



THE SUNNY SPROUT UPDATE

January 2022

For the little learners and their caregivers at Hope Ridge Preschool

Looking Ahead:

1/17 No School - M.L.K. Day

1/30 Open House 2 - 3:30 PM

**2/21 No School/Staff Work
Day (President' Day)**

3/21 - 3/25 Spring Break

4/15 - 4/18 Easter Break

COLD DAYS, WARM HEARTS, NEW YEAR

Many of us have now put away most if not all of our Christmas decorations. Now Christmas is becoming a happy memory. Another year over and a new one just begun. We at Hope Ridge Preschool hope you had a wonderful holiday, and we look forward to having your family with us in the new year!

We would like to thank P.O.P.S. for coordinating our annual Christmas fundraiser, everyone who donated to the class raffle baskets and everyone that purchased tickets. With your generous support, we were able to raise over \$3,200. Your support encourages our continued commitment to provide an environment where children love to learn and learn with love!

I don't know about you, but a new year always seems to prompt me to start planning for the upcoming year. Who else likes to buy a pretty new planner? In November we sent out a parent survey, and I would like to thank everyone who took the time to complete it and provide us valuable input. One question that came up was regarding when parent teacher conferences would be. This year, conference will be held the first week of March. Look for details from your teacher in the near future. If you have any concerns regarding your child or their classroom experience with us, please know that you can contact their teacher or myself at any time.

Do you have friends that you think would love to have their children attend our preschool in the fall? We will be having an open house this month on Sunday, January 30th from 2 - 3:30 p.m. Have them come and visit our classrooms where math, science and literacy activities will be highlighted. They can meet our teachers and staff, ask questions about our program, and pick up registration materials. Current families are also welcomed to attend.

It is hard to believe but registration for fall is right around the corner. In-House registration for current families will be on Tuesday, March 8th from 7 - 8:30 p.m. Registration is a first come-first served basis. Please make sure to attend. Classes do tend to fill up quickly. Open registration for new families will be Saturday, March 12th from 9 - 11 a.m.

This month's Parent Information board is focused on how preschoolers learn important Social Emotional Skills such as self-awareness, social awareness, self-management, and relationship skills. The social and emotional development of a child is an important aspect of their growth, just as much as intellectual or physical development, which we tend to prioritize. Self-awareness is the ability to recognize one's thoughts and emotions and how they affect behavior. Social Awareness is the ability to recognize differences and empathize with others. Self-management is the ability to

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regulate one's emotions, thoughts and behaviors. Relationship skills is the ability to create healthy relationships with individual peers and groups. If you would like to know more, take a moment to check out the board which is located across from the preschool office.

Every winter, as the temperatures drop, so does the amount of time we spend outside. This is especially true for children – playtime can become limited to the indoors. It may be tempting to hide inside until the weather warms up, but outdoor play is essential for your children's well-being all year long. Here at Hope Ridge, we do our best to make sure your children have plenty of outdoor time, weather permitting. Please make sure your child has the appropriate clothing to play outside even if it is snowing or there is snow on the ground. We recommend your child has long pants, snow boots, a hat, a scarf and mittens. Snow pants make outdoor time even more fun. Notice, I said mittens. Unless your child can get his/her gloves on all by himself...mittens are just easier. Imagine being the teacher who has to help 14-18 students get every finger in the right spot... now you get it! Your teacher will thank you and honestly the more time spent getting gloves on is less time for the children to enjoy the outside. Please make sure all items are labeled. We are always on the lookout for extra winter clothing items to keep on hand for those children that are missing items. Do you have items that you no longer need? Feel free to drop off in the basket near our donation tree.

Best Wishes,
Stacey Hartman, Preschool Director

January's Playful Learning Checklist

1. Read Ezra Jack Keat's classic, "*The Snowy Day*". Then take a walk outside together. Make footprints, drag a stick through the snow, make snowballs... Brainstorm other ways you could play like the main character, Peter. If it's warm outside, encourage your child to use her imagination and pretend that she's walking in snow.

2. Help your child develop gross motor skills. Roll up white socks to make "snowballs". Then have your child throw the snowballs into empty buckets or cooking pots.

3. Teach your child how to follow multi-step directions by playing Simon Says. When you say "Simon says____" and tell her to do something, she should do it. But if you just give her the direction without saying "Simon says" first, she should not do it. Once your child has mastered single directions, make the instructions more complicated. For instance, "Simon says hop on one foot AND stick out your tongue."

4. Help your child build fine motor skills that she'll use later when she's writing by giving her a pasta strainer and a pile of pipe cleaners. Invite her to stick the pipe cleaners through the strainer holes.

5. Read the book "*The Dot*" by Peter H. Reynolds. When you're finished, show your child how to make a dot picture using the pink eraser on a pencil and a stamp pad. Press the eraser in the ink and then stamp it on a blank piece of paper. By stamping the dots together side-by-side you can create lines, shapes or pictures.

6. Teach your child the math word "dozen". Explain that it means "12". Help her count out 12 objects like pennies, pebbles, pom poms, etc. Brainstorm things that come in groups of twelve including eggs and donuts.

7. Check out a set of children's books on CD from the library and listen to them while your family is riding in the car. A few of our family's favorites are "The Magic Tree House Series" and "Winnie the Pooh".

8. Give your child a handful of Q-tips and encourage her to build shapes with them. For instance, she could make a triangle from three cotton swabs or a square from four.

9. Make a DIY puzzle for your child. Take a spare family photo and cut 5 or 6 vertical lines across it to make strips. Give the pieces to your child and help her arrange them in the correct order to reassemble the picture.

10. Write your child's name on a piece of paper. Help her count the number of vowels in it. {Vowels are the letters A, E, I, O, U and sometimes Y.} Then, help her count the number of consonants in her name. {Consonants are all of the other letters in the alphabet.} Repeat the activity with the names of other family members.

©Playdough to Plato

P.O.P.S. NEWS

Wednesday, Jan. 12
PLAYDOUGH MAKING

Come join us as we prepare individual, homemade playdough for each child to use in their classroom. Meet in the church kitchen.

Donation Request

Do you or someone you know have a child that is currently eating baby food? We are trying to locate some empty, clean plastic rectangular baby food containers to use in our science and math centers. We are also looking for clean water bottle caps for some projects. If you have either of these items, please, just drop off in the donation basket outside of the office.



Hope Ridge Preschool, Inc.

"Where Children Love to Learn and Learn with Love."

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