

# ICSGV PRESCHOOL NEWSLETTER

MESSAGE FROM THE DIRECTOR MRS. SHABANA SYED



Little Angels  
PRESCHOOL

DECEMBER  
NEWSLETTER 2022

## Dear Preschool Parents,

It's hard to believe that November is over and December is already here! The Preschool classroom has had so much fun this past month learning about Community Helpers. We had so many awesome people from our community as well as parents participate in "Come and Share your job".

This month we are expanding on the same idea and inviting more people to come talk to the children about what they do and how they help others.

First, we had our very own parent, **Dr. Karim Abdul** visit our classroom and he brought all the things needed for our children to be doctors. They had tons of questions for him. Kids got to use the stethoscope, pen light to check their mouth, a syringe to give a shot when sick. It was all hands on learning to be future doctors. Thank you for providing an awesome experience to our children!

It's always so much fun when mom decides to come and teach children to make yummy dino, flower, and heart shape sandwiches. Thank **you Amenah Ahmad** for doing this activity with our children. Children loved the sandwiches and were yummy!

On November 15th, we had a very special visitor join us. **Deputy Sheriff Claudia** came to help us with our current term topic 'People who help us'. The children learnt about; the importance of police officer's and their role and responsibilities. I would like to thank her for taking time out to visit us, and for sharing her knowledge and enthusiasm in helping the children learn all about the role of a police officer. They learned the important topics which included; the many ways police officer's help people, a police officer's role in the community, how to identify a police officer. She also talked about a police officer's uniform and the children were given the opportunity to try on the heavy helmets. Finally, the officers gave the children a chance to sit in a police car.

**Alia Ahmed, Speech Therapist** was our next guest speaker. She used her knowledge to teach kids how articulate the words by using their tongue movements. Her presentations were all hands on and interactive. She was kind enough to bring each kid a bag filled with things to learn how sounds are made and hearing is as important and speaking. Thank you Alia was helping kids understand what a speech therapist does with children.

**Seema Patel**, ICNA Food Pantry Coordinator, talked to the children about helping others in need and being empathetic towards others. Children got to help pack bags with cereal, coffee, pasta, sauce, beans, nuts, canned food, rice, sugar, flour and other necessary items. It was a good experience for children to see that giving is rewarding.

**Sarah Elattar, Registered Nurse (RN)**, educated the children her responsibilities as a nurse. Nurses work closely with the doctors so the patients feel better. On the direction of the doctor she administers a shot, give medicine, or take care of the wound by putting a bandage on them.

She was interactive and kids got to play with playdough and make pills, and put bandages to help the bear feel better.

I cannot thank enough to all my guest for coming in and sharing what they do at their job! Really appreciate. Looking forward too many more guests joining us to share their jobs.

## IMPORTANT REMINDERS

- 1 • December 6th: Visit from Osman (IT) and Rabia (Health care-USC Norris Cancer Center)

- 2 • December 8th: Visit from Fida (Occupational Therapist)

- 3 • December 13th: Visit from Doaa (Nutritionist)

- 4 • December 15th: Visit from Yahia (Entrepreneur)

- 5 • December 16th: NO SCHOOL (Upkeep/In-service Day)

- 6 • December 19-23, 26-30: NO SCHOOL (Winter Break)

- 7 • January 2nd: NO SCHOOL (New Year)



# FLU/COLD SEASON

The peak of the cold and flu season is upon us. To prevent widespread flu in the school, we recommend that your child stay home from school if experiencing flu or cold symptoms. To decide whether or not to send your child to school, please consider the following guidelines:

**Consider keeping your child at home for an extra day of rest and observation if he or she has any of the following symptoms:**

- Very stuffy or runny nose and/or cough
- Mild sore throat (no fever, no known exposure to strep)
- Headache
- Stomach ache

**Definitely keep your child at home for treatment and observation if he or she has any of these symptoms:**

- Fever (greater than 100 degrees and your child may return to school only after his or her temperature has been consistently below 100 degrees, by mouth, for a minimum of 24 hours)
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough

**To help prevent the flu and other colds, teach your children good hygiene habits:**

- Wash hands frequently
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands
- Avoid close contact with people who are sick.

Colds are the most contagious during the first 48 hours. A child who has a fever should remain at home until "fever free" for a minimum of 24 hours. Often when a child awakens with vague complaints (the way colds and flu begin) it is wise to observe your child at home for an hour or two before deciding whether or not to bring to school. Your child should be physically able to participate in all school activities on return to school. Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.

As a school, we have our custodians and the night time cleaners disinfect surfaces, door knobs, and banisters on a daily basis. We are also ensuring that there is soap and hand sanitizer in all dispensers and encouraging everyone to remind students about the importance of hand washing.

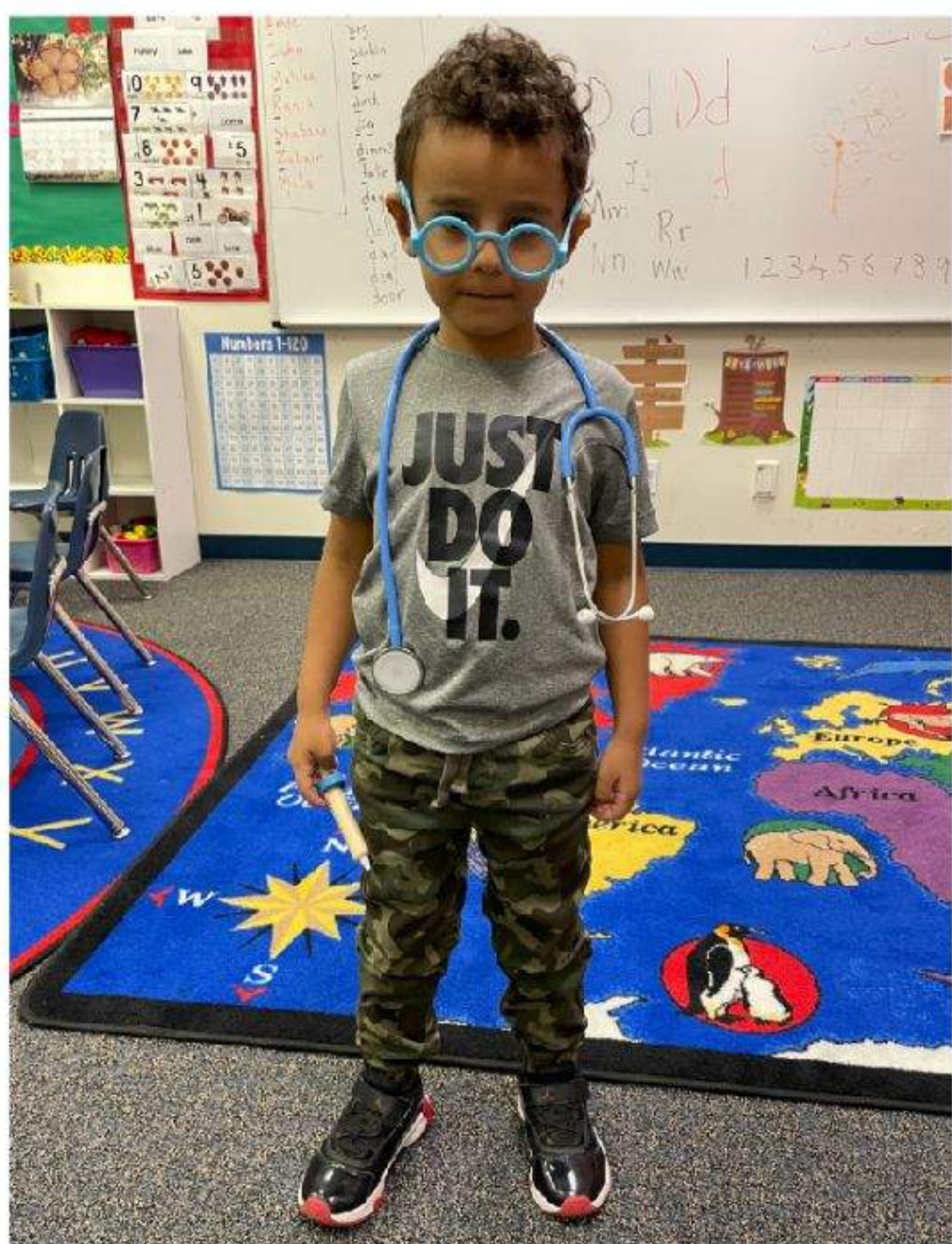
Thank you in advance for helping make this year at school as healthy as possible.

Sincerely,  
**Shabana Syed**  
Director, Little Angels Preschool



# DR. KARIM AHMAD

Children experience **Community Helpers** at a variety of locations. Teachers at their school, workers at the grocery store, nurses at the doctor's office, sirens that they associate with firefighters or police officers, and many children love to watch the trash get picked up. For preschoolers, learning about community helpers "helps them move beyond their natural egocentricity and begin to take on the perspective of others, becoming active participants in the larger world beyond the home (Geiser, 2009)." The information gained by learning about others allows children to expand their perspective of the world.



## NOVEMBER IS COMMUNITY HELPERS MONTH

It teaches students about all the people who live and work in their neighborhood and make the community a safer place for everyone.

A SPECIAL VISIT FROM

**DR. KARIM AHMED**

• Bachelors in Human Medicine • Doctor of Family Medicine



**NOVEMBER 2ND, 2022 @ 9:00 AM**

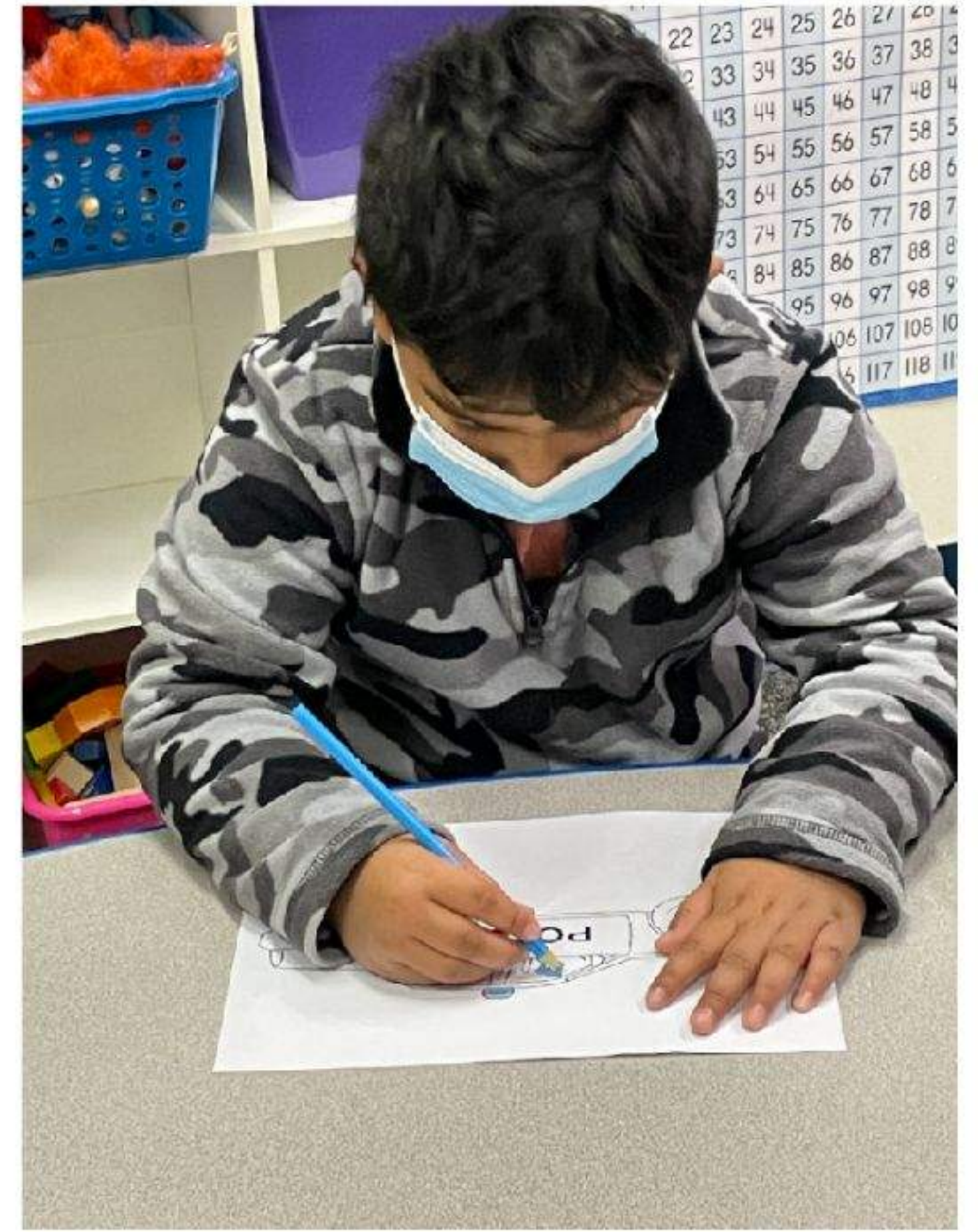
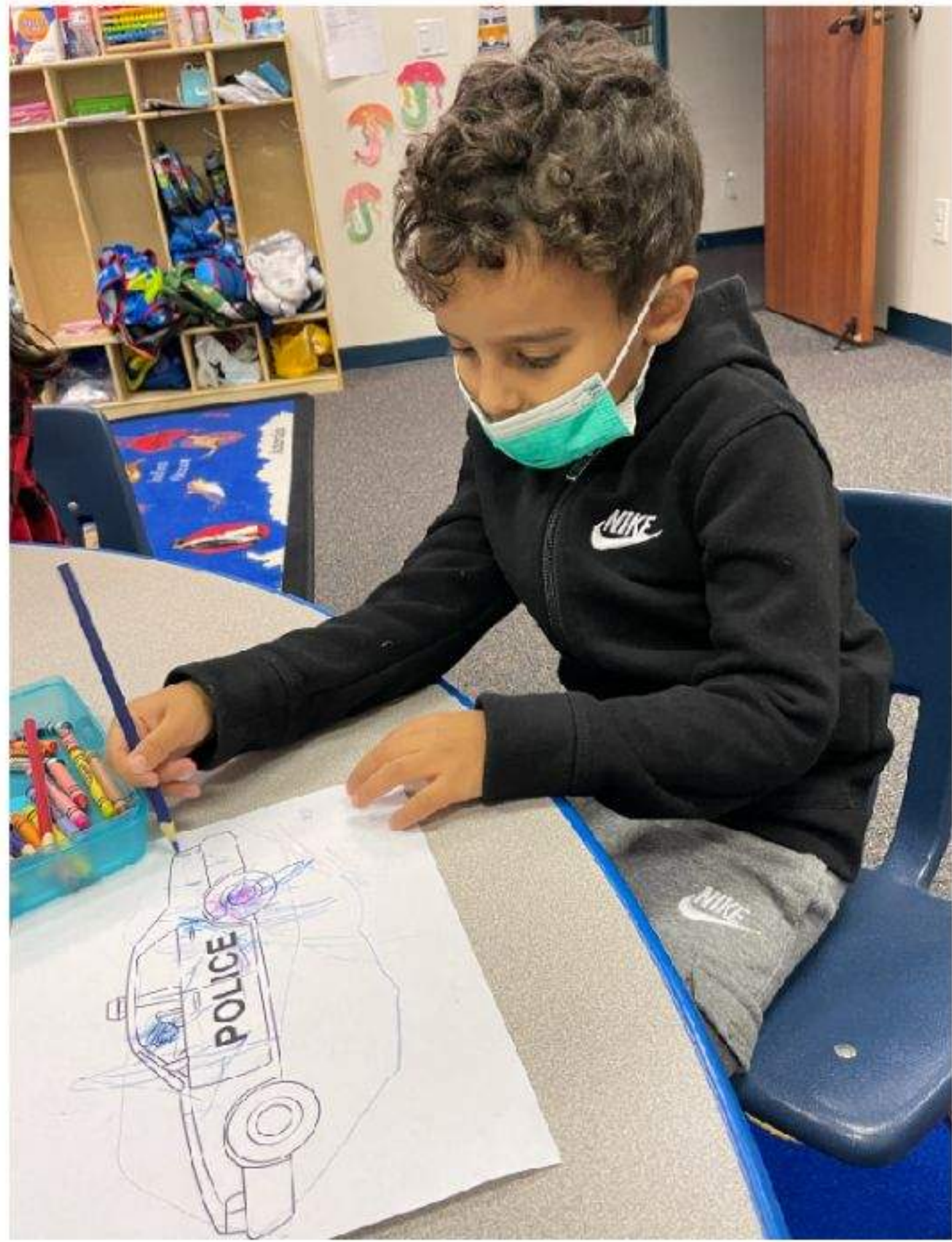
- ✓ Research Assistant @ Doctors Hospital of Renaissance
- ✓ Educator @ Hope Family Medical Clinic
- ✓ Internal Medicine Physician @ Doctor Without Borders
- ✓ Volunteered @ Smile On You Organization

**WILL EDUCATE  
OUR CHILDREN BY:**

- ✓ Playing Doctor with the Kids
- ✓ Checking Temperature, Heart Beat, Ears and Mouth, Blood Pressure.
- ✓ Check Reflexes and Assess their Balance and Sensation Test.



# POLICE DEPUTY VISIT



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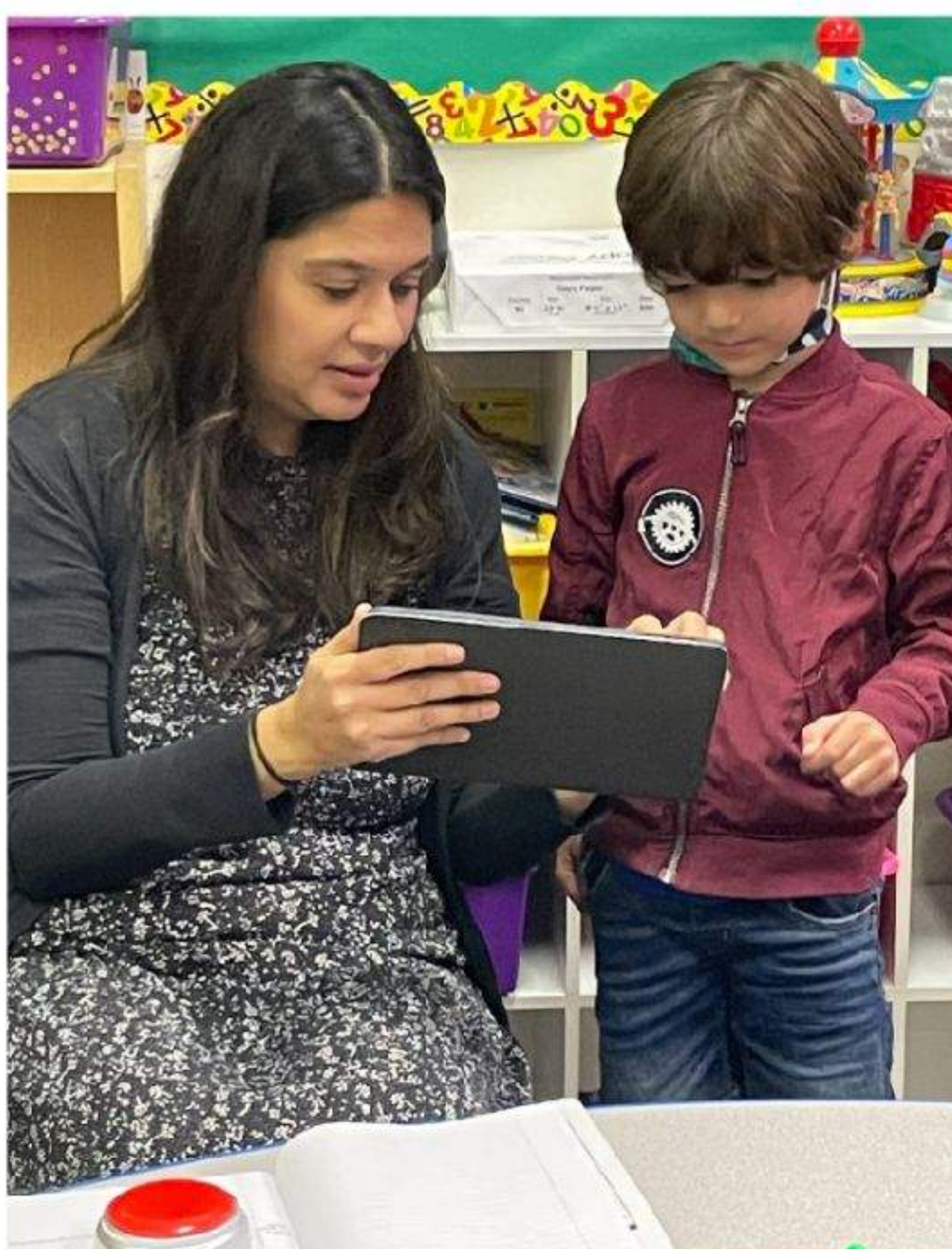
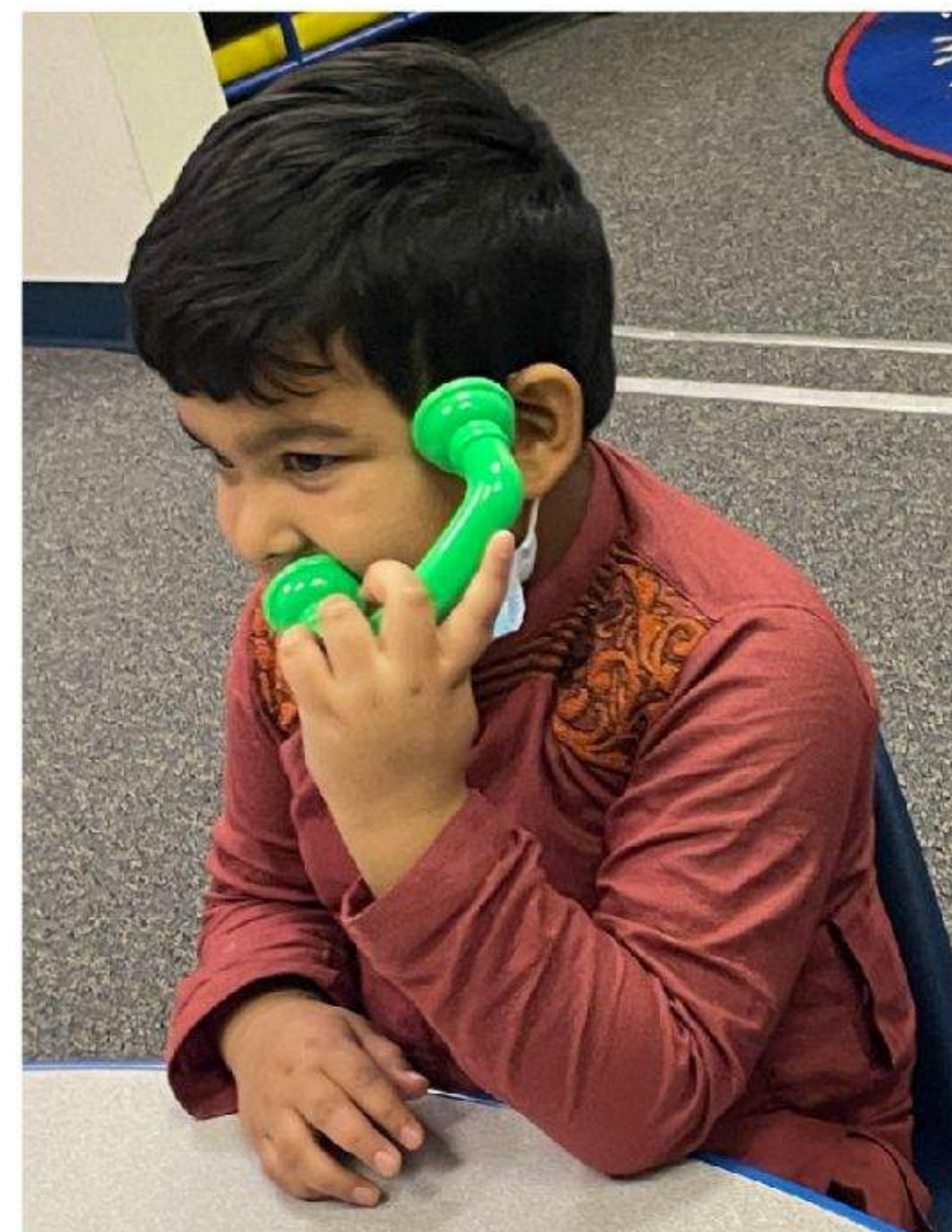
909-297-6280



www.littleangels.la



# ALIA AHMAD SPEECH THERAPIST



**NOVEMBER 18TH @ 9:30 AM**

- ✓ Masters of Science in Communication Disorders
- ✓ Pediatric Speech Language Pathologist
- ✓ Experience in language delay/disorders, communication disorders associated with autism, articulation and phonological disorders

## WILL EDUCATE CHILDREN BY:

- ✓ Talking about what speech language pathologists do
- ✓ Discussing the importance of communication through speech and language
- ✓ Teaching kids how we make speech sounds using our articulators





# SEEMA PATEL ICNA RELIEF FOOD PANTRY



A SPECIAL VISIT FROM



**SEEMA PATEL**  
ICNA RELIEF FOOD PANTRY COORDINATOR

- ✔ Focuses on the day to day operation of the Walnut ICNA Relief food pantry
- ✔ Performs in total compliance with the policies and procedures introduced and adhered to by ICNA Relief.
- ✔ Sets personal examples and demonstrate high standards of service delivery and customer care

## WILL EDUCATE OUR CHILDREN

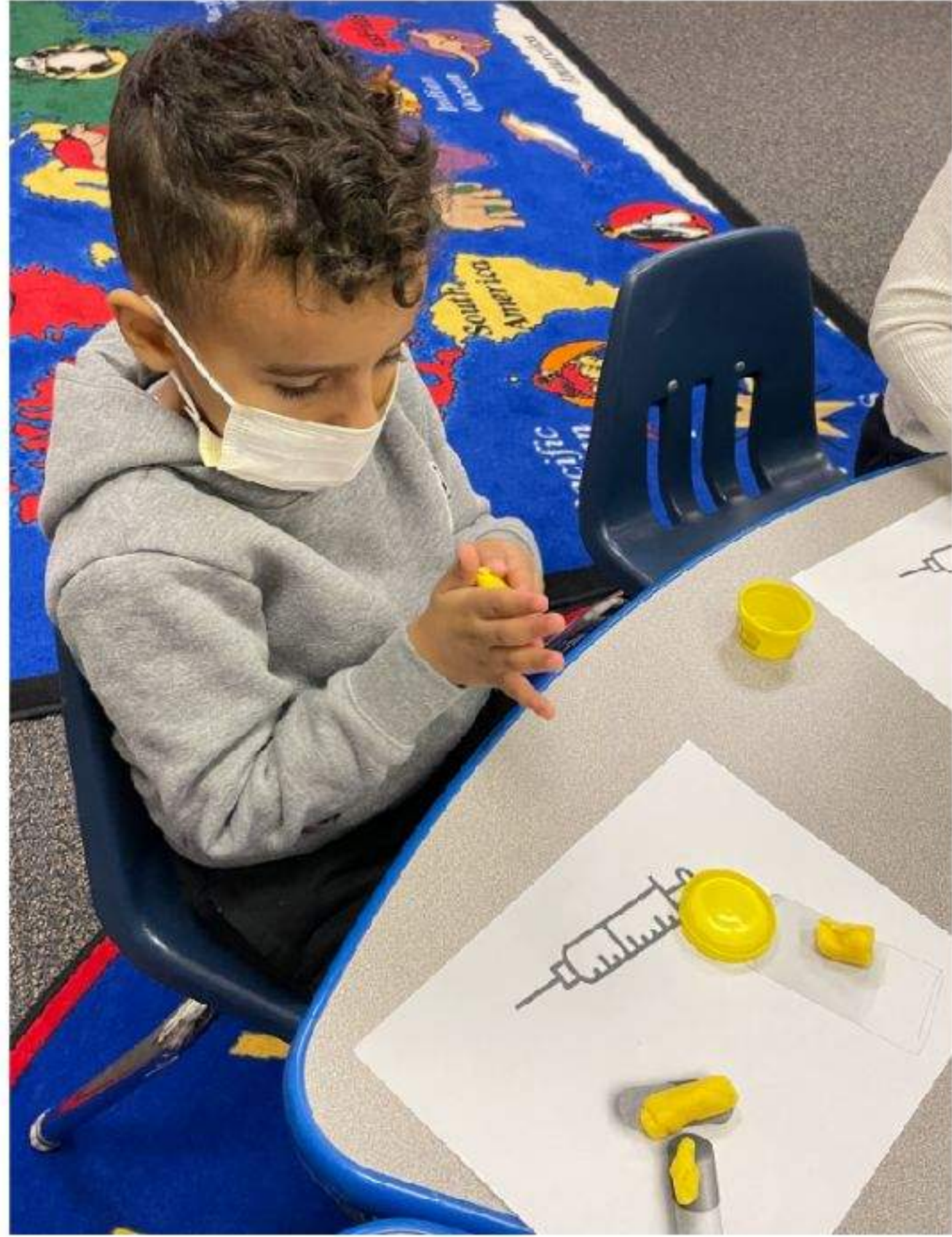
- ✔ In proper implementation and improvement of the ICNA Relief' food pantry program
- ✔ Maintaining tidiness & cleanliness of the food pantry.
- ✔ Placing food items in their respective racks.
- ✔ Maintaining temperature logs based on the specifications provided
- ✔ Help distribute food while maintaining good service
- ✔ children will help pack and distribute food items to customers while adhering to hygiene

**NOVEMBER 29TH @ 10:00 AM**





# SARAH ELATTAR REGISTERED NURSE



## REGISTERED NURSE

- ✓ Graduate of California State University, Fullerton School of Nursing
- ✓ Registered Nurse (RN) at St Jude Medical Center
- ✓ Volunteer at local vaccine clinics in Orange and Los Angeles County

## WILL EDUCATE CHILDREN BY:

- ✓ Playing to learn basic assessments and treatment
- ✓ Measuring different play medication with syringes
- ✓ Practice play cleaning and dressing wounds

**NOVEMBER 30 @ 10:00 AM**



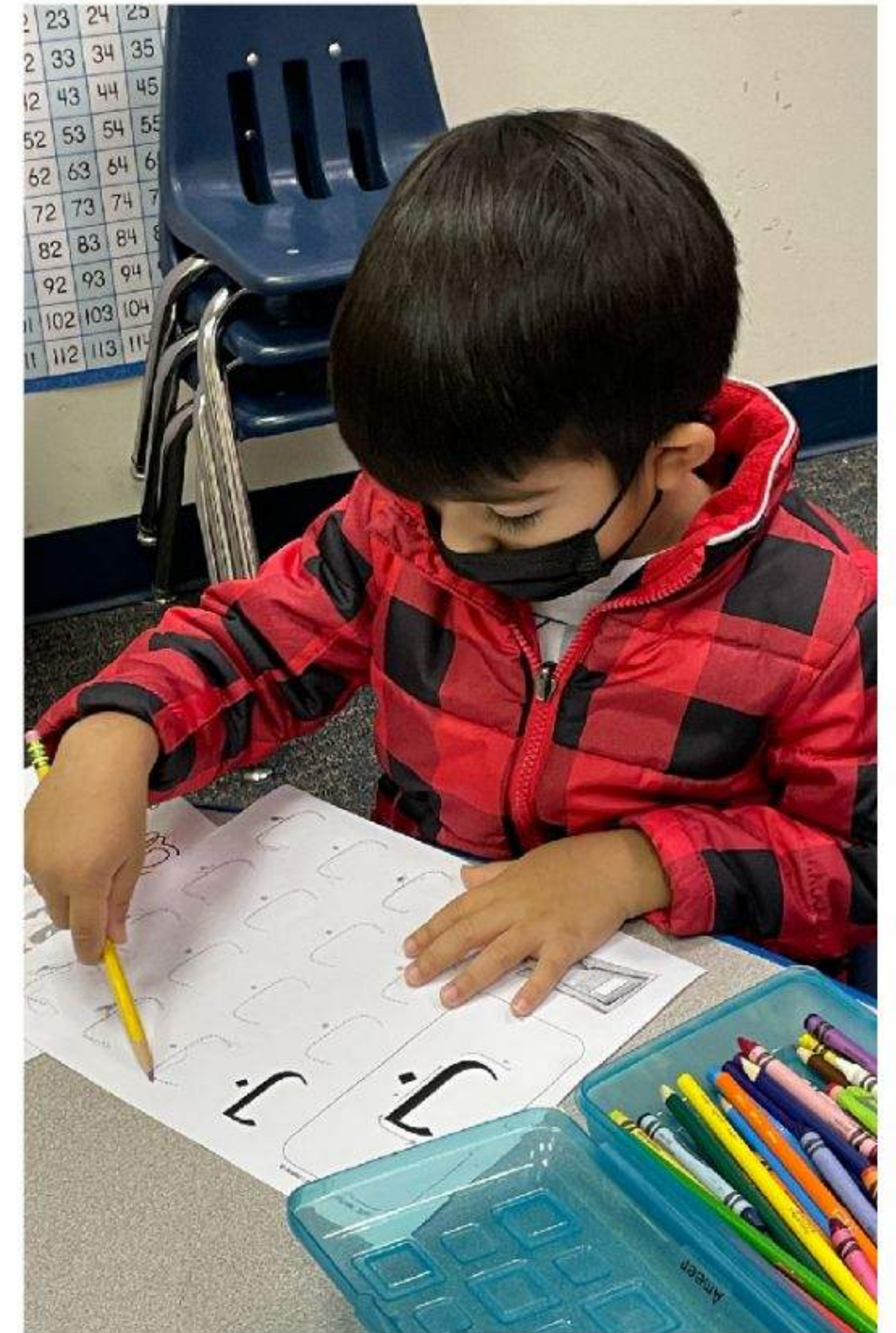
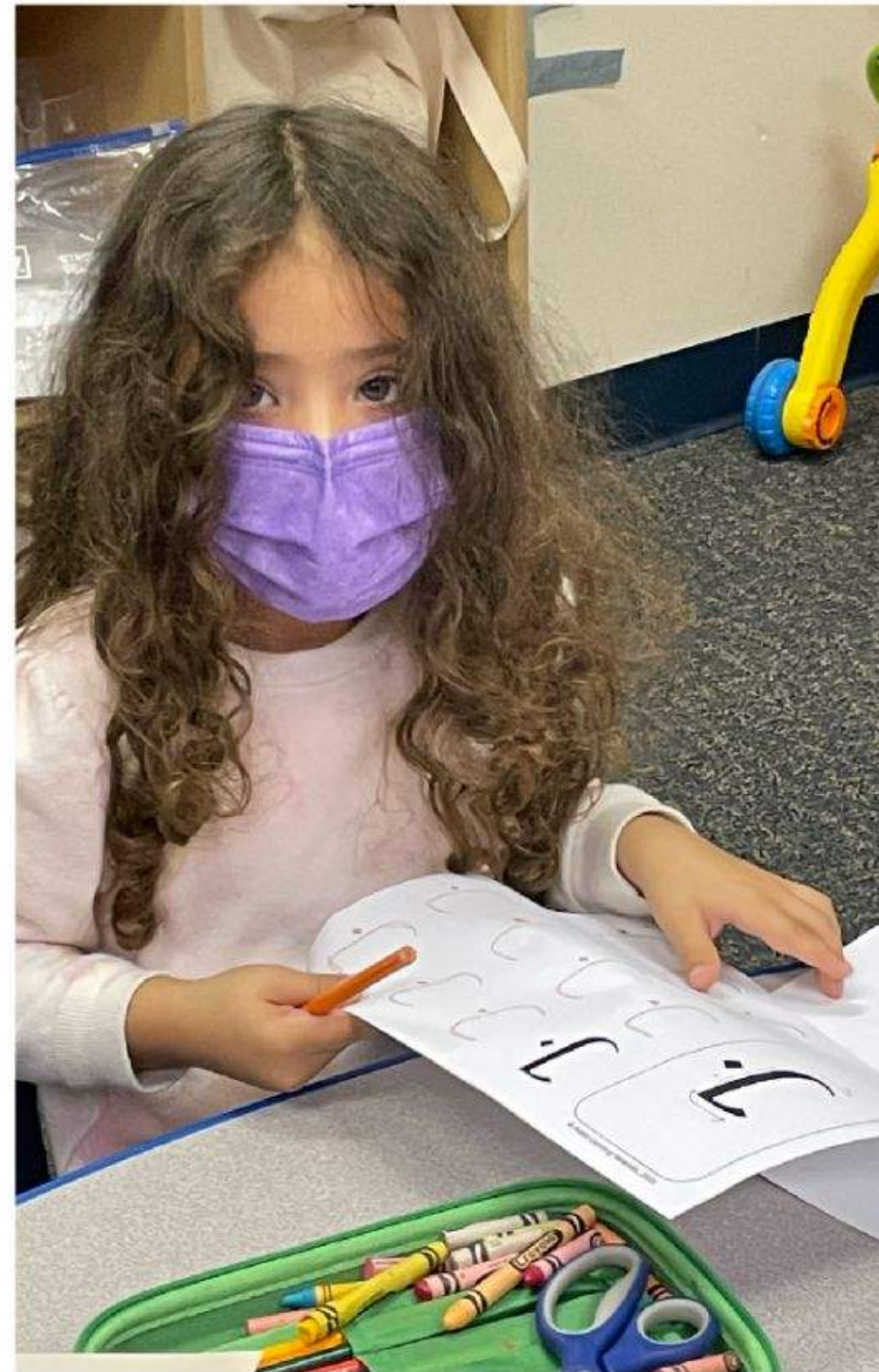
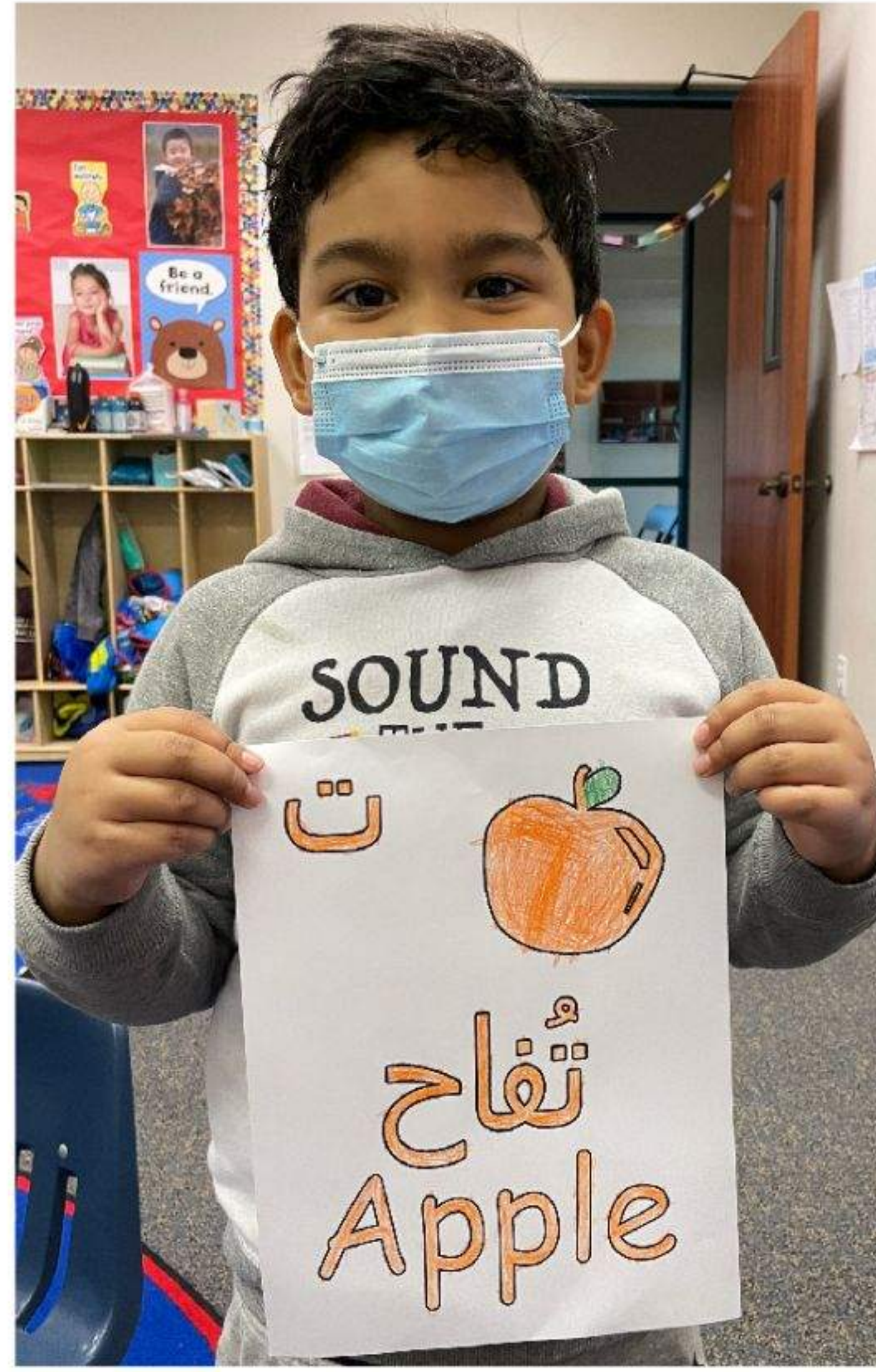
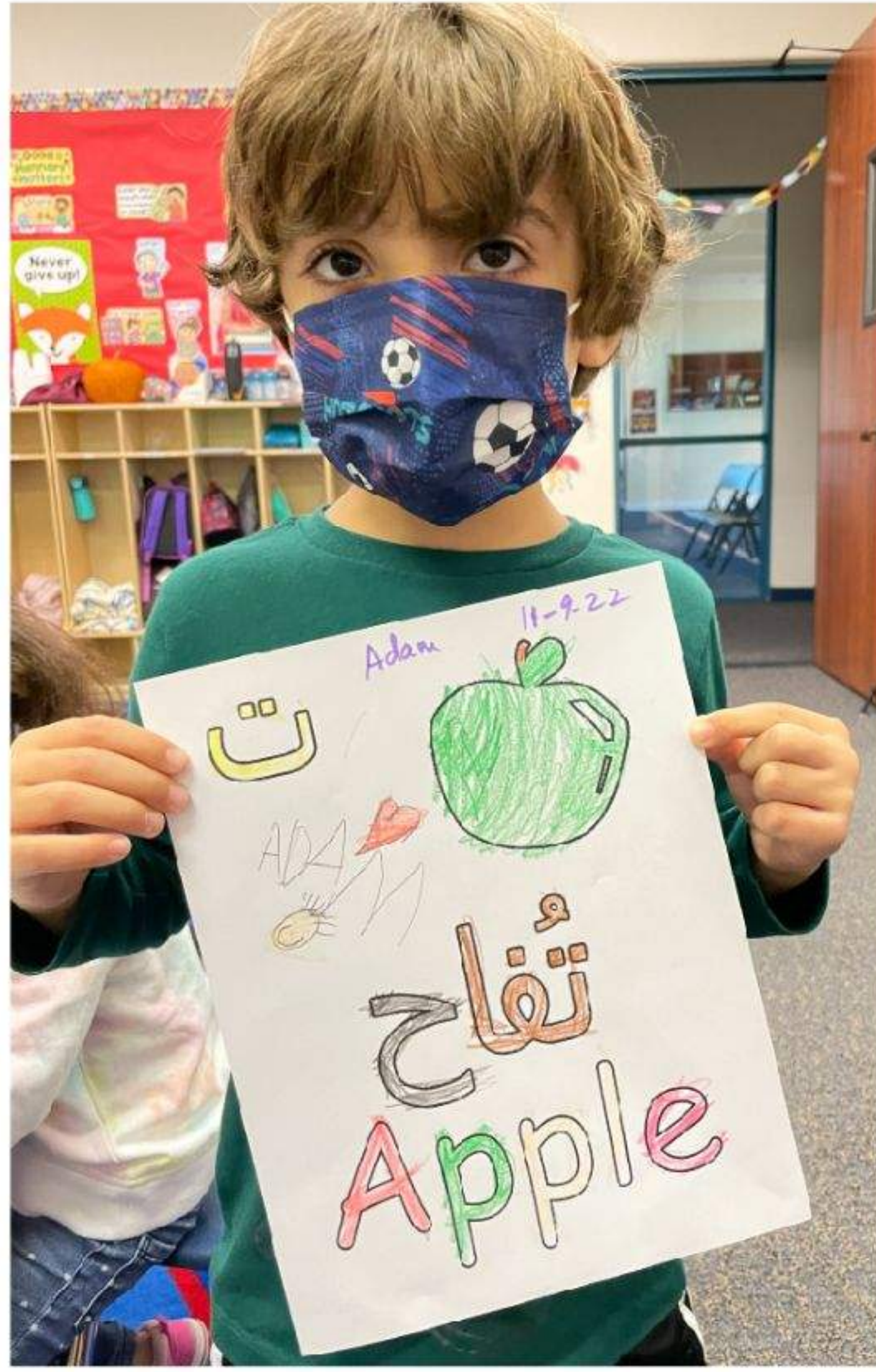


# SCIENCE-EARTHWORMS (FARMERS FRIEND)



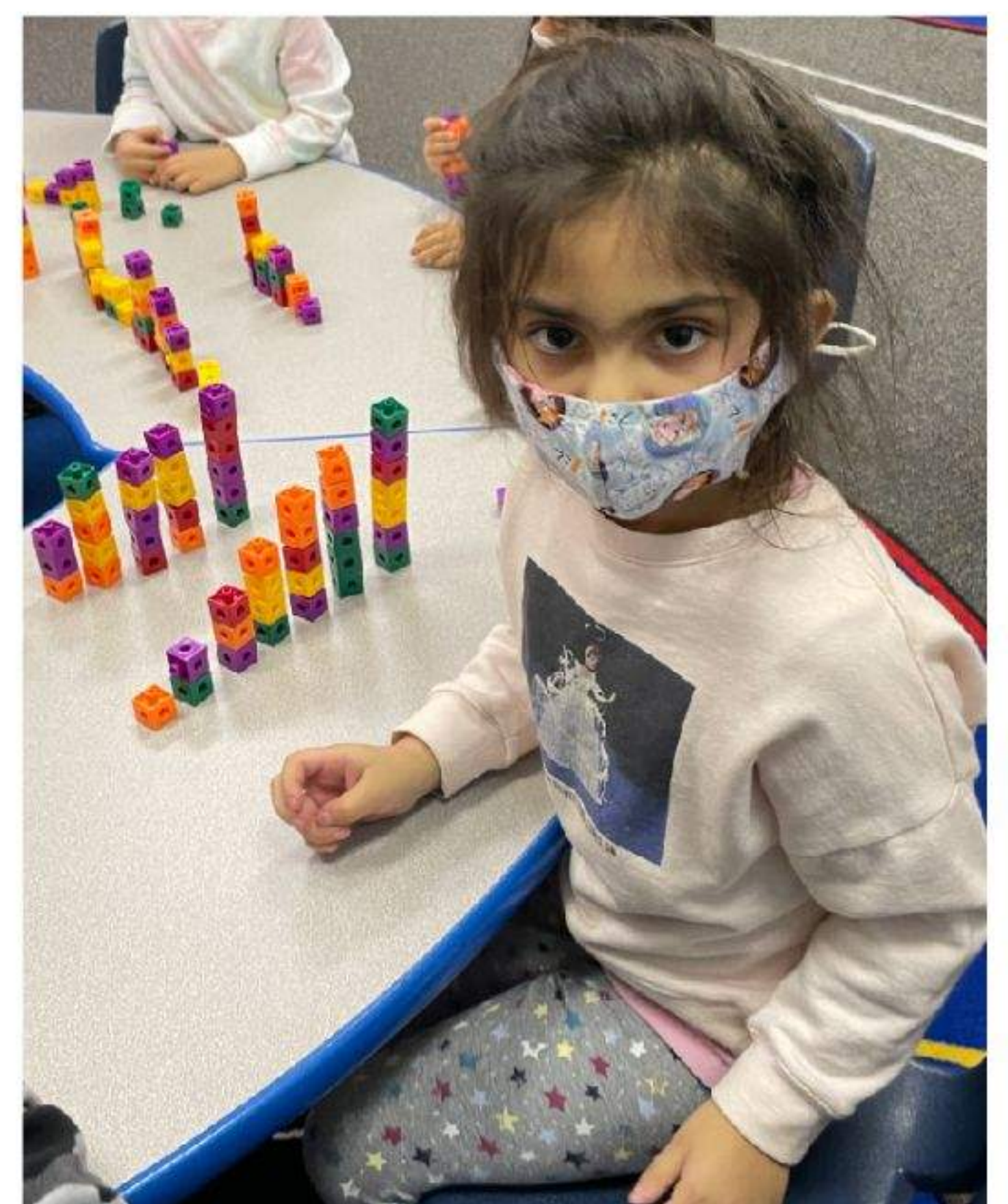


# ARABIC LETTERS BAA AND TAA





# MATH SKILLS





# FORK PAINTING





# PUMPKIN ACTIVITY AND MAKING PUMPKIN PIE





# LITTLE CHEFS

## MAKING YUMMY SANDWICHES





# AT HOME ACTIVITIES

## Learning At Home Activities: Draw a New Animal!

Encourage your child to think of their favorite animals! Have them create a new animal out of their favorites and draw it. For example, if they like turtles, horses, and tigers, they could draw an animal with the face of a horse, the body of a turtle, and the tail of a tiger! Have them describe their new animal to you. Ask them questions about how it walks, eats, and speaks.



**Estimated Time:** 20 minutes

**Materials:**  
Paper and markers

**Subject:** Imagination

## CREAMY TOMATO SOUP

- 4 Cups tomatoes
- 4 Cups tomato juice or chicken broth
- 3 teaspoons basil
- 1 Cup cream, half and half or milk
- Parmesan cheese

Puree tomatoes in a blender. Then add to a soup pan. Stir in tomato juice and basil. Simmer 30 minutes on low. Stir in cream. Serve with a sprinkle of Parmesan cheese.

~If you would like you can sauté 1 chopped onion and 2 garlic cloves, minced to the soup before simmering

