

Preschool Press

Principal's Message

Dear Parents,

COME TO SCHOOL WITH YOUR CHILD ON MONDAY FEBRUARY 10TH in recognition of NAAPID (National African American Parent Involvement Day). This is a great way to support your child's education. We welcome and look forward to seeing ALL parents participate in the day.

REMINDER: Young 5 and Kindergarten Round-Ups begin this month. It is very important that all families attend Round-Up so that you have all the information you need for registering. The schedule is listed below and is also available on the district website at a2schools.org.

YOUR CHILD'S HEALTH AND NUTRITION: School policy states that we do not have celebrations in our classrooms. Please **DO NOT** send in treats/goodies for Holidays, birthdays, and/or any other occasion. There are several important reasons for this, food allergies, cultural/religious beliefs, health/nutrition, etc. If treats are sent in teachers will send them back home with your child.

OUR SCHOOL IS A NO PHONE ZONE: You can **TUNE IN BY TURNING IT OFF!** Tune in to the school environment and your child by **TURNING OFF OR PUTTING AWAY YOUR CELL PHONE.**

I hope all of you stay warm and healthy during these final cold months of the winter.

Michelle Pogliano

Principal

2019/2020

Kindergarten
Round-Up



2020 Kindergarten & Young Fives* Round-Up Schedule

Abbot*	Tuesday	Feb 18	6:00 - 7:00 pm
Allen*	Thursday	Feb 6	6:00 - 7:30 pm
Angell*	Thursday	Feb 27	6:00 - 7:30 pm
AA Open	Tuesday	Feb 25	6:15 - 7:30 pm
A2 STEAM*	Wednesday	Feb 26	6:00 - 7:00 pm
Bach*	Thursday	Feb 27	6:00 - 7:30 pm
Bryant*/Pattengill	Thursday	Feb 20	6:00 - 7:30 pm
Burns Park*	Thursday	Feb 6	6:00 - 7:30 pm
Carpenter*	Thursday	Feb 27	6:00 - 7:30 pm
Dicken*	Thursday	Feb 20	6:00 - 8:00 pm
Eberwhite*	Thursday	Feb 6	6:00 - 7:30 pm
Haisley*	Thursday	Feb 20	6:00 - 7:30 pm
King*	Wednesday	Feb 19	6:00 - 7:00 pm
Lakewood*	Thursday	Feb 27	6:00 - 7:30 pm
Lawton*	Thursday	Feb 27	6:00 - 7:00 pm
Logan*	Wednesday	Feb 12	6:00 - 7:30 pm
Mitchell*	Thursday	Feb 20	6:00 - 7:00 pm
Pittsfield*	Thursday	Feb 27	6:00 - 7:30 pm
Thurston*	Thursday	Feb 20	6:00 - 7:30 pm
Wines*	Wednesday	Feb 5	6:00 - 7:30 pm

*Indicates Young Fives Program. To be eligible for Young Fives, children must turn five years old between May 1 and December 1, 2020.

Wondering if your child is ready for Kindergarten? Contact your school for readiness screening or attend the district screening event

Early Childhood Expo / District Screening Event

Drop-in, no appointment necessary

W. Scott Westerman

Preschool & Family Center Saturday Feb 15 10:00 am - 1:00 pm



Getting your children involved in the kitchen can help with several developing areas! Here are a few ideas that are both educational and fun:

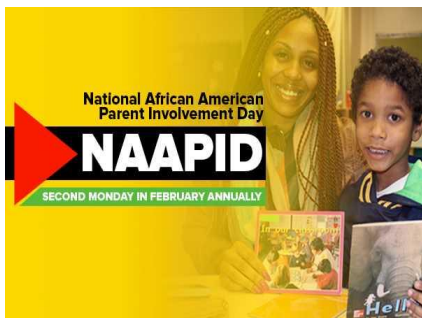
- * Let him or her help unpack groceries, this works on fine motor grasping and provides some heavy lifting.
- * Help him or her sort grocery items into vegetables, fruit, etc. This teaches the child different types of food and works on sorting skills.
- * Mixing foods with spoons, forks, and whisks helps develop hand muscles and bilateral use of hands.
- * For meals that require assembly, let your child construct the meals. For example, with sandwiches, a child could put the meat, cheese, and any other toppings on the bread. Other meals could include pizza, tacos, and salads. This works on following multiple step directions, grasp, and bilateral use of his or her arms.

Letting your child help in the kitchen will help him or her to develop some ownership over the food made and provides him or her with more incentive to eat the meal!

from: Susan Westbrooks-OT



**Come Celebrate Our
Family Day
&
Winter Sing Festival
at Westerman Preschool
& Family Center**



**Monday
February 10, 2020
8:45 - 11:30**

OUR COMMUNITY PARTNERS

Ann Arbor District Library
Washtenaw Health Plan
Children's Special Health
House By the Side of the Road "Pop-up Shop"
Ann Arbor Rec & Ed and First Steps
Washtenaw Literacy
RAHS – Regional Alliance of Healthy Schools, UMHS
Costco Wholesale
Early Head Start



Sipping, Snacking and Tooth Decay

Many parents across the country often tell their children — You'd better eat that, it's good for you! There's another old parent favorite — Don't eat that, it'll rot your teeth! Now more than ever, kids are faced with a variety of food choices from fresh produce to sugar-laden processed convenience meals and snack foods. What children eat and when they eat it may affect not only their general health but also their oral health.

Reduce your children's risk of tooth decay:

- Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth.
 - Limit between-meal snacks. If kids crave a snack, offer them nutritious foods. If your kids chew gum, make it sugarless. Chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid.
 - Monitor beverage consumption. Instead of soft drinks all day, children should also choose water and low-fat milk.
 - Help your children develop good brushing and flossing habits.
- Schedule regular dental visits.

Information taken from American Dental Association Website: ada.org



Healthy Heart Month

Kathy Gaines, PT



February is Heart Month, and preschool is a great time to start healthy habits to last a lifetime. According to the American Heart Association website, www.heart.org, childhood obesity rates have tripled since 1963, with nearly 1 out of 3 kids being overweight. This is significant because it not only affects their emotional and physical health when they are young, but also because overweight kids have a 70%- 80% chance of staying overweight into adulthood, when heart disease, stroke, high blood pressure, high cholesterol and type 2 diabetes all become concerns.

The good news is childhood obesity can be controlled or prevented through proper diet and daily activity. Preschoolers don't always choose a wide variety of foods, so making sure their bread and cereal products are whole-grain and high in fiber, canned vegetables are low-sodium or "no salt added", and canned fruits are in water or their own juice are all steps in the right direction.

Daily physical activity of at least 60 minutes per day is the recommended amount for children, and since leading by example is the best way to motivate kids, getting the whole family moving is a great idea! Taking walks, playing outside, and dancing to music are all fun ideas, but anything that keeps kids away from the tv and iPad and moving around will help...how about chores? Kids as young as 4 years old can help make their beds, empty wastebaskets, help set or clear the table, use hand-held vacuums, wash plastic dishes/cups, help sort laundry, etc...and these are all great opportunities to teach about colors, counting, and sorting.

February is
**Black
History**
Month



"The future belongs to those who prepare for it today." —Malcolm X


2020/21

Young 5's & Kindergarten

On Line Open Enrollment Window
including In District Transfers to begin:
February 11 – March 8, 2020

SCHOOL OF CHOICE - application window will open
near the end of APRIL

February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 Fluoride Varnish	6	7
10 Join us for N.A.A.P.I.D. 8:45 - 11:30 Come and spend some time in your child's classroom!	11 On Line Open Enrollment Window Open for School of Residence (neighborhood elementary) and In-District Transfer NOT School of Choice	12 Student Count Day!	13	14 15 Sat. Early Childhood Expo 11 am - 3 pm
17	18	19 March Transportation changes due.	20	21 Family Literacy 10:00 - 11:30
24	25 Full day of Preschool for Westerman & Mitchell  Hearing & Vision - ECSE	26	27	28
2	3	4	5	6
Please remember to have individuals who pick up your child from the bus or at school to bring a PHOTO ID with them.				

This is a time of year that we see a lot of seasonal illnesses. Here is a helpful reminder from the Health Department of when your child should stay home from school.

When Should a Child be Kept Home or Sent Home from School for Illness?



Parents often ask when a child should be kept at home or sent home from school or childcare for illness. Here are EIGHT reasons a child should stay home or be picked up from childcare or school as soon as possible.

1. **Severely ill appearance:** This could include a child that is not himself or herself, persistent crying, or difficulty breathing.
2. **Fever:** A child with a temperature of 101° F or greater. The child should not return until 24 hours of no fever, without the use of fever-reducing medications.
3. **Diarrhea:** A child has two loose bowel movements, even if there are no other signs of illness. The child should have no loose stools for 24 hours prior to returning to school. **Exception:** A healthcare provider has determined it is not infectious. Diarrhea may occasionally be caused by antibiotics, new foods a child has eaten, or teething. Call the parent to find out if there is a non-medical reason for the loose bowel movements.
4. **Vomiting:** A child that has vomited two or more times. The child should have no vomiting for 24 hours prior to returning to school. **Exception:** A healthcare provider has determined it is not infectious.
5. **Rash:** Any rash illness and fever should be checked by a health care provider. Exclude until the rash subsides or until a healthcare provider has determined it is not infectious. There are different rules for returning to childcare or school depending on the cause of the rash. A child with scarlet fever should be treated with antibiotics for 12 hours (at least 2 doses) before returning to childcare or school. If a health care provider diagnoses a child as having Fifth disease, the child does not need to stay home if s/he feels well. **Exception:** Allergic rash and mild diaper rash that are already known to the parent are not reasons to send a child home or keep a child home.
6. **Injury:** Whenever an injury is serious enough to need a health care provider's attention, a parent should be contacted to take the child home.
7. **Skin sores:** A child with weeping sores on an exposed area that cannot be covered with waterproof dressing.
8. **Certain communicable diseases:** Children and staff diagnosed with certain communicable diseases may have to be excluded for a certain period of time.

Caregivers should:

- Isolate children if they have any of the above symptoms.
- Wash hands well to prevent the spread of disease to caregivers and other children.
- Use a paper towel to turn off faucets and open bathroom doors and then dispose of the paper towel in the wastebasket.
- Encourage parents to keep children home if they are ill.

While not an emergency situation (no need to have the child picked up immediately), children with the following diseases should remain at home until successfully treated: impetigo, lice, ringworm, and scabies.

This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. For more information contact your health care provider or visit the Centers for Disease Control and Prevention at www.cdc.gov.



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- ✓ **FUNDRAISE**
- ✓ **VOLUNTEER**

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Supporting Ann Arbor Public Schools and its Students Since 1993

Shop Happenings December 2019 – March 2020!

- ❖ Hey Students! Do you need Service Hours?
Volunteering at our shop is a fun way to earn them!
- ❖ Need help getting into the Holiday spirit?
We have everything you're looking for!
- ❖ Does winter have you feeling restless? Treat yourself!
Shop our Martin Luther King Day Sale on Monday,
January 20, 2020, 9am-7pm, and Save 50% OFF Everything!
- ❖ We support all students in AAPS – your support is the key to success!



**Don't forget to visit our Showcase,
where you'll find unique and
collectible treasures every day!
(Located next to our Donations Door)**



SHOP HOURS: MON-FRI 10-7 / SAT 9-6 / SUN 11-5

DONATION HOURS: MON, THU, FRI 10-6 / CLOSED TUES & WED / SAT 10-5, SUN 12-4

Call **734-996-9155** to schedule a FREE Furniture Pickup

