



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



Serra Preschool



San Clemente, California

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www.serrapreschool.org



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Kids Birthdays

Saylor Starks turned 3 on 10/07
Annika Punak turns 4 on 10/28
Evie Powell turns 3 on 11/24

Our Board

PRESIDENT	Cindy Parker	cindyparker80@gmail.com
DIRECTOR/TEACHER	Patty Nowicki	patty.nowicki@gmail.com
VICE PRESIDENT	Nancy Wills	nancywills@gmail.com
TREASURER	Devon Azzam	devonazzam@gmail.com
WAYS & MEANS	Brook Lahr	brooke501@hotmail.com
SECRETARY	Amanda Galston	ar.galston@gmail.com
OCCPPNS	Kelly Ansari	kelly.ansari@gmail.com
MEMBERSHIP	Cassie Kauwling	ckauwling@gmail.com
FAMILY GROWTH	Tristen Anderson	hoopsidaisy@yahoo.com

Upcoming Events

Thurs, Oct 29th - Halloween Parade for 2-day class
Fri, Oct 30th – Halloween Parade for 3-day class
Thurs, Nov 5th – NO SCHOOL – Parent/Teacher Conferences Capó USD
Fri, Nov 6th – NO SCHOOL – Parent/Teacher Conferences Capó USD
Tues, Nov 11th - No School! Veteran's Day
Wed, Nov 18th – Board Meeting 12:30pm
Thurs, Nov 19th – Stone Soup Celebration – 2-Day Class
Fri, Nov 20th – Stone Soup Celebration – 3-Day Class
Sat, Nov 21st – 6-Week Clean Up
Mon, Nov 23rd – Fri, Nov 27th – NO SCHOOL ALL WEEK (Thanksgiving Holiday)
Mon, Nov 30th – Teacher Prep Day – NO SCHOOL

UPCOMING FIELD TRIPS OVERVIEW

When: Tuesday, November 10th at 10:00 AM

Where: SANTA ANA ZOO, 1801 E. Chestnut, Santa Ana, CA 92701

What: We will be exploring the Santa Ana Zoo together. The Crean family farm, extensive primate exhibits, the Tierra de las pampas, Amazons edge exhibit, Colors of the Amazon Aviary, a train, carousel, and more.

Cost: \$5 per person. Parking is free.

Contact Person: Nicole Bailey- Mobile: (949) 300-8345 – Email: Nrk1bailey@gmail.com



Five Little Pumpkins Poem

5 little pumpkins sitting on the gate
The first one said, " Oh my it's getting late."
The second one said, "There are witches in the air."
The third one said, " But we don't care."
The fourth one said, " Lets run and run and run."
The fifth one said, "Were ready for some fun."
Then ooooooh went the wind and out went the lights.
And the five little pumpkins rolled out of sight.

Director's Message

~EXECUTIVE FUNCTION~

Executive function skills are cognitive skills such as impulse control, multi-tasking, following multi-step directions, remaining focused, and avoiding distractions. **Executive function (EF) is a trait that begins in infancy and continues to develop through adolescence.**

An interesting aspect of EF is that it tends to transfer from one situation to the next. A child who learns to self regulate in the classroom will also find it easier to self regulate on the soccer field. **There are many facets to executive function and its helpful to think of a child on a continuum, rather than having or lacking EF.** Definitions of EF are broad and diverse, but these are some common characteristics of executive function:

- **Inhibition** - can think about consequences before acting
- **Self-regulation** - can stop oneself from inappropriate behavior
- **Initiation** - starts new tasks independently
- **Organization** - can organize thoughts as well as materials
- **Planning** - can think through steps and prioritize
- **Time Management** - predicts how long things will take and works at appropriate speed
- **Adaptability and Flexibility** - is able to shift focus and adapt strategies
- **Working memory** - the ability to keep information in your mind in order to carry out a task
- **Multi-tasks** - can deal with several things simultaneously
- **Self-awareness** - chooses a level that is not too difficult or too easy- asks for help when necessary
- **Emotional-control** - is aware of and can manage feelings
- **Focus** - can attend to details and avoid being distracted
- **Self-monitoring** - can reflect on one's work and evaluate performance
- **Delayed gratification** - resists immediate reward for larger reward later.

Does this sound like a student who will be successful, socially and academically? The student who can multi-task, work independently, get along with others, follow directions, enjoys learning, follows the rules and procedures, etc. It also sounds like a job description for "Employee of the Month."

In a preschool classroom where play is encouraged, especially "social play," is where children learn to regulate themselves and begin to build and take on all the executive function skills. When children engage in social or dramatic play they must remember their own role and the role of others. They have to stay in character during the play. As the play unfolds, they make adjustments to what they do and say.

It's rather frustrating that every expert on EF emphasizes the importance of play, while increasingly play is disappearing from our classrooms and children's lives.

At Serra Preschool when people come to visit they often ask me about Kindergarten readiness. This is the answer I give, "At this school kids learn how to be a student".

If you think about all the opportunities kids have to "play" at Serra you can begin to see how play develops the executive function characteristics.

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Director's Message – Continued...

~EXECUTIVE FUNCTION~

Something we have been talking about for awhile now is how to talk and respond to the kids and the reasons why we do not use the phrase "good job". By talking to and engaging the kids in a more thoughtful way, we strengthen their executive function skills by listening carefully and providing feedback by reflecting on what we see happening. We offer ideas and props to extend their play and we challenge children to use their imaginations and problem solving skills.

We offer songs, stories, performances, dress-up, dramatic play props (like the pirate ship, or currently the harvest market) and stop-and-go games and games where the kids have to take turns. Persisting at a task even when it gets frustrating and experiencing the thrill of accomplishment. Waiting for a turn and finding something else to do while waiting. Listening and thoughtfully giving a response in context. Being part of a conversation. Following the procedures of school or the rules. Taking care of each other. Making amends when you have hurt someone.

I could go on and on, but I think you get the big picture. I really think almost everything we do at school promotes the development of executive function skills. Remember this is something the children will be working on for many years and it started when they were born. When you are wondering about the lack of more formal academics you could instead think of what those kind of activities might be replacing.

Thanks for being part of your child's preschool experience and for trusting me to be your child's teacher.

We are off to a fantastic beginning!

Mrs. Nowicki

Message from our President, Cindy Parker

"If we do not feel grateful for what we already have, what makes us think we'd be happy with more?" — Unknown

I found this quote on a blog I frequently read called momastery.com. Many of us (me included) often think that things would be better or easier if we had more. That often times we don't look at the bigger picture of the things we do have. Being at home with three demanding little people all the time I forget to appreciate how lucky I am that I get to do that. Even though some days I'm pulling my hair out and would appreciate the luxury of peeing alone. I'm so lucky I get to see every little step, every new word, every new amazing or not so amazing idea they have. I have healthy little boys that have a belly full of food 3 times a day, a warm bed to sleep in and lots of love and laughter that keeps my bff- husband and I going. I know the days are long but we are lucky to have our feet in the sand on most days. I'm not sure if I'm delivering the message of gratitude as well as she did so if you get a minute- <http://momastery.com/blog/page/8>. Enjoy!

Xoxo,
Cindy

Newsletter Sponsorship Rates

Business Card: \$5 per issue or \$30 for the year

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

Email your ad to Claudia Rohm at claudhopper71@gmail.com

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What are you afraid of?

(From a child's point of view)

3-DayClass

Boden - The Dark

Issiah - Scary Monsters

Coralyn - My Dream and the dark. It's terrifying!

Matthew - Anything

Jameson - Nothing

Cassidy - Monsters and Bad Guys

Taylor - Monsters

Logan - Ghosts

Riley - Nothing

Greyson - Minecraft guys stepping on my house and knocking on my door.

Marlon - Snakes dropping on my head

Vincent - Spiders

Mateo - Nothing

Annika - Coyotes

Eligh - Giant worms that might eat you. Sometimes I hear them out my window.

Samaira - Frankenstein

Isabelle - Ghosts

2-DayClass

Saylor - Pumpkins and Witches

Diem - Ghosts

Austin - Spiders

Evie - I don't know

Eden - Spiders

Miles - Monsters

Shane - Ghosts

Shaelie - Ghosts

Dominic - Halloween night and Mummies

Kaitlin - Witches

Baylon - Lightning and Thunder

Johanna - Thunder booming

Kai - Ghosts and mean pumpkins

Hannah - Lightning crashing

Brooklyn - I'm not afraid of "nothin"

Abigail - Green Goblins