Thompson School District
Early Childhood Program Newsletter

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

**Important Dates**

No In-Person Learning
Monday, March 30th - Friday, May 22nd

Remote Learning Will Occur for the Month of May

We hope you have a healthy, happy and safe summer!
Dear Parents/Guardians,

First of all, I want to thank you for all that you have done and continue to do to support learning at home. I know that teachers have been sharing tips with you during this time, but here are some things to keep in mind:

· Make space for learning – create a space for your child’s learning

· Take breaks and go outside - routines and schedules are important at school. Try to keep the routines and times outside the same

· Maintain a schedule – keep your school and work schedule similar, if possible. This will be helpful in helping your child work towards kindergarten and school readiness

· Have fun! For many of us, it is rare to have this much time with our kids. I hope that you’ll take advantage of this as much as I am.

**Early Childhood Applications for 2020-2021.** We are still accepting applications for our Early Childhood Programs for the 2020-2021 school year. If you and/or you know someone who has a child 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 for more information.

Be well and be healthy!

Lamb Caro

Early Childhood Administrator
Social Emotional

This is a very challenging time for all of us, but I think it can be especially hard for parents of young children. Parents, please take good care of yourselves.

➢ Expect trial and plenty of error
   ~ Expect it, plan for it, and do your best to make peace with it

➢ Acknowledge the Extraordinary
   ~ Give yourself time and permission to figure it out

➢ Reduce the workload
   ~ Less is more

➢ No Person is an Island
   ~ Reach out to friends and family

➢ Everyone thinks they can’t before they can
   ~ Pause, talk it out, and know you’ll get through it

➢ Mind the Gap
   ~ Students/families are doing the best they can and give us strength to go on

(Adapted from Edutopia article "Mindset for This Moment")

Video: Perfect Parents
The Importance of Play: Let Your Child Lead

We may think that play is something all children do instinctively, and that we really don’t need to spend time playing with our children. But play is the way preschool aged children learn important social and academic skills and it’s a great way to build that positive relationship with your child.

Through play, you can help your children learn:

1. To solve problems both social and cognitive
2. Try new ideas, experiment and be creative – What happens if I do this?
3. Build vocabulary, practice and develop language
4. Social skills such as turn-taking, sharing and being empathetic
5. Learn to take risks, make mistakes, fail and try again (perseverance)
6. Explore the world in their own way, at their own level, at their own speed
7. Develop motor skills

You may hear your teachers say, “Just play with your child”. We understand that playing with your child may feel challenging during this time. Here is a link to a video on play and communication that has some helpful tips on just how to make the most of your playtime.

We appreciate all of your hard work to partner with our teaching staff to continue learning at home. We recognize the unique challenges that many of you are facing with this new situation and are here to help in any way we can. Please do not hesitate to reach out to your teachers for help.
The weather is warming up, the days are longer and there's more time to be outside doing all kinds of fun things! But if you're going to be out in the sun, especially on a hot day, you need to stay safe.

**Don't Feel the Burn**

Some people get a sunburn faster than others because of their coloring. If you have blond or red hair, light-colored skin, and light-colored eyes, you'll tend to get a sunburn more quickly than someone with dark eyes and skin. That's because you have less melanin. Melanin is a chemical in the skin that protects it from sun damage by reflecting and absorbing UV rays. People with darker skin have more melanin, but even if you have dark hair, dark eyes, or darker-toned skin, you can still get a sunburn. It will just take a little bit longer.

**Prime Time**

You don't need to hide from the sun completely or wrap up like a mummy to protect yourself. But you should take these two steps:

1. Always wear sunscreen.
2. Take frequent breaks from the sun by going indoors or moving into the shade.

These steps are especially important between **10:00 in the morning and 4:00 in the afternoon**, when the sun's rays are strongest.

Use a sunscreen with an SPF rating of 30 or higher. Put on sunscreen 15 to 20 minutes before going out in the sun. The letters SPF stand for sun protection factor, and the number rating tells you how much longer you can stay in the sun without getting sunburned. But this isn't always true, so reapply sunscreen at least every 2 hours, just to be safe. Do this more often if you've been swimming or sweating a lot — even if the sunscreen is waterproof. And remember that you can get sunburned more quickly when you're swimming or boating because the reflection from the water intensifies the sun's rays.

Be sure to put sunscreen all over your body. This includes some places you might not think of, like the tops of your ears, the back of your neck, the part in your hair, your face, and the tops of your feet. You may need some help reaching the back of your body so ask your parents or friends to give you a hand. If you want to block the sun's rays, wear clothing that you can't see your hand through. You may still get burned through more sheer fabrics. Wear a baseball cap or other fun hat to block your face from the sun.

Don't forget that your eyes need protection from ultraviolet rays, too. Always wear sunglasses in the bright sun, and make sure they have a label saying that they block UV rays.
Dr. Christiana Shorten

EC Health Coordinator (970)613-5063

Family Engagement

Summer Fun!

The school year is almost over and it is time to celebrate the good things that happened this year. Take some time to reflect and set goals for the summer:

- In what ways did I see my child grow this year?
- What are my child’s strengths?
- What do I want to ask my child’s teacher?
- What were some things I learned to do at home to help my child learn?
- What activities do we like to do as a family?
- How can I keep learning fun for my child?
- How do I make time for activities in our summer schedule/routines?
- What “jobs” can I give my child over the summer to be a family helper?
- What are some important things to tell my child’s teacher in the fall?
- How can I stay engaged in my child’s learning next year?

Make the most of the summer months together! Keep your child healthy, active and learning so he/she is ready for the next school year. Reduce screen time and get outside. Remember, children at this age learn best through play.
Money Matters

What should you do if you believe you are unable to pay the minimum payment on your credit card? Many creditors are willing to help, but you need to act fast. First, add up your income and expenses and look for ways to cut costs. If you are still unable to make your minimum payment, decide how much you are able to pay this month. Call your credit card company and explain why you can’t pay the minimum, how much you can afford to pay, and when you could restart your normal payments. If you need additional help, a credit-counseling agency, such as GreenPath (800) 747-2898 may be able to assist you.

Source: consumerfinance.gov

Julie Lindsay

Family & Community Partnership Coordinator

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English Language Development

Summer is a time for students and their families to relax and enjoy the longer days and the warmer weather. Your multilingual student can continue to practice in both of their languages even if they are not in school. Here are a few tips and websites you can explore together to enrich your student’s language.

Tips:

1. Let your student read about what they are interested in. Here is a website called Reading Rockets that has a lot of resources for parents to help their students learn and read in their home languages as well as in English.
2. Play and learn in all the languages your student speaks. If your student speaks Spanish and English- HERE is a link to a website that offers resources for parents and their students in Spanish and English.

3. You can get a free Loveland Library Card by clicking on this link. This will allow you to access their online reading materials.

Enjoy your summer and if you have any questions please let me know! See you in the Fall!

Julie Sullivan, English Language Development Teacher
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