

# Preschool Press

AAPS EARLY CHILDHOOD PROGRAMS

OCTOBER 2022

## WELCOME LETTER

Dear Preschool Families,

**Welcome to the 2022-2023 school year!** It was wonderful seeing the children again and meeting our new families. We are transitioning smoothly into our day to day activities.

We have a few reminders :

- We ask that you guide and support your child's learning by ensuring that he/she: Attends school daily and arrives on time, ready for the day's learning experience
- School Hours- Monday-Thursday 8:25 AM - 3:48 PM  
(\*One Friday in a month: 8:25 AM - 3:48 PM)  
Early Release: 8:25 AM - 1:10 PM
- [Early Childhood Programs Family Handbook](#) -it is full of information for families, and we ask everyone to take some time to read it.
- A child can be picked up from the school front entrance before 3:15 pm (12:50 pm for early release day), after that, we request you to use the Driveline option.
- Please be prompt when picking up your children
  - \* Very often young children will feel anxious if they do not see their family members not here to pick them up from school or at the bus stop. This also means our staff has to work extra time to ensure your child's safety.
  - \* A child has to return to preschool if an adult is not at the bus stop to pick them up. This means longer bus time for the child causing anxiousness, hunger, and emotion.
  - \* Set aside enough time to drive based on traffic and weather changes

We know a strong partnership with you will make a great difference in your child's education. As partners, we share the responsibility for our children's success and want you to know that we will do our very best to carry out our responsibilities.

As always, we welcome your inputs and please feel free to reach out to us and our team.

Sincerely,

**Kristin Crowe**  
Principal

[crowek@aaps.k12.mi.us](mailto:crowek@aaps.k12.mi.us)

**Jo Ann Serafano Telfer**  
Assistant Principal

[telferj@aaps.k12.mi.us](mailto:telferj@aaps.k12.mi.us)



## IMPORTANT DATES

<b>10/14/22 FRIDAY</b>	<b>School In Session</b>
<b>10/14/22 FRIDAY</b>	<b>PARENT Meeting- 12:00 pm</b>
<b>10/14/22 FRIDAY</b>	<b>Parent Workshop -Potty Training Workshop - 12:30 Pm</b>
<b>10/20/22 THURSDAY</b>	<b>Early Release (Dis- missal 1:10pm)</b>

## UPCOMING EVENTS

<b>10/13/22 THURSDAY</b>	<b>Apple Crunch Day</b>
<b>10/14/22 FRIDAY</b>	<b>SPIRIT DAY- Pa- jama Day</b>
<b>10/27/22 THURSDAY</b>	<b>GAME DAY-Wear you favorite team color</b>

\* More Details on Pg: 5

# Good Oral Health

## Good Oral Health is Important for Preschoolers!

Good oral health is important to learn at an early age. It is recommended that children began establishing a relationship with Dental professionals as early as 12 months or within 6 months of the first tooth coming in. Tooth decay is the most common childhood disease, but it is preventable. Children with dental pain can have trouble speaking clearly, eating, and learning. Proper dental care can also decrease the likelihood of illness. Our team is committed to helping preschoolers establish healthy teeth and gums by providing healthy food & drinks, brushing teeth while at school, making sure families are visiting their dentist every 6 months and receiving follow-up care.

**Robin J. Dye**

*Family and Community  
Resource Specialist*



**Dental Examination forms are due for all preschooler children by Monday, November 27, 2022.**

Flyer available in multi-language.  
Click on your language choice

English

Español

عربي

中国人

## ORAL HEALTH

*Tips for Families from the National Center on Early Childhood Health and Wellness*

### You Can Promote Good Oral Health By:

- Knowing how to make sure you and your family have healthy mouths and teeth
- Helping your children learn good mouth and teeth habits

#### Why Is It Important?

*When Children Have a Healthy Mouth, They:*

- Can speak clearly
- Can eat healthy foods
- Feel good about themselves

*Having a Healthy Mouth Also Means:*

- Healthy growth and development
- Being able to focus and learn
- A pain-free mouth
- Lower dental care costs for your family



### Things You Can Do to Help Your Child

- Brush your child's teeth with fluoride toothpaste twice a day.
- If your child is younger than 3 years, brush with a smear of fluoride toothpaste.
- If your child is age 3 to 6 years, brush with a pea-size amount of fluoride toothpaste.
- Young children will want to brush their own teeth, but they need help until their hand skills are better. Brush children's teeth or help children brush their teeth until they are about 7 or 8 years old.
- Be a role model for oral health! Brush your teeth with fluoride toothpaste twice a day (in the morning and at bedtime) and floss once a day.
- Serve healthy meals and snacks like fruits, vegetables, low-fat milk and milk products, whole-grain products, meat, fish, chicken, eggs, and beans.
- Limit the number of snacks your child has in a day.
- Do not give your child food for rewards.
- Take your child to the dentist for a check up by her first birthday and keep taking her.
- If your child has not gone to the dentist take him.
- Ask your dentist what you can do to keep your mouth and your child's mouth healthy.
- Make sure to go to the dentist as often as your dentist would like you to go.
- Let your child care, Early Head Start, or Head Start program know if you need help or have questions about oral health.



DEPARTMENT OF  
CHILDREN & FAMILIES



NATIONAL CENTER ON  
Early Childhood Health and Wellness

# CLASSROOM SPOTLIGHT

## JAMES PODOJIL ~ Mitchell Elementary ~



**Mr. Jim**  
*Lead Teacher*



**Ms. Teresa**  
*Teaching Assistant*

Here are some pictures from a small group activity called Bubbles! Bubbles! Bubbles. This activity is from the Highscope First 30 Days book.

We asked the children to think about an experience they might have had with blowing (e.g. blowing out a birthday candle, blowing dandelion seeds, blowing up a balloon). Together, you all might try taking a deep breath and blowing. We then gave the children large cups with water and tried blowing into the water. We asked the children what they noticed. ( Bubbles!, Splashing!, I'm wet!) Next we added dish soap to the water and asked the children to try blowing into the water and share what they noticed. (Lots of bubbles! Wow, look at my bubbles! ...lots of laughter). We then tried adding food coloring to see what would happen.



## Healthy Backs for Back to School!

It's important to check your child's backpack every night to read notes from the school or teacher, and to see the work your child has done. In addition to staying informed about what's going on at school, protecting your child's back from now until high school is another great reason to take out extra materials each night.

**Kathy Gaines**  
*Physical Therapist*



- The weight of the backpack should not exceed 10-15% of the child's weight.
- If the child is leaning forward to carry their backpack, it's too heavy and the load needs to be lightened. Only carry necessary items back and forth to school.
- The heaviest items should go into the backpack first, so they are closest to the child's back, causing less strain on muscles.
- Make sure your child wears their backpack correctly: both shoulder straps should be worn, as well as the chest strap or waist strap if present.
- Tighten the straps so the backpack isn't hanging down too low.
- Teach your child to bend at their knees to pick up any heavy object, including their backpack.



## Speech-Language Pathologists



**Devin Coveney**  
*SLP*

If you have a smartphone or other device you can use to take photos, this can be a great tool for supporting your child's language by helping them remember past events and talk about what happened. Many children LOVE to look at pictures of themselves and their family members. Looking at pictures together is a great way to connect with your child and help them build important speech and language skills!

Try this activity:

- Take pictures of an activity you do with your child; it could be something special, like a trip to the pumpkin patch, or something routine like a walk to the playground.
- Take pictures of several parts of the activity; for example, you could take a picture of your child putting on their jacket, walking or riding a bike to the playground, going on the swings, going on the slide, then walking home.
- Later in the day, look at the pictures together and talk about what you did! You could say, "I had fun at the playground! My favorite part was the swings." You can pause and let your child tell you their favorite part.
- You can talk about what you see in each picture as you look with your child ("You went down the slide - whee!") or you can talk about the pictures in order like a story: "First, we put on our jackets. It was cold! Then you rode your bike to the park. You went on the swings and the slide. We had so much fun! Then we went home."
- You can also use photos on your phone or other device to talk with your child about people in your family ("I see Grandma!") or to talk about actions your child is doing in pictures ("Look, you are reading a book!")
- If you do not have a way to take pictures, it can also be fun to draw simple pictures of things you did and then talk about them with your child.
- If your child receives speech and language services, please talk to their speech therapist if you need ideas for modifying this activity to work best for your child - we are always happy to help!



## **PARENT MEETING & WORKSHOP AT WESTERMAN PRESCHOOL**

**Friday, October 14**

**Meeting at 12:00pm**

**Potty Training Workshop at 12:30pm**

Learn essential elements to creating a successful learning plan for a child at home or at school.

Judy Coucouvanis, a Clinical Consultant/Nurse Practitioner with the University of Michigan Department of Psychiatry, uses a no-nonsense, often humorous approach to toilet training.



## **APPLE CRUNCH DAY**

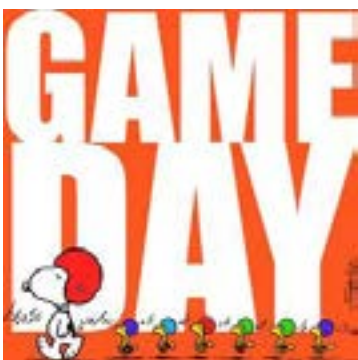
**Thursday, October 13 at Noon.**

Apple Crunch promotes healthy snacking and all the kids at the preschool will enjoy a crunchy apple as a snack

## **PAJAMA DAY**

**Friday, October 14**

Send your child to school in their favorite PJs.



## **GAME DAY**

**Thursday, October 27**

Support your team and show your fan spirit by wearing your favorite jersey or colors.

**SUPPORT**  
**WESTERMAN PRESCHOOL!**  
**Shop Saturday, October 8, 2022**  
**at**



- SHOP**
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**2280 S. Industrial Hwy. ♦ [a2ptothriftshop.org](http://a2ptothriftshop.org)**

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*Supporting Ann Arbor Public Schools and its Students Since 1993*

**\*\*\*\*\* 10% OF SALES \*\*\*\*\***

**WILL BE EARNED BY OUR SCHOOL!**

***The more you shop, the more we earn!***

- ~ NO TOKENS NEEDED ~ NO ADD TO BRING IN ~
- ~ NO REMEMBERING TO MENTION OUR SCHOOL ~

**JUST SHOP!**

**WE WILL AUTOMATICALLY RECEIVE 10% OF ALL SALES!**

***Thank you for supporting Westerman Preschool!***