Hank was the “Orange County Space Department”.

Ella, Hank and Riley P. “captured 100 aliens at the same time on our mission to the moon! We put them in jail”.

Ella turned all the Aliens into bubbles in the oil/vinegar container. That was their jail.

Jameson, “5,4,3,2,1 Blastoff! I am Dark Vador”.

Ryley B. – “We have to go on another mission to the moon to capture one more Alien to put in jail. We will find his name when we get there!”

A Note from Mrs. Macker

Recently, I was very fortunate to attend the Early Childhood STEM (science, technology, engineering and math) conference put on by Caltech. The two keynote speakers Dr. Greg Duncan, from UCI and Dr. Daniel Siegel founder of Mindsight Institute and professor at UCLA, had many interesting ideas and I would like to share some of their thoughts on math that Serra parents might find useful.

Studies have shown that the more math that children are exposed to, is a direct indicator of how successful they will become in high school and college. It is important for children to make a connection between math and real life therefore; having math conversations with children at home is very beneficial. Cooking and setting the family dinner table are great opportunities to talk about math with children in a natural way.

Personally, when my children were growing up, I used laundry time to talk to my children about math. We would count the towels that needed to be washed, sort the colors and they were responsible for putting the socks into pairs. Another point that the speaker made that I found interesting, it is best to expose children to math with natural enthusiasm, yet most Americans are not excited about math. They suggest to show enthusiasm and to be excited about math and make a game whenever possible, and then the child will receive the information that math is fun.

Warmest regards,

Joan Macker

Interesting thoughts expressed in the 2-day classroom:

- Marshall while handing cups to Marlon and Christina in the spacecraft, "We need special cocoa with coconut in it for fighting aliens!"
- Charlotte after walking through the sensory tubs, "It feels like snowflakes." Coralyn after walking through the sensory tubs, "It feels like mashed-up beans."

Finger play poem from Mrs. Macker's class

Here's a bunny with ears so funny
Here's a hole in the ground
When a noise he hears, he perks up his ears
And jumps in the hole in the ground!

A Note from our President, Cindy Parker



I saw this picture and thought how accurately it describes so many of us. As Miles screamed for candy at Target the other day and continued the screaming with throwing himself on the floor, every piece of me wanted to just give in and open up the pack and say “do it Kid” But I knew if I did that not only will he expect candy or something every time I will have two other boys saying “I want a pack”, “That’s no fair- what can I get?”

So, I held my ground and sat next to him and waited. I felt like everyone was staring at me and I was sweating. It was awful. Just when I thought, “I’m really going to have to drag him out of the store”, he stopped. It was like an angel came down and a miracle happened. He stopped. I thought it lasted forever, but it was actually about 10 minutes. Just like that he was done and back in the cart like nothing had happened. As I stood there for a second dumbfounded, a sweet older women patted me on the shoulder and said “Good job” she continued with “I had six boys and I did it. They are wonderful men now. You are doing it. “ That little bit of kindness that lady showed me got me through the chaos of dinner and the rest of the evening. It goes to show that when your kids are flipping out not everyone is looking at you in horror as some people do sympathize. Embrace the chaos and enjoy the kindness.

Xo

Cindy

Sponsorship Rates

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¼ Page Ad: \$10 per issue or \$50 for the year

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