



Serra Preschool

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

Summer
2019
Newsletter

Mrs. Nowicki's Final Message

Dear Serra
Families

Saying goodbye is not something I am very good at. I tend to want to slip out, unnoticed. It makes things so much easier. How do I say good bye to something that I have put my whole heart and soul into for the last several **years? I don't** know, its not something I am very good at.

What I do know is that I have really loved my time here at Serra. I am not the same teacher I was when I began this journey so many years ago. Parents and kids have taught me so much. I will be forever grateful for the trust and the love I have received over the years.

The things that have fed my soul are learning, being creative, having fun with the kids and getting to know so many wonderful families. **I can't replace that** and I know I will miss it. It is a little easier saying good bye knowing that the school is being left in good hands.

Thank you Cori and Lisa, for your positive attitudes, creative thinking and real caring for the children.

A big thank you goes out to the board of directors who each year exceed my expectations of just how much you can accomplish. Your dedication and hard work make everything possible.

To all the parents, thank you for trusting me with your children. Thank you for your gift of time. Your faith in what we do and hard work is what keeps this school going. I hope you got a little learning in and a lot of fun along the way. Thank you for being a meaningful person in my life and the lives of all the people big and small that you have worked with this year.

Kids I think its safe to say that you had a lot of fun playing and learning this year. Playing family, crashing bikes, being so very silly and giving the most loving and heartfelt pat on the back messages to each other.



Patty Nowicki
Queen of Everything

I hope more than anything that you had happy experiences playing in a place where you felt loved and safe and if its time for you to go that you are leaving with an excitement for learning!!!

I hope you all have a fun, safe and happy summer! A little piece of each of you will always be in my heart.

Love,
Mrs. Nowicki



Miss Cori's Message

Prescription for Play

At the beginning of this school year, the American Academy of Pediatrics published an updated clinical report that showed that the single, most fundamental part of development that boosts social-emotional, cognitive, language, and self-regulation skills is.... PLAY! Pediatricians across the country were encouraged to talk to parents about the value of play at every 2-year well check and have that conversation be a part of the routine procedures that go along with that milestone appointment. Three other parts of that checklist:

- Advocate for the protection of children's unstructured play time. Benefits include development of foundational motor skills.
- Advocate with preschool educators to focus on playful rather than didactic learning*; put a premium on building social-emotional and executive function skills*; and protect time for recess and physical activity. (*didactic learning is like when preschool kids are taught basic reading and writing, and executive function skills are things like regulating emotions, understanding different points of view, and starting a task and having enough attention to follow through with it.)
- Emphasize importance of playful learning in preschool curricula, and communicate the message to policymakers, legislators, educational administrators and the public. <https://www.aappublications.org/news/2018/08/20/play082018>

From the increase in screen time to more parents working longer hours to the misconceptions parents have about what it really means for children to exhibit "kindergarten readiness," decade after decade shows how play has diminished in early childhood. Additionally, a societal push for academic achievement has led to a focus on structured activities starting in preschool with a corresponding decrease in playful learning.

I recently wrote about the value of play in brain development and how play causes more synapses (connections) between brain cells and strengthens the structure and function of the brain. The more data

scientists and educators obtain, the more this documentation shows how play boosts learning. The same article that gave the pediatrician checklist notes that, "while difficult to define, play is intrinsically motivated, entails active engagement and results in joyful discovery. Ideally, play is fun and spontaneous, often creating an imaginative private reality with elements of make-believe. There is object play, physical play, outdoor play and social or pretend play — alone or with others." That sounds like the most fun way to learn!

The relationships that children build with each other and with other, trusting adults here at Serra provide safe, stable and nurturing relationships borne out of play. These relationships act as buffers against stress and encourage resilience. Every time parents at Serra play with the children in the dramatic play area, with blocks, paint, glue, stickers, cooking, science experiments, etc., not only are you supporting the play that is truly essential for kids, you also have the opportunity to play like a child yourself and re-experience the joys of your own childhood. When you play with your child, you are improving your interaction and relationship with your child.

The toy company, Melissa & Doug, came up with a great contract to Take Back Childhood. What do you do well from this list? What can you improve on? Think about how the items on this list can add to your home experience. What will you promise today?:

I promise to make room for free time in **my child's schedule for play, for discovery, for creation, for imagination, for exploration, and for thinking.**

I promise to set reasonable screen-time limits.

I promise to put my phone down.

I promise to enjoy screen-free meals with my family.

I promise to be fully present and focused when engaging with my child.

I promise to encourage imaginative thinking by asking my child open-ended questions.

I promise to follow my child's lead, but to also sometimes stand back and enable my child to solve problems on his or her own.



Cori Preisler
2 Day Director

I promise that I will let my child play outdoors as much as possible, in all seasons.

I promise to allow my child to engage in activities that lead to happiness **and fulfillment.**

I promise to be kind and encouraging when my child falls short.

I promise to help my child be a kid and not push him or her to grow up too quickly.

I promise to keep that inner child alive inside myself by laughing and having fun.

I promise to play hard and to look at the world with wonder with my child!



Thank You

Mrs. Nowicki

Miss Cori

Miss Lisa

Summer Birthdays

- June 2 | Camilla Mohr
- June 5 | Soleil Jerome
- June 5 | Jackson Jerome
- June 17 | Macy Long
- June 18 | Cormac Powell
- July 5 | Ryder Willis
- July 13 | Gigi Imatani
- July 20 | Katherine Balli
- July 28 | Enni Maapaa
- July 30 | Shea Tweedt

Dad Joke of the Month

Why do cows wear bells around their necks?
Because their horns don't work!



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!).

Dates to Know:

- May 27 | Memorial Day No School
- May 29 | EOY Bonfire/Potluck
- May 30 | Last Day of 2Day
- May 30 | Prospective Parent Meeting
- May 31 | Last Day of 3day
- June 4 | EOY Cleanup
- June 8 | EOY Cleanup

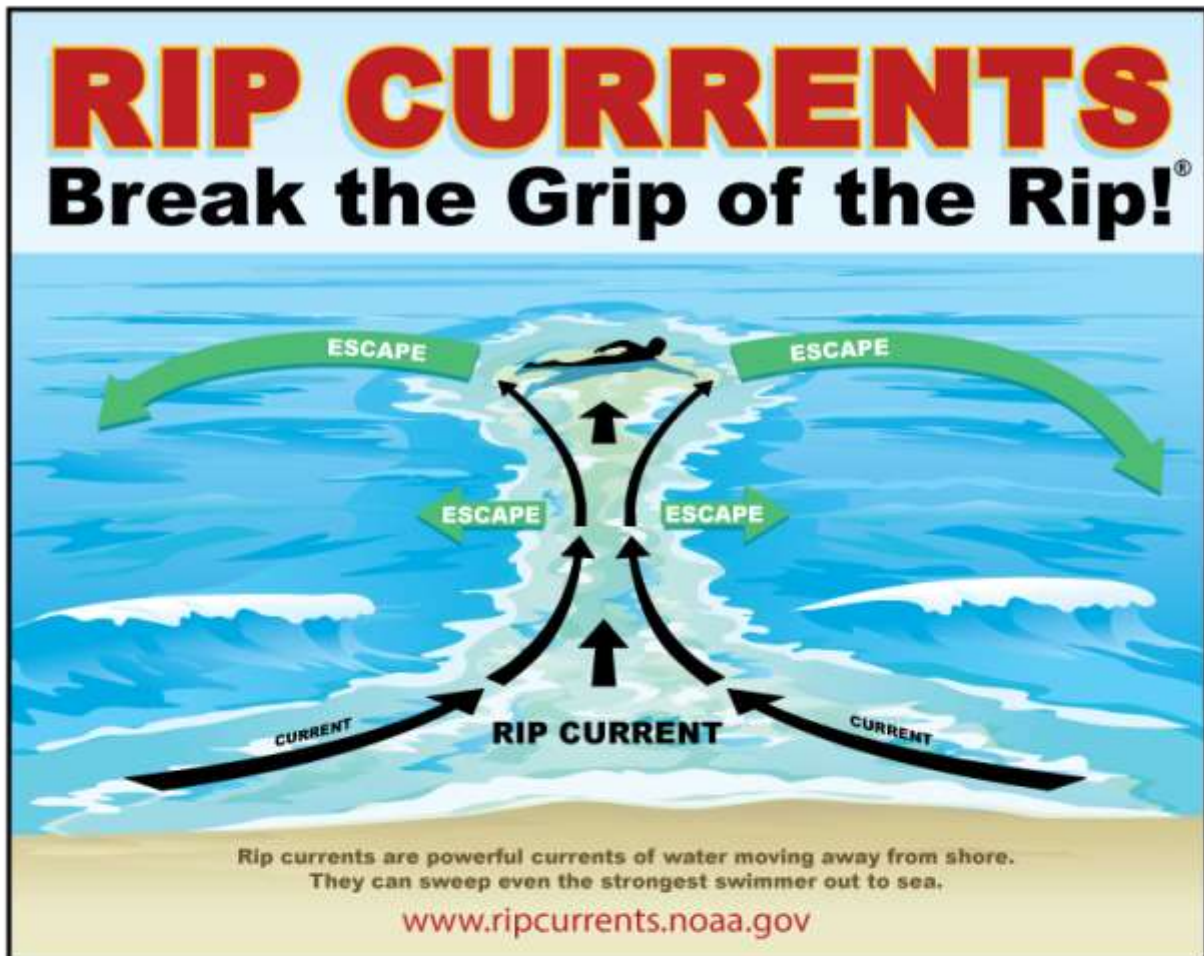
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End of the Year
 Bonfire
 May 29, 2019
 Doheny State Beach!
Picnic Area "B"

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IF CAUGHT IN A RIP CURRENT

- ◆ Don't fight the current
- ◆ Swim out of the current, then to shore
- ◆ If you can't escape, float or tread water
- ◆ If you need help, call or wave for assistance

SAFETY

- ◆ Know how to swim
- ◆ Never Swim alone
- ◆ If in doubt, don't go out

More information about rip currents can be found at the following web sites:

www.ripcurrents.noaa.gov
www.usla.org

