Thompson School District
Early Childhood Program Newsletter

March 2020
407 E. 42nd Street
Loveland, CO 80538
970-613-5052

Upcoming Events

March 9th
Family PIE
Stansberry EC
5:00 - 6:30 pm

March 11th
Board of Education Meeting
Administration Building
6:00 pm - 8:00 pm

Important Dates

No School
Spring Break
March 16-20

Be Ready Preschool Fair
March 7th
9:00 am - 12:00 pm
Loveland Public Library

Early Childhood
Family Game Night
March 12th
6:00 - 7:00 pm
Loveland Public Library
A Note From Our Administrator

Dear Parents/Guardians,

I hope that you had a great February! The amount of snow and the weather that we experienced definitely has kept things chilly and our snowiest month yet is still to come.

If the district decides to cancel school or initiate a late start because of inclement weather or other dangerous conditions, the announcement will be carried on radio stations KCOL 600 AM, KTRR TRI-102.5 FM, 1610 AM, KUNC 91.5 FM, KGRE 1450 AM (Spanish), KFKA 1310 AM, KBNO 1280 AM (Spanish) and on Denver television stations. Media sources will be contacted for both school closings and late starts. In the event of a delayed start:

- Early Childhood Morning Early Childhood classes will be canceled district-wide
- Afternoon Early Childhood classes will remain with the normal start and end times
- Full Day classes will start 2 hours later than the original start time

The announcement will also be made via the district website (www.thompsonschools.org), Facebook account (“Thompson School District”), Twitter account (@ThompsonR2J) and school closure line (970-613-6788). A copy of the announcement will be posted on the district’s mobile app, which you can download by visiting the Apple App Store or the Google Play Store (depending on your smart phone) and searching for "Thompson School District R2-J."

A phone call, e-mail and text message will be sent to all families. To verify or modify your telephone number and e-mail address that is on file, please log in to your Parent Portal account or contact your school for assistance. School staff can also assist you in setting up text notifications. Messages sent by the district respect the privacy settings that you select on your account. Messages will not be sent to telephone numbers or e-mail addresses that have been opted out of receiving communication.

For more information on the district’s school closings and late starts procedure, please see the following Web page: www.thompsonschools.org/Page/5778

Stansberry Phase 2 Update. The phase 2 construction of the Early Childhood Center at Stansberry will begin in March. The initial work will focus on the demolition of some interior and exterior spaces as a part of first steps in preparing the building for the upcoming renovations. The Thompson School District Bond Team, the Early Childhood
Administration, and the construction company are working together to ensure that the renovation goes smoothly and does not impact the learning at the center.

**Head Start Self-Assessment.** We expect to wrap up our annual self-assessment of our program within the next two weeks. This is an annual opportunity for us to review our goals from last year and look at areas of our program for improvement. We’re looking forward to sharing what we learn about our program, including what we do well and what are our areas of improvement.

**Early Childhood for 2020-2021.** We are currently accepting applications for our Early Childhood Programs for the 2020-2021 school year. If you have a child that will be 3 or 4 years old by October 1, 2020, they may be eligible for FREE preschool. If you know someone who has a child(ren) ready for preschool, send them our way! For further information visit our [Thompson Integrated Early Childhood](#) web page or call 613-5052 or 613-5761.

**Spring Break.** Mark your calendars! Spring Break is coming up, March 16 – 20, 2020. School will not be in session during this time. We hope you enjoy this time with your child!

Sincerely,

Lamb Caro

Early Childhood Administrator
Social Emotional

How do you feel?

Did you know that it is important to teach your child about feelings? Children need to learn what we call “Emotional Literacy”. To be able to identify complex feelings, children first need to learn a wide vocabulary of feeling words. Consider teaching your child about words such as “frustrated”, “disappointed”, “embarrassed”, “proud”, or “excited”.

Talk with your child about situations where they might have these different feelings. This vocabulary will give your child a tool to better explain how they feel. Having others understand us makes us all feel good. Once a child understands their own feelings, they can better understand other people’s feelings and this leads to becoming a caring and empathetic friend.

Mary Bowman, Mental Health Coordinator  613-6179

Education Corner

**CALENDAR CHANGE**

Please note that our program Literacy Night will be held on April 14th at Conrad Ball Middle School. This is a CHANGE to your parent Calendar.
Can you believe it is March already?!? This month brings with it some crazy weather in Colorado. I never understood when people would say…

“It is Colorado, just wait 10 minutes. The weather will change!” How very true that is! Please send your children with coats and hats this month, just in case.

I hope that you are able to take some time to enjoy the beautiful weather this month with your preschooler. You can take a “listening walk” and practice listening to what is around you. Ask questions like, “Do you hear that bird?” “What is that far away sound?” “What else do you hear?” Preschoolers are filled with wonder and curiosity. Take advantage of this and make the most of your precious time with them!

Mark your calendars for our Program Literacy Night next month on April 14th at Con Ball Middle School. This is a fun night filled with games and prizes, pizza and lots of ideas for teaching Literacy at home. Our theme this year will be the book Dragons Love Tacos by Adam Rubin. Hope to see you there!

Amy Gerhard
Education Coordinator

Health/Wellness

March is National Nutrition Month!

This is a great time to focus attention on the importance of healthy food choices and developing sound eating habits! Here are 10 tips to a great plate (Go to www.ChooseMyPlate.gov for more information)

1. balance calories – Find out how many calories YOU need daily - www.ChooseMyPlate.gov can help you find your calorie level.
2. enjoy your food, but eat less – Take your time to eat and enjoy your food while paying attention to hunger and fullness cues.

3. avoid oversize portions – Use a smaller plate and share when eating out.

4. foods to eat more often – Eat more nutrient rich vegetables, fruits, whole grains, and low fat milk and dairy products.

5. make half of your plate fruits and vegetables – Red, orange, and dark green vegetables are a great addition to your meal.

6. switch to fat-free of low-fat (1%) milk – There are fewer calories and saturated fat, but the same amount of calcium and other essential nutrients.

7. make half of your grains whole grains – Substitute whole-grain products for a refined product ie. brown rice instead of white rice.

8. foods to eat less often - Cut back on high solid fats, added sugars and salt.

9. compare sodium in foods – Read the Nutrition Facts label to choose lower sodium versions of foods.

10. drink water instead of sugary drinks – Soda, energy drinks, and sports drinks are a major source of added sugar and calories in American diets.

For more information about MyPlate or Nutritional questions, please call our EC Health Office. We have many great reference materials and resources for Families!

Christiana Shorten – Early Childhood Health Coordinator (970)613-5063

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**Family Engagement**

**BE READY**

**Preschool and Family Fun Fair**
Saturday, March 7th
9:00 a.m. - Noon
Loveland Public Library
300 N. Adams - Loveland

Join us for free Santiago's breakfast burritos, coffee and cocoa from Starbucks, snacks from KidsPak, book giveaways, community vehicles, and storytime in English, Spanish and American Sign Language. Get information about area preschools and community resources. Our staff will be on hand in the children’s area with fun learning activities for preschoolers. Activities include playdough monsters, alphabet fishing, honey bee counting, and emotions cards. Head upstairs for parachute fun. Stop by our Thompson EC booth and say hi to “Hugs”. Visit: BeReadyLarimerCounty.org for more information.

Family Game Night

Thursday, March 12, 2020
6:00 – 7:00 pm
Loveland Public Library
300 N. Adams
Does your preschooler love Candyland or Old Maid? Come to the Library to meet other Early Childhood families, play some games and enjoy some snacks. Playing board games teaches children how to take turns, count, solve problems, and play well with others. Games can help with eye-hand coordination, learning how to group items, letter and color recognition and so much more! Game night is a fun way to spend time together as a family. We hope to see you there!

Julie Lindsay, Family & Community Partnership Coordinator (970) 613-5053

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**English Language Development**

Happy Almost Spring!

Did you know that there are cognitive benefits to knowing two or more languages? Here are just a few:

- Children who are learning two or more languages will switch between the two. This means their brains are very active and flexible.
- Bilingual children are able to make friends in two languages. This helps with their social skills and helps them learn about other cultures and communities.
- Dual language learners can benefit from knowing two languages academically. Because they switch between languages they develop more flexible approaches to thinking through problems (Diaz, 1985).

How can you promote bilingualism and all its benefits with your child? You can play games with them. Try games where they have to sort items by a certain attribute: like color, shape or size. Ask them questions about the game.

Have a great break and enjoy some time outside! Please call or email if you have any questions for me. You can also use TSD’s translation service anytime you need translation for school business. Their number is (970) 613-6167.

-Julie Sullivan, ELD teacher
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(970) 613-6885