

Preschool Press



Dear Preschool Families,

It has been great to see so many children and families returning to preschool. We are so excited!

We have a few reminders of the COVID 19 District Protocols that everyone must follow. All families and staff must wear a mask when on any district property, with the exception of eating or drinking. If you are transporting your child by car, everyone inside your car must be masked. For children riding the bus, they must wear a mask, unless you have provided us with medical documentation.

Please make sure your child's mask fits securely over their mouth and nose. We also recommend sending a few masks just in case. We do have disposable masks at school however, some children are very protective of their special mask from home.

If your child is sent home from school because they are not feeling well. A doctor's note must be provided in order for your child to return to school, indicating they may return. We need to make sure everyone is following this requirement in order to keep all children and staff safe. If they are exhibiting possible Covid symptoms they will be asked to stay home for 10 days. To be able to return prior to the 10 day stay- a negative Covid PCR test or a doctor's note will be required and they should be symptom free for 24 hours without medication.

If your child comes in direct contact with a person that has been diagnosed with COVID 19, your child must stay home for 14 days and quarantine. Please contact your FCRS, Robin or Aaron, so we can arrange for your child to be virtual during this time.

Please feel free to reach out to either Nurse Katie or myself if you have any questions.

**Jo Ann Serafino Telfer, Assistant Principal/Assistant Director ECP
Westerman Preschool and Family Center**

**April
Upcoming Events –**

Enrollment is open:
www.washtenawpreschool.org for
Free Income based PreSchool
annarborpreschool.com for
Tuition Preschool



Robin's Resources:

Free COVID Vaccines are available in Washtenaw County for residents 16 years and older. Appointment required. Here's a link:
[Where-to-Get-the-COVID-19-Vaccine](#)

W.I.C. Supplemental Nutrition program for pregnant Women, Infants and Children up to their 5th Birthday. Free Nutritional Food, Education, Referrals and Breastfeeding support. Virtual Appointments available (734)-544-6800 akellag@washtenaw.org

Ms. Mandy's and Ms. Sarah's, & Ms. Megan's Class – It's Great to be Back Together!



Tips for building vocabulary and sentences:

Help your child build a rich vocabulary and expand sentence length by describing items they might see in the Spring. Use a strategy of modeling words that describe using these cues:

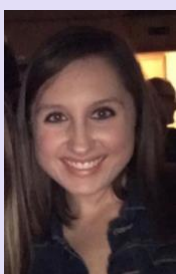
- Colors: "I see a pink flower"
- Shapes: "This flower has a round bud and oval petals".
- Size: "You found a big flower. Let's try to find a little flower".
- Numbers: "This flower has many petals", "That flower has 10 petals"
- Where we can find it: "Flowers grow in the dirt", "We can buy flowers or pick them"
- What does it do: "You are smelling the flowers"
- What parts does it have: "This flower has a tall stem, a bud, and petals"

Colleen Przybyla,
Speech Therapist



The best way to encourage your child to imitate words is for you to say those words repeatedly while your child is actively engaged in playing with or looking at objects. Model the language through commenting on objects your child is interacting or observing. For example, if your child is picking flowers, you could model the language "The little flower has a round bud and oval petals", "The pink flowers are in the grass", "Should we smell the flowers or pick them?"

Mindfulness



Mindfulness is an important tool that can help children focus on the present, stay more in the moment, and achieve more self-awareness. There are many activities and tools that you can use with your child to practice mindfulness. Simply google "mindfulness for children?" and many things will pop up. As spring has arrived, try this activity with your children to help them become aware of their senses while enjoying all the great things the outdoors has to offer during spring!

Amanda Chrzasz Reedy,
Social Worker

Take your child outside on a nature walk. After a few minutes, stop and ask your child what they see. After another few minutes, ask them what they hear. Repeat this until you explore all the senses with them.



Fun Ways to Work on Pre-Writing Skills!

Children should be able to draw pre-writing lines and shapes before learning to write letters as part of their fine motor skill development. The developmental progression includes: drawing a vertical line, horizontal line, and a circle by approximately age 3, and drawing the plus sign, square, diagonal lines, and X between 4-5 years of age. Drawing lines and shapes teaches children foundational skills needed for top to bottom and left to right writing, intersecting lines, and drawing corners. If your child is not able to draw a line or shape, first have your child watch as you draw, and then have them try to draw the line or shape.

Stephanie Osantoski,
Occupational Therapist

Kids learn by playing and having fun! Here are some fun ways to incorporate drawing pre-writing lines and shapes into play and/or outdoor activities:



- Use sidewalk chalk. Use a small piece of chalk to encourage an age appropriate grasp.
- Use a paintbrush with water to draw on the sidewalk.
- Use pointer finger or a stick to draw shapes in sand or dirt.
- Roll playdough into a "snake(s)" and make a shape.
- Bend pipe cleaners to make a shape.
- Use chalk to draw a shape on a chalkboard. Use a small wet sponge to make the shape disappear.
- Use chalk to draw shapes on a fence (working on a vertical surface helps build arm strength and can help to improve pencil grasp). Use a squirt bottle to make the shapes disappear.

Happy Spring

With the weather getting warmer and flowers blooming, it's the perfect time to get outside!

A fun tip to encourage improved walking, balance, and core muscle strengthening:



Pick up dandelions, other small wild flowers, small sticks/twigs/pine cones, etc. and put them in a bucket or bag. This fun activity encourages walking with control and on different surfaces as well as leg strengthening activities, e.g. squatting to standing. You can do this in your backyard, at the park, on your way to and from the playground. Encourage walking on and off different surfaces and up and down small hills. Have fun exploring!

Shelly Webber,
Physical Therapist





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