

NEWS LETTER

OCTOBER NEWSLETTER 2021

Message from the Director Mrs. Shabana Syed

Dear Little Angels Preschool Families,

September has just flown by. This month we welcomed two new students to our class. Zubair and Uzair. Everyone seems to be adjusting well. We have had some great activities geared towards fine motor and large motor skills.

Preschool will participate in the **Great California ShakeOut on October 21st at 10:15 AM.** We are joining millions of Californians in the state's largest earthquake drill ever! We are practicing "Drop, Cover, and Hold On" with all students before the big day.

Cold & Flu season will be upon us soon (does it ever leave?). Your best protection against illness is to wash your and your child's hands upon arriving at school and also when you arrive home. It is important in winter, as well as in the summer, to get lots of fresh air. Warm, dry indoor air dries sinuses and causes illness. We all go outside for recess except when it's pouring.

Thanks for your attention to our program and your personal involvement. Your interest helps make LA Preschool a special to all of our children.

NO SCHOOL OCTOBER 15TH
IN-SERVICE/UP KEEP DAY

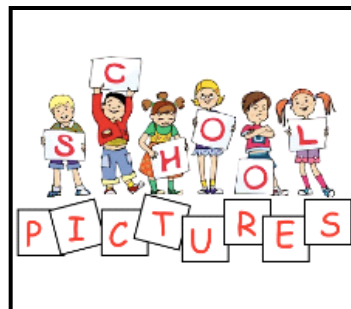
FIRE FIGHTERS VISIT

We are excited to announce our preschoolers will have the chance to meet and learn about our local firefighters. The children will see a firetruck up close and may even have the chance to sit inside! Firefighters are scheduled to visit on **October 13th @ 11 AM**

PICTURE DAY! THURSDAY, OCTOBER 28TH

A form will be sent home and it needs to be filled out prior to your child having their photo taken. It is important you turn in the form as soon as possible, to help the photographer know what you have chosen for your child's photo session. Photos will be taken on **Thursday, October 28th.**

Please have your children are dressed in their cute attire and ready to go.



THE IMPORTANCE OF FINE MOTOR SKILL DEVELOPMENT



Fine motor skills are those that involve a refined use of the small muscles which control the hand, fingers and thumb. With the development of these skills, a child is able to complete important tasks such as writing, feeding oneself, buttoning and zipping. These abilities gradually develop through experience and exposure to a variety of toys, materials and even foods. Why is fine motor skill development important? Little hands need to develop dexterity and strength. We, as parents or caregivers, can help this process by encouraging children to play, explore and interact with a variety of items. Toys, clothing fasteners, safe scissors and play dough are all tactile examples of practices that facilitate fine motor development.

Even doing age appropriate tasks in the kitchen are great ways to help build fine motor skills. These types of “play” activities and manipulation skills will actually help prepare a child to hold and use a crayon. The ability to do so is the first step in learning to color, draw and ultimately write. Here are some activities to try with your child that will help fine motor development:

☑ **Tummy Time**

Your baby needs time to push up, shift from side to side and eventually swipe at objects in front of her, both on her tummy and when on her back.

☑ **Finger Feeding**

Let your little one finger feed as much as possible. Picking up food with her fingers will help her develop a pincer grasp (thumb and first finger together), which is a necessary precursor to holding a crayon.

☑ **Play with Small Items**

Kids should be encouraged to stack blocks, string beads, use one piece puzzles and play with pop beads. Children should not be left alone when playing with beads as they may be a choking hazard.

☑ **Play with Play Dough**

One of the very best ways to build hand strength is to play with play dough, play foam or a similar nontoxic and malleable substance. Think resistance!

☑ **Finger Painting**

Be sure to encourage finger painting, either with paint, pudding or shaving cream.

☑ **Puzzles**

Simple puzzles can help children learn about manipulating objects through turning, placing and flipping pieces.

☑ **Two-Handed Tasks**

Any activity that encourages your child to coordinate both hands together is a great tool for development. An example is rolling a ball of play dough into a long “snake” and then cutting it with a plastic knife.

☑ **Buttoning and Tying**

Practice buttoning and unbuttoning, zipping, hooking fasteners or tying helps to build strength and dexterity. Large child-appropriate practice boards that help facilitate these activities are available in most toy stores.

☑ **Practice with Clothes Pins**

Have your child hang pictures, coloring pages or clothes on a clothesline with spring loaded clothes pins. This activity builds pincer strength.

☑ **Coloring**

When your child shows interest in coloring, which is usually around 2 1/2-3 years of age, be sure to provide small crayons that fit her little hands.

EXTRA EDUCATIONAL SUPPORT

At our preschool, I like to provide materials that help children develop letter recognition, small and large motor skills, and strong math skills. In class, I work with the children providing them the opportunity for more hands-on learning opportunities. The educational support piece is offered to guide parents with providing additional support from home, as we recognize parents as their child's primary educators when they are not in school. Often preschool children benefit from additional support from home if there is a challenge with a skill such as letter recognition, letter sounds, writing, cutting, or counting. All children benefit from refining these skills worked on at school through home practice. The extra practice helps them develop fine and large motor skills, and builds self-confidence. The extra work sheet activities throughout the week offer additional practice with language/literacy, math, writing and cutting skills, reinforcing the areas the children are currently working on, or reviewing skills that have already been taught in class. Please feel free to help yourself to the additional worksheets provided for home practice, and always feel free to ask me if you are in need of additional support.



Please keep your child home if s/he is sick with a temperature of more than 100°, has nausea, vomiting or diarrhea, has a headache, cough, sore throat or other flu symptoms, has a rash or infection of the skin, or red or pink eyes.

HAND PRINTS CHALK ART



MAKING MOUSSE AND **STRAWBERRY MILK**

Little Chefs got to use their senses to see, hear, taste, smell, and taste their yummy treats.



OCTOBER LESSON PLAN

☑ **Language and Literacy:**

Letters Cc and Dd will be the letters we'll be focusing on this month. Relating these letters to our theme will help children recognize and understand the letter sounds as well as what each letter looks like on its own. Children will be working super hard on tracing their names and recognizing the letters of their name this month. We had already started letter Aa and letter Bb last month.

☑ **Math:**

Number 2 is our number of the month, and the "You are Number Two" song should be a hit! Activities which will help support the children in learning about the number two are as follow, sorting by 2, and buying items from the store by 2. Shapes are so much fun too. We will be reviewing the following shapes: circle, square, triangle, and rectangle. There will also be many different math activities during center time, for example, AB Patterns, Sorting and Naming Sets, counting family members, Seeds Counting, and so much more!

☑ **Science and Social Studies:**

Patience and dedication has paid off for our little ones. Being safe is our first priority. Our class will learn how to dial the emergency (911) number and will be talking about stranger danger. This month, our Butterfly class will be working extra hard on their self-help skills, such as, taking their lunches out of their cubbies, putting their sheets on and off their bed, and washing their hands the proper way to eliminate the spread of germs.

☑ **Art and fine motors:**

Our class is always on a roll with creating amazing artwork! Every day is a new day with art, because we will be creating lots of hands on art activities this month!

☑ **Music and movement:**

Singing and dancing is always a fun part of our daily routine and we'll incorporate them during circle time or the end of free choice.

☑ **Nursery Rhymes are** an important part of a child's education. They are cultural icons that children are expected to be familiar with in kindergarten. Memorizing them increases your child's memorizing ability and repeated attention to rhyming words is an important pre-reading skill.

AT HOME **ACTIVITIES**

CARROT PINEAPPLE MUFFINS



- 3 EGGS
- 1 1/2 CUPS SUGAR
- 1 CUP WHEAT FLOUR
- 1 TEASPOON SALT
- 1/2 TEASPOON BAKING POWDER
- 8-OUNCE CAN CRUSHED PINEAPPLE, DRAINED
- 1 CUP VEGETABLE OIL
- 2 CUPS WHITE FLOUR
- 1 TEASPOON BAKING SODA
- 1 TEASPOON GINGER GROUND
- 2 CUPS CARROTS SHREDDED
- 1 CUP PECANS CHOPPED

In mixing bowl add eggs, oil and sugar. Blend. Stir in flours, baking soda, salt, ginger and baking powder. Blend together. Stir in shredded carrots, pineapple and pecans. Place muffin cups in muffin tin. Bake at 350 degrees 10-15 minutes until toothpick inserted into muffins comes out clean. You can freeze these and have some on hand for school lunches as well.

Learning At Home Activities: Line Art

Using paper and a pencil, encourage your child to create a drawing using only one line! Create faces, trees, and animals without taking your pencil off the paper!

Make it a two-person game! If a person lifts their pencil, their turn is over. The next person can change the drawing, but only if they keep their pencil on the paper. See what fun drawings you can create together!



Estimated Time: 30 minutes

Materials:

Paper and pencils

Subject: Art