

MEDICINE HAT COMMUNITY PRESCHOOL

SHARING IMPORTANT INFORMATION WITH OUR FAMILIES

October 2018

Fall 2018

September flew by and October is here, the weather is flip flopping all over the place cold and rainy overnight and warm sunshine by lunch. Please make sure to dress for outdoor play. Our numbers are a bit low so we look forward to some new enrollment as we fill back up this fall.

Our last bottle drive raised just over \$200.00 towards our 10 year party. Thank you to all of your who donated bottles.

This month is busy our party our AGM and getting our painting done we will be busy little bees around here.

Thank you to all of our families for choosing our programs, supporting our fundraisers and volunteering to help us clean up the yard, its looks really great, we appreciate all you do! THANK YOU!



Community & Fundraising

☐ KEEP CALM MHCPA is 10!!!!

Friday October 19th, 2018 6-9pm, hayrides, pumpkin carving, fire and marshmallows, snacks and hot chocolate please join us!

☐ Clothing sale and Bottle Drive Sunday October 21, 2018 from 1.4pm All clothing, ect is only \$1, we will accept bottles in exchange for clothes.

☐ Admazing Savings Coupon books on sale \$25

\$5 Hot lunch this month on the 26th is tomato soup and grilled cheese

Closed Monday October 8, 2018 for Thanksgiving!

Annual General Board Meeting Sunday Oct 21st, 2018 9am-11am

Everyone is welcome!

Agenda

1. Accept previous AGM meeting minutes
2. Directors report/newsletter
3. Elections
4. Fiscal Financial Review/ Annual return
5. Bylaw change- open meetings for all members
6. New Members/ Board roles and responsibilities



Events in the community

It seems its pretty quiet this fall so make sure to check out

Medicine Hat Rocks on Facebook

Police Point story walk

Events at the Library

Don't forget to look up Farmers Markets.

And check out the MH Child Care Coalition Play Guides.

Sooo this means our 10 year is the place to be...

For our parents?
We are looking at ways to increase our presence in our community. Any ideas from any of you, on how we can build more partnerships here ?

In the Preschool Room

Songs we are singing

"Who Stole The Cookie"

"Five Creepy Spiders"

"Shake Them Skeleton Bones"

"Ten Little Monsters"

Books we are reading

"Robots" "Dirt Boy" "Space Under Water"

"Dark" "Lego Robots"

Upcoming this month

Robot Making

Spooky stuff in the sensory tables

Words of the month

Nature Collages

New Dress up Costumes

Thankful letters/pictures

Outdoor art as long as we can\

PUMPKINS

Show and tell will be Letter of the week and learning sign language.

Ask them what signs they know.

Wishlist:

Robot stuff, tin cans, tin foil, small metal washers, and flat end screws, springs, buttons
Envelopes and stationary

Classroom reflection...

We are still waiting for some more new faces. Let people know we have space in our classroom. In the mean time we are enjoying all this one on one teacher time.

We have spent quite a bit of time talking about robots, so we want to try building them. We have gone through all of our chalk and had to pick up more drawing on the stumps, sidewalk and everything else in the yard.

Writing and putting things in envelopes really took the cake this month. We ran out of envelopes. The corn syrup painting was really fun and kind of delicious take a good look we cant display it for much longer we all keep trying to eat it. We spent some time walking around our neighborhood collecting leaves, sticks some cactuses, some painted rocks (thanks Medicine Hat Rocks) and some lambs ear it is sooo soft. We harvested the plants from our yard and ate some of them we really like the onion and the honeysuckles. Not the dill. Yard clean up was a huge success Thank you!!! and the tube as a slide has been really awesome. We renewed our library cards and went and got alllll the books, we will be reading like crazy.

Having the children Sign in with trinkets

Okay we finally have decided on what sign in item we will be using. Its themed erasers they will arrive pretty soon.

The Image of the Child.

These are the beliefs about the child that are inherent to an Emergent Curriculum philosophy;

Children are capable, competent, curious and creative.

Perspectives. This philosophical shift empowers children as collaborators in their learning. The child moves from being one with needs which adults must meet to one with strengths and interests of his own.

All children deserve the opportunity to be supported as they journey to reach their full potential.

Children are natural researchers – they question what they see, hypothesize solutions, predict outcomes, experiment, reflect on and represent their discoveries.

Children are active, self-motivated learners seeking to understand the world in which they live, and learn when supported through adult interactions. The child has a right to a quality early education inclusive of relationships and experiences which promote learning and development.

Children learn by sharing their thinking with peers and adults. The child is viewed as one being as a whole with infinite languages to communicate meaning and understanding.

These beliefs are based on everything we know (and can plainly see) about young children as learners. They just make sense.

In the Younger Preschool Room

Songs we are singing

"Its Bitsy Spider"

"The Noisy Monster Song"

"Zoom Zoom Broom"

"What Is The Weather"

"Im A Little Pumpkin"

Books we are reading

"Ten Timid Ghosts"

"The Cleverest Spider"

"The Colored Ghost Story"

"Big Little"

Upcoming this month

Crayon rubbing on stumps

Pumpkins

Fall Collages, Weather, Teabags in the water tables, Textured spooky play, Spider Races

Painting nature/Nature collages

Donation Wish: Thank YOU for all the donated art items they are super appreciated!

Classroom reflection...

A few of our children have younger siblings so babies have been a big deal. Taking care of babies and talking about babies. Its all baby talk. We are slowly starting to bring in some spooky stuff with our pumpkin's arrival just around the corner. We are anticipating the ghost talks.

We ended up really excited about the galaxy sensory play (black beans and silver stars) and the space playdough black with stars again. We brought down the doll heads so we can paint their faces and this was the highlight of the whole month. We will be keeping them for a bit.

We have been curious about feathers and blowing them around like the wind. And we had a truck load of boxes to play with and push around. They worked great to get our aggression out!

Our new sensory bottles are weather themed.

We would like to remind all of our parents to make sure to bring in suitable outdoor clothing it can get chilly fast!

SOCIAL STAGES OF PLAY

Unoccupied Play



The random movements that Infants make with no clear purpose is the beginning of play.

Solitary Play



When children start to play on their own. Children do not seem to notice other children sitting or playing nearby during this type of play

Onlooker Play



When children watch others play. The child who is looking may ask questions but there is no effort to join the play.

Parallel Play



When children begins to play side-by-side with other children without any interaction. They are paying attention to each other.

Associative Play



When children start asking questions of each other. They have similar goals but there are no set rules.

Social Play



When children begin to share ideas and toys, and follow established rules and guidelines.

www.encourageplay.com

HOW CHILDREN DEVELOP SKILLS THROUGH PLAY



Flipping Our Lids (And Closing Them Again)

September 11, 2012 at 9:30 am (Attachment Parenting, Positive Discipline)

Learning neuroscience is certainly not on every parent's agenda. But what if a little insight into your child's brain could diffuse at least one tantrum a day? Dr. Dan Siegel and Mary Hartzell, authors of *Parenting from the Inside Out*, developed a simple demonstration to help parents understand where kids' outbursts come from so we can respond effectively. Make a fist with your thumb tucked inside your fingers. This is a model of your brain; your fist is the brain and your wrist and forearm are the spinal cord. Your thumb, tucked in the middle of your fist, is the midbrain. This is where our emotions and memories are created and processed, as well as where the fight-or-flight reflex is triggered. The midbrain is our "emotional brain." The back of your hand and fingers, encasing everything, is the cerebral cortex. This is where higher functioning occurs. This part of our brain allows us to think logically, act with kindness and empathy, and it houses our reasoning and problem-solving abilities. The cortex is our "rational brain." The brain is set up to communicate with itself. It sends messages from section to section about what our bodies are feeling and needing. So, when a child screams, "NOOOO!" and lashes out to hit because he is angry, a parent's brain interprets this data as, "Hmm, I don't like this, and I need to be treated differently." Only we don't always react so calmly, right? Take another look at your brain-fist. See where your fingernails are? This is the logic and reasoning part of the brain that kicks into gear when we have a problem to solve. But sometimes the emotional brain (thumb) and the rational brain (fingers) don't communicate so well. The emotions of the midbrain are simply too overwhelming, our fight-or-flight reflex triggers, and we "flip our lids." Now make all four of your fingers stand straight up. Flip. See your fingertips now? See how far away from the midbrain they are? When we "flip our lids," our rational brains have a very poor connection with our emotional brains. Our feelings are intense, and we're not able to access the logical, problem-solving part of our brain. In order to restore our rational brain to its coherent state, we need to calm our anger and ease our fears (close fingers over thumb again). Of course, our brains don't actually change shape like this, but this simple demonstration is a valuable tool in understanding how they function during emotionally charged situations. Both children and adults experience flipped lids. But as the human brain isn't fully mature (all parts communicating effectively) until the mid-twenties, children flip their lids much more often. They need a lot more help "re-connecting" the rational brain with the emotional brain—that is, calming down—and learning how to respond to strong emotions.

Parenting Through Flipped Lids

So, what can parents do when emotions run strong? Dr. Jane Nelsen, author of *Positive Discipline*, offers a few tools that help during "flipped lid" moments:

Hugs. When your child flips her lid, a hug may be the last thing you want to offer. But it might just be the thing she needs most. The mirror neurons in her brain assess the emotional state of the people around her and influence her reactions. When her brain picks up on the loving composure in a hug, its chemistry begins to return to a calm state; her "flipped lid" begins to close.

Positive Time Out. This is perfect for when either you or your child has a flipped lid. Before reacting to your misbehaving child or your favorite collectible that mysteriously broke, take a few minutes alone to calm down and restore your brain chemistry. The problem—the one that triggered your flipped lid—will still be there when you're feeling better. Communication will go much more smoothly when you have access to your rational brain. With time and practice, you can also teach your child how to take a positive time-out for himself when he's upset and needs to calm down.

Focus on Solutions. This is for when you're about to flip your lid, or have just calmed down after one. Yes, there's a huge mess on the floor. Yes, your two-year-old is bothering his older (and now very annoyed) sibling again. Yes, someone lost an important item again, or someone else is dawdling to get ready...again. But rather than get mad and yell (again), focus on practical solutions to these problems. Instead of thinking, "What can I do to you so that you'll learn?" think, "What can I do to help you succeed with this? What solutions can we come up with?"

Apologize. For those times when you do flip your lid, a sincere apology helps to emotionally reconnect you and your child. Tell your child, "I'm sorry I yelled. I'm sure that must have hurt your feelings. You were upset, and you needed to feel better, not worse. I'd love to hear your ideas on how to fix this."

So, flipping your lid, while not ideal or sometimes even avoidable, does provide an opportunity to model and teach some valuable skills to our children: cooling off, self-control, problem solving, and, probably most importantly, emotional recovery and reconnection after a hurtful situation.

Kelly Bartlett is a Certified Positive Discipline Educator and freelance writer with a focus on child development, family relationships, and discipline. This article was originally published in The Attached Family magazine.