



Serra Preschool

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

October
2018
Newsletter

Mrs. Nowicki's Message

~Guiding children towards solving problems~

~Not always an easy task~

~Something if you are a working parent in a co-op preschool you are asked to do~

Now that all of you have had a chance to work in the classroom I know you have witnessed "problems".

Some problems seem more serious than others and it's not always easy to take the time to allow the child to figure it out. I know sometimes it's easier to do it for them. But by doing it for them or only showing our children the "right way" or "our way" will not allow your child to develop to his or her greatest potential. By opening up a dialogue and getting your child's ideas on how to handle problems you are sending a firm, clear message that **children's ideas are valued**. You are helping him/her achieve moral strength and you will be contributing far more in helping your child reach a higher level of thinking.

We have been talking about encouragement versus praise and how to

help children give and receive messages.

Here are some other things you could do or say to guide children toward solving their own problems.

Say: "What do you think?" or "What do you think we could do to figure out this problem?"

Brainstorm ideas. You may have to help children choose an idea or help them with "talking it out". "Giving and receiving a message".

What could you say to him/her?

What is your message?

Did you tell him/her to stop?

Did you say you did not like that?

Did you tell him/her that your feelings are hurt?

What else could you have done?

If you did not like that, could you have gone somewhere else?

Sometimes you may be too mad to talk it out, and you might need to get the mad out first, without hurting people.

Sometimes its way to hard or too serious to try and figure out what to do. Then ask for help right away.

Sometimes not all ideas will be acceptable to you. You can say, "That's not acceptable" or give the child a chance to work out his or her idea.

It is ok to give children suggestions:

You can talk it out, Ignore or do something else.

If you are really mad, running it off may help.

Ask for help if you do not know what to do.

In order for children to grow to their fullest intellectual potential, they must have numerous chances to initiate ideas, disagree, and problem solve together. This is not new thinking, but something I think traditional educators have forgotten with the pressure for kids to perform academically at younger and younger ages.

Suddenly new but old information is coming out about the importance of social skills versus academic skills in early childhood education.

In a classroom where children are expected to help solve each other's problems, the potential for accelerating intelligence is high. Children are encouraged to seek solutions to typical social problems such as; fighting over a toy, hit-



Patty Nowicki
3 Day Director

ting, not following directions, having hurt feelings, or sulking in the corner. This helps children take another person's point of view, improves their communication, encourages them to figure out more complex solutions, and teaches them to become more flexible in their reasoning.

I hope you are getting used to the routine of school and all the procedures as well as getting to know the kids.

We have already had a really fun movie night and our first story walk in the 3 day class.

I am looking forward to the fun that the month of October brings with our "Harvest Market" dramatic play, decorated pumpkins, and Halloween fun!!!!

Love, Mrs. Nowicki



Miss Cori's Message

Play and Skills, Skills and Play

Most of you have probably heard the notion, "play is a child's work." How true it is, and it never really goes away, even as they enter their elementary school years. Play is crucial in the development of young children, and the kind of play we see here at Serra Preschool and the kind we hope kids are doing at home can't be developed in front of a screen, no matter how educational the app might seem.

With play, children learn about the world around them, and they "practice" life. They are processing what they see and hear happening in school, at home, at the park, etc., and they use play to make sense of their world. Children also absorb new insights, work through problems, develop social skills, and have to work on keeping their self-control in check.

Whether children are playing with dollies and setting up the kitchen area or are building a race track where cars will inevitably crash, their play will continue to grow year after year as imagination increases, plots become more complex, characters develop (often with complicated relationships to one another), and the vocabulary and language the children are using in their own heads and with each other is flourishing. Even if your child is silently stacking blocks on top of each other, sometimes there is a thorough and wild story going on in his head!

Play also helps children gain valuable skills like negotiation, conflict resolution, and compromise. Can these skills be gained if children are playing alone? Surprisingly, yes! Have you ever seen one child play with 2 action figures at once? There's a lot going on there! Whether children are playing alone, with one other child, or in a group, children are learning to control emotions and impulses, which is a major indicator of kindergarten readiness.

One part of the parent/child questionnaires that I received back from the enrollment packets that caught my eye was how many parents were looking to preschool to help get their child ready for kindergarten. I'm not sure exactly what that means. I think a lot of parents mean that their child knows his numbers and letters, but let me offer another view given by Amanda Morgan, author of "Your Child's Social Skills in Kindergarten

Are More Important Than Their Academics" from the website, Motherly. She lists 5 important clues and explanations as to whether your child will start off kindergarten with success.

1. How to play well with others

at Serra we strive to give the kids tools to play well with others. In short, we give and receive messages and we wait for our turn (messages and waiting can be an entire articles on their own!)

2. How to problem-solve

Morgan encourages to "invite [children] to take part in that problem-solving process. Ask your child to describe what's going on, brainstorm solutions and try one out. You're still an active player, supporting your child through the process, but rather than doing all the solving yourself, let your child own the problem by asking, "What do you think you could do about that?"

Teaching a child to be a problem solver also means that we teach them how to fail and try again, which is another critical "soft skill." When we ask children how their solution is working out, we give them an opportunity to evaluate their experience and make improvements when necessary. We're teaching them that mistakes help us learn and move forward.

3. How to label and recognize feelings

Children who are perceptive to the emotions around them are also better able to get along well with others. You can foster this skill by calling attention to emotional cues and naming emotions. You can do this not only in your home ("I'm looking at your brother's face right now, and I don't think he's having fun." "You looked so happy when you climbed that high!" but by also talking about the emotions in stories as well. ("How do you think he felt when that happened?")

Storybooks are FULL of conflict and emotion—it's often what drives the plot. Conversations about observed emotions are often easier with books because your child isn't tied up in the turbulent emotions themselves. From this comfortable vantage point, they're able to be more thoughtful about the emotions on the page and then apply their understanding in real life.

4. How to be helpful

Being helpful to others requires children to look beyond themselves and recognize the needs of others.



Cori Preisler
2 Day Director

5. How to control their impulses

Impulse control is a part of the executive functions directed by the prefrontal cortex of the brain. This area doesn't completely develop until well into early adulthood, but some of the most rapid development happens in the early childhood years. That's why children need opportunities to practice this growing skill.

Pretend play is also a great way to build these skills. By taking on a new character and an imaginative storyline, children have to plan before acting, take turns and make rules to follow. They also practice thinking outside of their own perspective and act as they think another would, rather than simply following their own impulses.

~love Miss Cori



Classroom Songs

Bubble Bubble Pop!

1 little red fish swimming in the ocean
 1 little red fish swimming in the ocean
 1 little red fish swimming in the ocean
 Bubble, bubble, bubble, bubble, pop!

2 little blue fish swimming in the ocean
 2 little blue fish swimming in the ocean
 2 little blue fish swimming in the ocean
 Bubble, bubble, bubble, bubble, pop!

3 little orange fish swimming in the ocean
 3 little orange fish swimming in the ocean
 3 little orange fish swimming in the ocean
 Bubble, bubble, bubble, bubble, pop!

A Hunting We Will Go

A hunting we will go, a hunting we will go
 We will catch a bear and cut his hair and then
 we will let him go.
 Catch a fish, put him in a dish
 Catch a fox, put him in a box
 Catch a snake, bake him in a cake
 Catch a dog, put him on a log
 A hunting we will go.

Zoom, Zoom, Zoom

Zoom, zoom, zoom we are hunting for
 dablumes
 Zoom, zoom, zoom we are hunting for
 dablumes
 If you want to take a trip, climb aboard
 my pirate ship
 Zoom, zoom zoom, we are hunting for
 dablumes
 In 5,4,3,2,1, Ahoy!
 Zoom, zoom, zoom we are hunting for
 dablumes!

Harvest Market Donations

Silk flowers and foliage	Harvest corn
Scarecrows	Straw hats
Mini pumpkins and gourds	Bandanas
Plastic/rubber Fruit	Feathers
	Cornucopia baskets
	Autumn décor

Field Trip:
 Irvine Park Railroad | Pumpkin Patch
 October 10, 2018.



1 Irvine Park Road
 Orange, CA 92869
 (714) 997-3968

Children can color one of the attached special event coloring pages and turn it in at the train station ticket window during the event and receive a prize.

CCPPNS 70th Annual Conference
 for Parents and Teachers
 Engage, Enrich, Enlighten

MEET
 Play
 LOVE

"Save the Date"
 for the 2019
 Preschool
 Convention

March 9, 2019
 at
 The Great
 Wolf Lodge

Julian Apple Pie Fundraiser 9/26 to 10/24

Apple Facts:

- Apples are a member of the rose family
- The science of apple growing is called pomology
- It takes 2 lbs of apples to make a 9 inch pie
- Apple trees are propagated through grafting
- 7500 varieties of apple are grown throughout the world.

Dad Joke of the Month

What do you use to cut the ocean in half?

A Seesaw!



Please use www.smile.amazon.com when shopping on Amazon, and Serra will receive a percentage of your purchase (you pay what you would normally pay anyways, but Amazon will donate funds to Serra!).

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Dates to Know:

- Sept 29 | Six Week Clean Up
- Oct 10 | Field Trip Irvine
- Oct 10 | Street Sweeping
- Oct 11 | Street Sweeping
- Oct 17 | Board Meeting
- Oct 18 | Harvest Day
- Oct 24 | Street Sweeping
- Oct 24 | General Meeting
- Oct 25 | Street Sweeping
- Oct 30 | 2Day Halloween Parade
- Oct 31 | 3Day Halloween Parade
- Nov 1 | No School CUSD Conferences

October Birthdays

- Oct 14 | Syllas Thomas



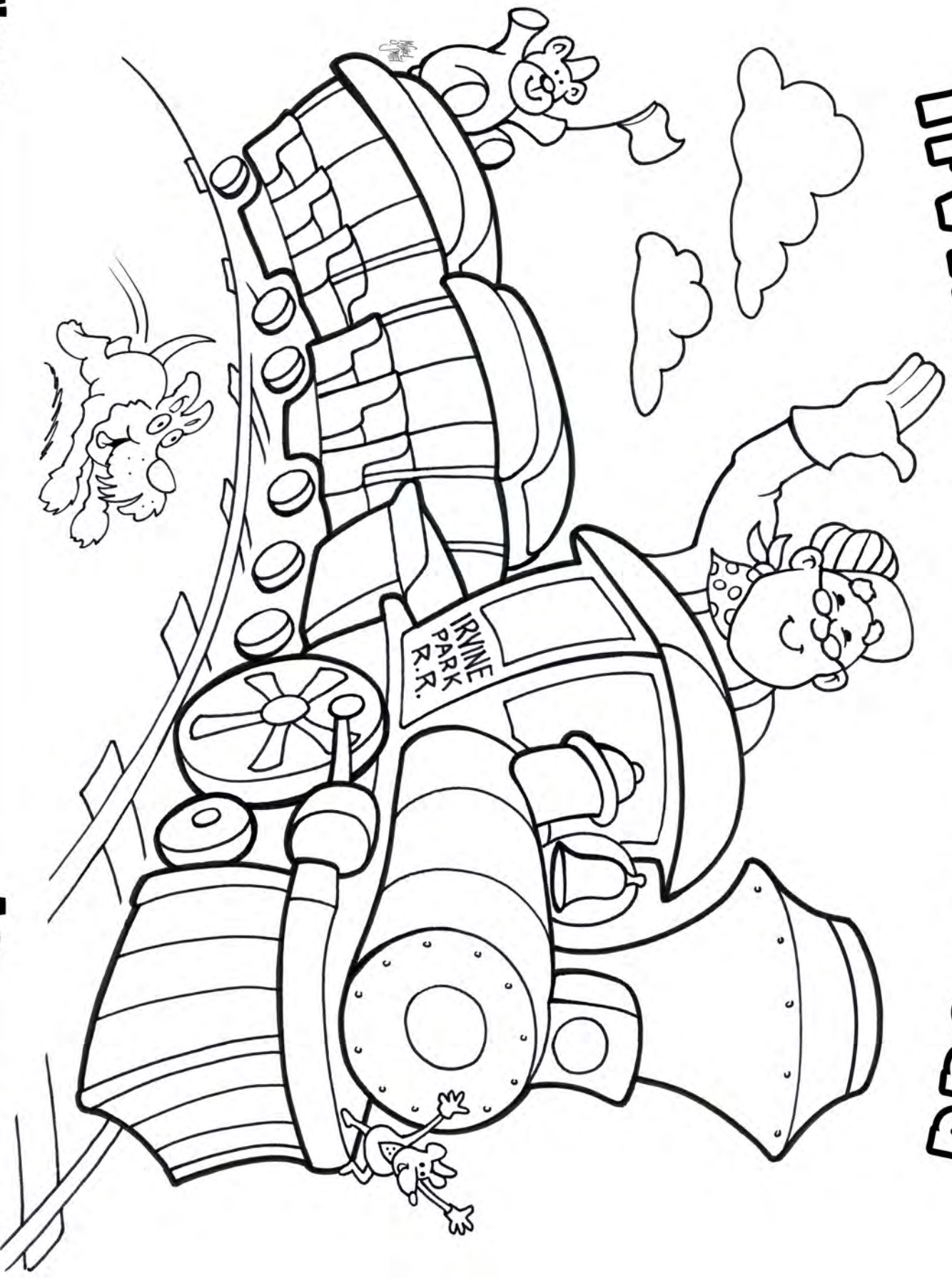
Trunk Treat Railroad



Name _____

Age _____

Irvine Park Railroad



Name _____

Age _____