PRINCIPAL’S MESSAGE

Happy November Preschool Family!

On behalf of the preschool staff we want to thank you for your continued support! These last several weeks of school have truly been amazing. Whether we are creatively exploring our new nature playground or taking the time to examine the life cycle of a pumpkin, our 3 and 4 year olds are doing great. As we gear up for the new month, there are a few things we want to share with you.

- November 3rd (this Friday)-Parent-Policy Committee Meeting & Family Engagement Event.
- November 7th- Election Day- No School!
- November 22-24th- Thanksgiving Break (School Resumes Nov. 27th)

Additional information
- The weather is beginning to get colder. Please be sure to send students to school in winter weather gear. If you have any questions or are in need of support, please reach out to your classroom teachers or FCRS lead.
- Parent-Teacher Conferences are beginning! Please look for more information to come from your classroom teacher.

We look forward to another exciting month together!

Sincerely,

Natasha York
Principal
yorkn@aaps.k12.mi.us

Jo Ann Serafano Telfer
Assistant Principal
telferj@aaps.k12.mi.us

ANNOUNCEMENT

Bus Transportation Form for CHANGE in Transportation or NEW Transportation is due on Friday, November 10th by 12pm
COMMUNITY RESOURCE FAIR

Family Engagement Event
Friday, November 3, 2023  8:45am - 10:00am
Westerman Preschool

Early On partners with families, using their daily routines to work on supporting the growth and development of their babies.

Early Head Start (EHS) programs provide intensive comprehensive child development and family support services to low-income infants and toddlers and their families, and to pregnant women and their families.

Build Up helps parents and their children, ages 3 through 5, get additional educational support as they begin and continue to learn the skills needed to enter kindergarten.

First Steps’s purpose is to create a positive community for families with young children. Fun and exciting classes offered year-round to help children socialize with others.

Ensures that every Washtenaw County family has access to a comprehensive and collaborative system of community-based early childhood programs, services and supports.

Women, Infants, and Children (WIC) is a health and nutrition program that provides a positive effect on pregnancy outcomes, child growth and development.

Work and Play Center is a nonprofit organization dedicated to providing a safe and supportive environment for individuals with special needs.

Provides support and emotionally safe environment for grieving children, teens and their families.

Provides clothing and small household items at no charge to children and adults in Washtenaw County.

Provides information, support, and education for families who have children and young adults who receive special education services.
Dear Preschool Family,

We are excited to announce that beginning this December teachers will be opening up classrooms for you all to join the fun! Over the course of the next two months we are going to give our teaching teams just a little more time to get into the routines of the school day, better understand the management systems of the classrooms and demonstrate a little more independence with tasks. We want to make sure that our preschoolers are continuing to progress into strong 3 and 4 year olds.

So grown-ups, as they are continuing this exceptional work in the classroom, we are going to get you ready to join the fun! As part of our family participation process we need to make sure those interested in joining us during the day have been cleared by our Visitor Management System- Raptor Security and better understand how you can support the classroom when you are in.

Please check out our procedures and rules for how to volunteer in your child’s classroom. Once you’ve completed the steps below, you will be ready to go when the window opens.

- Preschool Visitor Management Letter to Families
- Please Read & Sign the Classroom Volunteer Agreement

*If you are in need of a hard copy of these documents, please call the front office, 734-994-2303 and we’ll get these in your child’s backpack.

We look forward to continuing this wonderful work together and can’t wait to roll out this wonderful opportunity to partner in the classroom together. A Sign-Up Genius will be coming out soon from your classroom teaching team with available volunteering opportunities, times and dates for December.

Prior to then, we’d like to remind everyone that this Friday, October 6th we’ll be hosting our first Parent-Policy Meeting & Family Engagement event! Please join us as we share our preschool curriculum and enrichment activities that you can try at home!

In Partnership,

Your Preschool Team
HEALTHY EATING HABITS ARE IMPORTANT FOR PRESCHOOLERS!

Once a child starts preschool, life takes on a new routine. A regular intake of food is needed throughout the day to keep children active and help their concentration while learning. Children need the guidance of adults to continue to develop eating skills and food habits. At times, children can be erratic eaters, they love a certain food one day and dislike it the next. The meal they refused to eat at home is eaten happily away from home. This can frustrate and baffle parents and guardians, but it is a common pattern of eating for a healthy and active child. Rest assured, very few children pass through these years without creating some worry and concern about eating to the adults in their lives. Children are actually pretty good at judging how much food they need for activity and growth if allowed to eat according to their appetite. Resist the urge to “force a child” to clean their plate or giving them sweets as a reward, as this may lead to problems with overeating later in life.

At Westerman, children are offered a balance of grains, proteins, fruits, and vegetables at each meal, in an effort to promote healthy habits. At home, if you are able to model eating healthy foods with children, they will usually follow your example. As with all aspects of parenting young children, they are watching the adults in their lives and absorbing what they are observing. Promoting healthy eating habits is a positive, lifelong gift that you can give to children.
HEALTHY EATING

Healthy Habits Start Early

Good eating habits begin early in your child’s life. As early as infancy, you can help your child grow lifelong healthy eating habits. You are your child’s best role model so while you help her to eat healthy, try to do the same too!

Healthy Feeding and Eating

For Your Infant

- It is important to breastfeed for at least 6 months. She will be more likely to have a healthy weight as she gets older.
- Put breast milk or formula, not cereal, in your baby’s bottle. Cereal adds extra calories that she doesn’t need.
- Try to wait until your baby is around 6 months to start healthy solid foods like puréed vegetables, jarred baby foods, and infant cereals. Starting solid foods too early can lead to problems with overweight and obesity later.
- Around 6 or 9 months try offering your baby small amounts of healthy finger foods like grilled chicken, cooked carrots, and cut up strawberries. This will help your baby learn to eat healthy.
- Breast milk, formula, and water are the best drink choices for your baby. Soda pop, 100% fruit juice, and sport drinks add extra calories to her diet and can harm her teeth.

For Your Toddler

- Offer your toddler healthy snacks like small cubes of cheese, sliced banana, or whole grain crackers two to three times per day. This will help him stay full in between meals and reduce hunger-related temper tantrums.
- Try to be patient with picky eaters. He may need to try a food 10 to 15 times over several months before he will eat it.
- Try giving your toddler a choice between two healthy options. He will be more likely to eat healthy food if he picks it out.
- Milk and water are the healthiest drink choices for your toddler. Soda pop, 100% fruit juice, and sport drinks add extra calories to his diet and can harm his teeth.

For Your Preschooler

- Let your child help you in making healthy meals and snacks. She will be more likely to try healthy foods if she helps out.
- Try to keep your kitchen stocked with simple, healthy snacks like carrots, sliced apples and peanut butter, or string cheese. This will help you and your preschooler eat healthy, even on busy days.
- Milk and water are the healthiest drink choices for your preschooler. Soda pop, 100% fruit juice, and sport drinks add extra calories to her diet and can harm her teeth.

For Yourself and Family

- Your child is learning healthy habits by watching you. Try to eat healthy too.
- Set playtime, mealtime, and bedtime routines to make day-to-day life less stressful.
- Talk with your child’s doctor, Head Start staff, and other parents to get healthy eating tips.
AAPS participates in this regional event held each October to celebrate National Farm to School Month. Locally grown apples was provided by Chartwells to all the students.

All classrooms enjoyed a CRUNCHY apple and teacher’s led special activities in the classrooms.
Classroom Spotlight
Westerman
Ms. Courtney and Ms. Lucia

Exploring Pumpkins

We hammered golf tees into our pumpkins.
What is inside a pumpkin???

We practiced number recognition and counting with pumpkin seeds.

The life cycle of a pumpkin.
“Loose parts are any collection of open ended natural or manmade objects that children can move, combine, transform, take apart, redesign, and line up in ways that support, extend, and further their ideas while working” (wunderled blog). This year we decided that loose parts were the way to go in our house area. Instead of the traditional plastic food, we have only used loose parts.

Some of the loose parts that we have in the house area are: glass beads, wool balls, corks, rocks, sticks, flower petals, fresh herbs, and playdough. The majority of the loose parts have come from the children’s ideas or collections (rocks, sticks, leaves) and bringing playdough from the art area to the house area. We have seen an increase in creativity, more foods are being made that the children have in their homes, and the materials are on a constant rotation.

We have also brought loose parts into the toy and block areas. During work time, is the prime time we see the children in action with their loose parts play. We know that play (or as we call it with the High Scope curriculum, Work Time) is the most important work a child can do. Using loose parts with their imagination, opens up the door for them to improve their cognitive, social, emotional, and physical, critical thinking, and problem solving skills.

The children are natural “loose parts experts/ collectors” We know a few children that have rock or stick collections at home! This is a great way to have a school home connection by letting children use loose parts at home.
LEARNING AND FUN WITH BUBBLES

Bubbles are a low cost and wonderful activity to keep kids busy and engaged in learning- inside or outside! Children of all ages love to play and explore with bubbles and we can use them as a great teaching tool at school or at home. Here are some fun ideas to try with bubbles in the different developmental areas.

- **Math**: Count bubbles, talk about their size and shape. If you have several bubble wands you can do a sorting activity by different sizes and colors.

- **Early Literacy**: Use your words! Label everything and be descriptive such as large, small, tiny, huge, up, down, near, far, etc. While talking also pause and allow your child to finish the sentence. For example, you can say “time to pop the bubble! Let’s (pause and wait several seconds to allow your child to respond) pop the bubbles!"

- **Science**: Talk about how the bubbles look and feel. Explore gravity and how wind, air and blowing changes the direction of the bubbles. Explore what happens to the bubbles if you blow them outside in the cold or into the freezer- do they freeze? Do they pop?

- **Sensory**: Add bubbles to bath time! Let children explore in a bubble bath. Add some dishes, sponges, turkey baster, spoons, etc. and allow children to play freely.

![](image)

Use this communication board to help develop functional communication while playing with bubbles!

*Abigail Quinn*

*ECSE Teacher*
Bubbles
Family Play Plan

Bubble play is just plain fun. And it helps children cooperate, take turns, and solve problems.

Support your child’s learning by talking about what’s happening: “You blew a huge bubble,” “The bubble floated away and popped,” “You were very patient waiting for your turn.” Ask simple questions: “Can you make it bigger?,” “What is the wind doing to the bubbles?” Watch your child play to see what interests him. It’ll also help you figure out what questions to ask to expand his learning.

Make your own bubble mixture or buy some. Use it with these bubble games.

Photograph: © Getty Images

Bubble Games

**Bubble relay**
Use one plastic bubble wand and the bubble mixture. Family members stand in a line. The first person blows a bubble and passes the bubble and wand to the next person. (If the bubble pops, the child blows another bubble and passes it again.) Ask your child to predict how many times your family can pass the bubble without popping it.

**Bubble tag**
Use one plastic bubble wand and the bubble mixture. The person who’s it uses them to tag others with bubbles instead of hands. Bubbles must land on another player to count. Play in a small space so children are able to tag others.

**Bubble obstacle course**
Make a start and a finish line and create a course using milk jugs. Have family members line up on either side of the course. The child who is it moves from start to finish dodging bubbles, trying not to let any bubbles touch him. First, one person blows bubbles. If the it child successfully reaches the finish line without a bubble touching him, then two people blow bubbles, then three, etc. The more bubbles, the harder it is to make it to the finish line.

This information has been adapted from Family Play Plans by TRUCE (Teachers Resisting Unhealthy Children’s Entertainment). A variety of materials are available on the TRUCE website (www.truceteachers.org) that will help parents and teachers counteract the negative impact of media and marketing on children and promote positive play activities.
As we enter the season of holiday breaks from school, it’s a great time to think about how to fill some of those long days at home with your preschooler. There are so many fun activities for family time, and incorporating movement can help not only by providing exercise and learning opportunities, but also getting your child’s “wiggles” out in a productive way.

Think of different ways to incorporate movement into the day, with both structured and less structured activities.

If you have time to “play a game”, you could try...
- Making an obstacle course with stepping over cushions, crawling under chairs, making a balance beam out of big books, jumping over small stuffed animals, etc.
- Hide puzzle pieces around the house and have your child bring them back to put them in the puzzle.
- Simon Says or Follow the Leader
- Playing catch with a soft ball or stuffed animal
- Ripping pages out of old magazines, crumpling them into a ball, and throwing them into a bin.
- Finding movement songs online to do with your child.
- Having a “snow ball” fight with rolled socks over the back of the sofa.

If you have less time and want to incorporate activities into the regular routine, you could try...
- Having your child toss their clothes into the hamper or laundry basket from far away.
- Coming up with different animal walks to get to their room at night (stomp like an elephant, hop like a bunny, waddle like a penguin, swim like a fish, crawl like a bear, etc.).
- Cleaning their room with a fun timer to move quickly, or make a game by picking up all the “blue” toys, “yellow” toys, etc.

And, of course, playing outside is the easiest way to give your child movement and fresh air...and to tire them out for naptime or bedtime!

**TIPS TO MAKE DRESSING FOR WINTER WEATHER EASIER**

It’s getting colder outside and before we know it, we’ll be bundling up in our winter gear before going outside to play. A lot of our children are still working on becoming more independent with dressing and so now is the perfect time to practice putting on coats, boots, and (snow) pants. Make dressing practice fun! You can help your child practice in front of a mirror, practice by dressing up dolls or stuffed animals, or turn it into a race to see who can dress the fastest. There are a lot of steps when getting ready to play outside in the snow, a visual of the different steps can help your child remember in what sequence they should put on their winter gear.
Here are some more tips that can help make it easier for your child to dress themselves:

- There are two popular methods when it comes to learning how to put on a coat. If your child is just starting to learn how to put their coat on independently, check with your child’s teacher to see what method they are using in their classroom.

  1. **Flip-Over Method:** Place the coat on the floor with hood and sleeves open and have your child stand behind the coat’s hood. Have your child put their arms into both sleeves and then flip it over their head. A visual sequence like the one provided by Connectability can help remind your child what to do [https://connectability.ca/2011/07/25/flip-flop-over-the-top-sequence/](https://connectability.ca/2011/07/25/flip-flop-over-the-top-sequence/) (available in different languages)

  2. **Regular Method:** You can sew a small piece of fabric or colorful patch on the inside of the coat’s right sleeve (next to the opening of the right sleeve) and teach your child to hold on to the fabric/ patch with their left hand while putting the right arm in the sleeve. The piece of fabric/ patch will give your child a visual cue, so that they are able to orient the coat correctly when putting it on.

- Practice Zipping: Zippers are often made quite small, which can make zipping challenging for young children. One way to help is by adding a larger zipper pull to make it easier for your child to grasp. You can make your own by attaching a key ring or ribbon to the zipper. It is often easier to practice this skill when the zipper is placed in front of the child rather than being on their body. Practice by zipping clothes for dolls/ stuffed animals/ zipper pouches, etc.

- **Stickers on Boots:** Children often have a hard time figuring out which foot goes in what shoe/boot. To help your child, cut a sticker in half or paint a dot on the inside part of the sole and have your child line them up before putting them on.

Be ready for your child to tell you – “Look I did it myself”
A MINDFULNESS ACTIVITY TO WAKE THE SENSES

Teaching mindfulness to kids can help shape three critical skills developed in early childhood: paying attention and remembering information, shifting back and forth between tasks, and behaving appropriately with others. These abilities are known as executive functions and they are essential for more advanced tasks like planning, reasoning, problem-solving, and positive social relationships.

Fall is a great time to introduce the idea of mindfulness more directly to your kids, you can use outdoor activities that encourage them to tune into their 5 senses. Here is an activity that will wake their 5 senses, giving them an opportunity to take in the moment and be mindful of their environment.

- **SMELL** the changing leaves. What does it smell like?
- **TOUCH** the fallen leaves, notice some are “crunchy” while others are “soft.”
- **LOOK** at the different colors of the leaves. How many colors can they identify?
- **LISTEN** to the rustling of the leaves. Is it loud? Is it soft? What does it sound like?
- **TASTE** the fresh apple or a fall treat. Enjoy the harvests of Fall!

Happy Thanksgiving!

Source: https://www.mindful.org/mindfulness-for-kids/

VISIT THIS WEBSITE FOR INFORMATION
https://www.a2schools.org/wintergiving
Time to Celebrate!

Main Shop and Showcase Open House!
Sunday, November 12!

30% Off Sale* (10am – 6pm - some exclusions)

Meet Greet, & Treats 11am – 3pm

Prizes and Light refreshments

Celebrate and commemorate with us!

Tell your Friends!

Supporting AAPS students since 1993 with generous community donations and savvy thrift shoppers!

Our sincere thanks for your part in our success!
If you're interested in attending a webinar, please complete the registration form and we'll send you a Zoom link prior to each webinar. If you have any questions, please email Shannon Novara at snovara@washtenawisd.org.
FREE FOOD DISTRIBUTIONS

Need food? Food Gatherers has a network of food pantries and meal programs that are ready to help:

- Items available include fresh produce, dairy, meat, and pantry staples like canned fruits and vegetables, pasta, peanut butter, and more!
- Available to anyone in need, no proof of need required.
- Low-contact, "grab and go" distributions.
- This institution is an equal opportunity provider.

WE'RE HERE TO HELP

Quick Links

Food Gatherers' website has updated information on food distributions, schools meals, and SNAP benefits.

- Need food map and list: www.foodgatherers.org/needfood
- School meal updates: www.foodgatherers.org/covid19
- SNAP updates: www.foodgatherers.org/snap

Questions?

Are you homebound and need grocery delivery? Don't know which program is best for you? Call Food Gatherers to find which of our partner programs can best serve you: 734-761-2796

For help outside Washtenaw County, call 2-1-1.

For help with new or current SNAP (food stamp) cases, call the Food Bank Council of Michigan hotline: 1-888-544-8773.
QUICK LINKS

NEED FOOD MAP AND LIST:  
www.foodgatherers.org/needfood

SCHOOL MEAL UPDATES  
www.foodgatherers.org/covid19

SNAP UPDATES  
www.foodgatherers.org/snap

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  HELPLINE: 1-888-544-8773
AAPS Early Childhood Program NOVEMBER 2023

Ann Arbor, Ypsilanti, Ypsilanti Township, Chelsea, Dexter, Manchester, Milan, Saline, Whitmore Lake.

توزيعات غذائية مجانية

أنت بحاجة إلى الغذاء؟ يمكنك فورد غارنز شبكة من مراكز الطعام وبرامج الوجبات الجاهزة للمساعدة.

يتألف الأصناف المتوفرة من المنتجات الطازجة، ومنتجات الألبان، والخضروات، والمواد الغذائية الأساسية مثل الفواكه، والمكونات المحروقة، وزيادة المستجيبة وغيرها.

تُتاح هذه الأصناف لكل فرد بحاجة إليها ولا داعي ليستعد من جهته.

لا تتغذى التوزيعات المبكرة والتي تتطلب عن "تناول حجمك والصرف."

تعتبر هذه المؤسسة مزوّدة للكافؤ قرص.

نحن هنا للمساعدة

روابط سريعة

قائمة مواقع فورد غارنز لتفاصيل معلومات حول توزيعات الغذاء، وبرامج الوجبات المدرسية، وبرامج المساعدة الغذائية التكميلي (SNAP).

المفاجئ الغذائية والقاتلة:
www.foodgatherers.org/findfood

المفاجئ للوجبات المدرسية:
www.foodgatherers.org/covid-19

المفاجئ في برنامج المساعدة الغذائية التكميلي:
www.foodgatherers.org/snap

أيّة أسئلة؟

قائمة فورد غارنز. للحصول على معلومات حول توزيعات الغذاء، وبرامج الوجبات المدرسية، وبرامج المساعدة الغذائية التكميلي (SNAP).

للخريطة الغذائية والقاتلة:
www.foodgatherers.org/findfood

للخريطة للوجبات المدرسية:
www.foodgatherers.org/covid-19

للخريطة في برنامج المساعدة الغذائية التكميلي:
www.foodgatherers.org/snap

قم في حيرة من أين يمكننا به يتعلق باختيار البرنامج المناسب لك؟ أتصل بمكتب فورد غارنز (610) 377-6747 لمساعدة أي من برامجنا يمكنها تلبيتك بشكل أفضل.

على:
734-761-2796

اصل Washtenaw

للمساعدة: خارج مكتبة

اصل: 1-888-544-8773

للمساعدة: في دفاتر برنامج المساعدة الغذائية التكميلي

للمساعدة: جمعية واسع الطعام، اتصل بجزء المساعدة: 888-544-8773
무료 음식 나눔

음식이 필요하신가요? Food Gatherers는 여러 푸드뱅크 네트워크를 기반으로 도움이 필요한 모든 분들에게 열려있습니다.

✔ 신선한 과일과 채소, 유제품, 육류, 그리고 기본 식품 (과일과 야채, 통조림, 파스타, 양념질) 등을 제공합니다.

✔ 도움이 필요한 모든 분들에게 열려 있습니다 (증명 서류 필요 없음).

✔ 비접촉, 'grab and go' 방식 운영입니다.

✔ 본 기관은 긍정 기록 제공 가능입니다.

저희가 도와 드리겠습니다

링크 모음

Food Gatherers 웹사이트에서 음식 나눔, 학교 급식, 그리고 SNAP 혜택에 관한 최신 정보를 확인하세요.

음식 배포 리스트와 지도:
www.foodgatherers.org/findfood

학교 급식 관련:
www.foodgatherers.org/covid19

SNAP 업데이트:
www.foodgatherers.org/snap

질문 있으세요?

식료품 배달을 원하시요? 어떤 프로그램이 맞는지 모르시나요? Food Gatherers가 당신에게 맞는 프로그램을 찾아드릴 수 있습니다. 문의 전화: 734-761-2796

Washtenaw County 외에 거주하시는 2-1-1으로 전화하십시오.

신규 혹은 현지 SNAP (food stamp) 대상자 관련 도움은 Food Bank Council of Michigan helpline (1-888-544-8773) 에서 받으실 수 있습니다.
免费食物分发

需要食物？Food Gatherers（食物采集者）的食品储备和膳食计划网络随时准备提供帮助！

✔ 活动提供的物品包括新鲜果蔬、乳制品、肉类，以及水果罐头和蔬菜罐头，意大利面，花生酱等可储存食物。
✔ 每一个需要帮助的人都可以参与这项活动，无需提供相关证明。
✔ 活动采取“随提随走”的低接触分发方式。
✔ 本机构提供平等的机会。

我们为您提供帮助

相关链接

Food Gatherers（食物采集者）的网站已更新了食物分发，校餐和补充营养协助计划（SNAP）的相关信息和帮助。

获取食物地图和列表：
www.foodgatherers.org/findfood

校餐最新消息：
www.foodgatherers.org/covid19

补充营养协助计划(SNAP) 最新消息：
www.foodgatherers.org/snap

相关问题

你是否因居家而需要配送服务？
你是否不了解哪个项目最适合你？

欢迎致电 Food Gatherers（食物采集者）并寻求到最能够帮助到你的项目：734-784-2798

需要 Washtenaw County 外的帮助，拨打 2-1-1。

有关新的或现有的 SNAP 食品券情况，请致电 Food Bank Council of Michigan 查询电话：1-888-544-8773