

Preschool Press



Dear Preschool Families,

Can you believe it! Spring is on the horizon!

WE ARE NOW ENROLLING FOR 2021/2022. We will be contacting returning parents to set up appointments.

Prospective students may complete interest surveys beginning March 1 and we will contact them to set up an appointment once we have received their information from the WISD. Returning students are not required to complete a new interest survey.

If you or someone you know as a 3 or 4-year-old, please encourage them to fill out an Interest Form at www.washtenawpreschool.org and select AAPS as your first choice. We will be here one way or another, continuing to support families in a virtual environment or practicing health and safety guidelines in order to teach our students face to face! You can call our office at if you have any questions, (734) 997-2303.

Remember that MARCH is READING MONTH.

- “Read” with your child daily
- Talk about the pictures instead of reading all the words
- Let your child “read” the book to you
- Ask questions about the pictures – “What is this?” “Who is in the sand?” “Where did the ball go?” “How will they get over that broken bridge?”

Stay warm, Spring is just around the corner!

Jo Ann Telfer, Assistant Director AAPS Early Childhood Programs, Westerman Assistant Principal

March Upcoming Events –

Mar – 1 – Enrollment opens:
www.washtenawpreschool.org for Free Income based PreSchool
annarborpreschool.com for Tuition Preschool

Mar 29 – Apr 2 – No School, Spring Break
April 5 – School Resumes



Robin’s Resources:

Free Tax Preparation Services (virtual)
<https://www.uwashtenaw.org/freetaxhelp>
 or (734) 971-8200

Budgeting Workshop – Free Webinar,
March 11, 6:00 – 7:00 pm
[Make a Spending Plan Work for You](#)

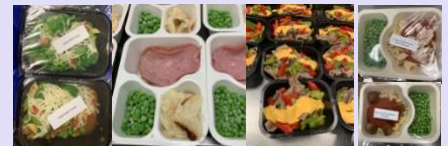


A big thanks to **meijer** for their generous donation of bags for our supply distribution in March!!

Check out the meals from AAPS/Chartwells Food Service!

Please Note: Distributions change starting March 10th, Weekly pick-up Wednesday’s only. [AAPS Food Dist. Link](#)

Same Locations/Same Times:
 Daytime Pick Up Time: 11:30 – 12:30/1pm
 Late Afternoon Pick Up – 4:30-6:00pm at:
 Mitchell Elementary; Pathways, Huron, Pioneer, & Skyline High Schools



Ms. Knisley and Mrs. D’s Class – Exploring Number with Playdough and Making Snow People!

Playdough Numbers



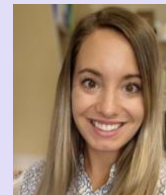
Snowpeople



Letting your child lead story time!

Children are more invested in interactions and communication when they are motivated!

- Let your child pick the book: By allowing them to select the book ensures that they are truly interested.
- Observe and wait: let your child show you what they're interested in. Observe what they are looking at or pointing too. Use their interests to start a conversation.
- It's okay to change things up: You don't have to read every word on the page. You can simplify the story or expand your language by describing the pictures that your child likes.
- Wait, wait, wait: After turning the page, resist asking a question or pointing to a picture right away. Give your child an opportunity to express themselves and initiate taking turns with you.



Brittany Fleming,
Speech Therapist

Reading & Teaching Children about Feelings

Children experience a wide range of emotions. Every child handles feelings differently, but learning to deal with them is an important part of growing up. Stories can help kids learn how to identify their emotions and express them in healthy ways. Here are some helpful ideas to keep in mind when you are talking about feelings with your child while reading together:

Bianka VonKulajta,
Social Worker



- What is each character feeling?
- How do you know what feeling each character is having? Do you see it in their face? Do you see it in their body? Do you hear it in their words?
- What happened to cause them to feel that way?
- Have you ever had anything like that happen to you?
- Imagine yourself having the same experience. How would you feel?
- Maybe have your child practice making feeling faces: Show me your mad face. Show me your sad face...

Here are a couple of lists of books for young children (from babies to preschoolers) that focus on feelings:

[Books about Feelings for Babies & Toddlers](#) and [Books that Teach Kids about Emotion](#)

Around your Home!

Working on Fine Motor Skills and Calming Strategies with Activities around your Home.

Did you know that many activities around your home can be used with your child to work on using their eyes and hands together and to 'regulate' attention and energy level?

Simple tasks such as emptying out the silverware (no knives) from the dishwasher, setting up the table, finding matches to socks, folding towels, sorting toys into separate bins, and tearing up junk mail all work on using eyes and hands together, coordination and attention (*Bonus- sorting/classifying skills are also used for many of these tasks.)



Activities like vacuuming, carrying non-breakable groceries, lifting or moving a filled laundry basket, wiping off the table, and emptying small garbage cans all use your child's 'big' muscles, which can help calm and refocus. Crawling under couch cushions that are on the floor, dimming the lights, having a quiet spot – such as a fort built from blankets and chairs, eating 'harder to chew' foods like pretzels or drinking thick liquids

like applesauce or smoothies, through a straw, are all activities that might come in handy to calm a busy body when it is too cold to go outside and play.



Sue Westbrooks, Occupational Therapist

Kathy Gaines,
Physical Therapist



Books that ~~==~~ Move You!

Toddlers and preschoolers love to sit and read with you, but it's also fun to choose books that make you both get up and move! There are lots of books based on preschool songs that your child may already know the words to, which helps them associate what they are singing to the words on the page, like [If You're Happy and You Know It](#) by Jane Cabrera.

There are also lots of books with repetitive phrases and movements, like Eric Carle's [From Head to Toe](#). Your child can say, "I can do it!" and try each movement.

Check out this article for a list of 13 books that: [Get your Children Up and Moving](#)



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