February 2018

Thompson School District

Early Childhood Program Newsletter
800 S. Taft, Loveland, CO 80537  (970) 613-5052

https://www.thompsonschools.org/preschool
Visit our visit Facebook page @ Thompson Integrated Early Childhood

Dear Parents,

I hope this newsletter finds you well and healthy! Are you looking for some things to do and learn about with your child this February? February is a great month to try new things and explore with your child. February explorations could include:

- Valentine’s Day – make a Valentine for someone special
- American Heart Month – engage in play at a park, try a winter activity
- Black History Month
- President’s Day – learn about a President at your public library
- National Snack Food Month – take some time to learn and make healthy snacks
- Random Acts of Kindness Day – do something nice for someone
- Responsible Pet Owner’s Day – have a discuss about what it means to be a responsible pet owner

Whatever you choose to do, spending time with your child and talking about what you do will help develop vocabulary, opportunities to ask questions and learn, and more time for you together. Your public library is a great place to start!

Upcoming Events

February 7
Board of Education meeting
Administration Building
Boardroom
6:00 p.m.

February 12
Family PIE meeting
Monroe Early Childhood Center
5:00 – 6:30 p.m.
(Dinner and Childcare provided)

February 21
Board of Education meeting
Administration Building
Boardroom
6:00 p.m.

February 26
Colorado Preschool Program Advisory Council meeting
Administration Building Room 128
12:15-1:45 p.m.

Important Announcements

February 19
NO SCHOOL – PRESIDENTS’ DAY

February 20
NO SCHOOL – PROFESSIONAL LEARNING DAY FOR TEACHERS
Early Childhood Applications. We are currently accepting applications for our Early Childhood Programs for the 2018-2019 school year. If you have a child who will be 3 or 4 years old by October 1, 2018, 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.

FamiliesPartnering in Education (Family PIE). Our next Family PIE meeting will be held on Monday, February 12, 2018, at 5:00 p.m. The meeting will take place at the Monroe Early Childhood Center. Please call if you have any questions.

Parent/Teacher Conferences. Parent/Teacher Conferences are coming up! Look for information from your child’s teacher to schedule your conference in early March. We look forward to seeing you and sharing your child’s progress with you.

“The first five years have so much to do with how the next 80 turn out.”
-Bill Gates, Sr.

Sincerely,
Lamb Caro
Early Childhood Administrator

APPLY NOW! Slots are limited for the 2018-19 School Year

The Thompson School District Early Childhood Program is now accepting applications for the 2018-19 school year. Our program currently has 13 different sites throughout the District. If your child will be 3 or 4 years old on or before October 1, 2018, they may be eligible for FREE preschool, could participate in the tuition-pay program or may receive special education services in preschool if they qualify.

Applications for the TUITION PAY PROGRAM are DUE BY FEBRUARY 16, 2018.

All applicants will be scheduled for a developmental screening as part of the application process. Call Connie Trimble at 970-613-5052 with questions or for more information.

Please share this information with friends, family or neighbors who have children that will be 3 or 4 years old on or before October 1, 2018.

RETURNING PRESCHOOL STUDENTS – Please watch for a re-enrollment packet coming from your child’s teacher in early March. These packets will need to be COMPLETED AND RETURNED TO YOUR TEACHER ON OR BEFORE MARCH 30, 2018.
Find something to celebrate -- even a rainy or cold day

Think about how helpful it is for children when you can find something positive to celebrate when the weather seems disappointing, like on a rainy day when the children can’t play on the playground. Instead of focusing on the negative things about the rain, why not turn it around and help the children celebrate all the different reasons why we need rain. You can talk about what the rain does for the animals, plants, and the soil.

There are a number of books about the rain that you could read, like *James and the Rain* or *The Rainy Day*. Or you can all put on rain gear and take a walk in the rain -- maybe even to discover worms on the sidewalk.

On really cold days, you could read a book about animals that live in a frigid climate -- and how they survive the cold. Non-fiction books, especially those illustrated by photographs of animals and their habitats, are a great way to present science concepts and help children know that there are many things to appreciate in our world, even things that seem negative at first.

Celebrate the small things that happen, like seeing someone help another person or noticing a flower blooming or an interesting stone....When we take the time to celebrate the little moments of everyday life, we are nourishing our children...and ourselves."

Amy Gerhard
Education Coordinator
970-613-5078

SAVE THE DATE! Early Childhood Literacy Night will be held on April 12, 2018 at Conrad Ball Middle School from 4:30-6:00 p.m. Watch for more information!
Be a Fit Kid

There’s a lot of discussion these days about fit kids. People who care (parents, doctors, teachers, and others) want to know how to help kids be more fit.

Being fit is a way of saying a person eats well, gets a lot of physical activity (exercise), and has a healthy weight. If you’re fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends. Some steps only parents can take — such as serving healthy meals or deciding to take the family on a nature hike. But kids can take charge, too, when it comes to health.

Here are five rules to live by, if you’re a kid who wants to be fit. The trick is to follow these rules most of the time, knowing that some days (like your birthday) might call for cake and ice cream.

Eat a Variety of Foods
You may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you’re more likely to get the nutrients your body needs. Taste new foods and old ones you haven’t tried for a while. Some foods, such as green veggies, are more pleasing the older you get. Shoot for at least five servings of fruits and vegetables a day — two fruits and three vegetables.

Here’s one combination that might work for you:

- at breakfast: ½ cup (about 4 large) strawberries on your cereal
- with lunch: 6 baby carrots
- for a snack: an apple
- with dinner: ½ cup broccoli (about 2 big spears) and 1 cup of salad

Drink Water & Milk
When you’re really thirsty, cold water is the best thirst-quencher. And there’s a reason your school cafeteria offers cartons of milk. Kids need calcium to build strong bones, and milk is a great source of this mineral. How much do kids need? If you are younger than 9 years old, drink 2 cups of milk a day, or its equivalent. If you’re older than 9 years old, aim for 3 cups of milk per day, or its equivalent.

Strawberry Graham Dip
Recipe from KidsHealth.com

Prep time: 10 minutes
Makes: 2 servings

½ cup low-fat vanilla yogurt
¼ cup fat-free, nondairy whipped topping
½ cup strawberries, chopped
8 graham crackers (2 sheets broken into 4 crackers each)

Put the yogurt, whipped topping, and strawberries in a blender. Blend until smooth. Dip graham crackers in the strawberry mix.

Nutritional Facts:
- Calories 100
- Sodium 95mg
- Calories from Fat 15
- Total Carbohydrate 16g
- Total Fat 1.5g
- Dietary Fiber 1g
- Saturated Fat 0.5g
- Sugars 9g
- Protein 3g

Reviewed by: Rupal Christine Gupta, MD
Date reviewed: November 2015

Note: All information on KidsHealth® is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.

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You can mix it up by having milk and some other calcium-rich dairy foods. Here's one combination:

- 2 cups (about half a liter) of low-fat or nonfat milk
- 1 slice cheddar cheese
- ½ cup (small container) of yogurt

You probably will want something other than milk or water once in a while, so it's OK to have 100% juice, too. But try to limit sugary drinks, like sodas, juice cocktails, and fruit punches. They contain a lot of added sugar. Sugar just adds calories, not important nutrients.

**Listen to Your Body**

What does it feel like to be full? When you're eating, notice how your body feels and when your stomach feels comfortably full. Sometimes, people eat too much because they don't notice when they need to stop eating. Eating too much can make you feel uncomfortable and, over a period of time, can lead to unhealthy weight gain.

**Limit Screen Time**

What's screen time? It's the amount of time you spend watching TV or DVDs, playing video games (console systems or handheld games), and using the computer. The more time you spend on these sitting-down activities, the less time available for active stuff, like basketball, bike riding, and swimming. Try to spend no more than 2 hours a day on screen time, not counting computer use related to school.

**Be Active**

One job you have as a kid — and it's a fun one — is that you get to figure out which activities you like best. Not everyone loves baseball or soccer. Maybe your passion is karate, or kickball, or dancing. Ask your parents to help you do your favorite activities regularly. Find ways to be active every day. You might even write down a list of fun stuff to do, so you can refer to it when your mom or dad says it's time to stop watching TV or playing computer games!

Speaking of parents, they can be a big help if you want to be a fit kid. For instance, they can stock the house with healthy foods and plan physical activities for the family. Tell your parents about these five steps you want to take and maybe you can teach them a thing or two. If you're a fit kid, why shouldn't you have a fit mom and a fit dad?

Reviewed by: Mary L. Gavin, MD
Date reviewed: October 2012

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Christiana Shorten
Health Coordinator
970-613-5063
**Schools on the Move** - This month Early Childhood is participating in the *Schools on the Move Challenge*!

Schools on the Move is a one-month program to encourage, students, families and school staff to adopt the 5-2-1-0 healthy habits. You should have received a Schools on the Move log sheet in January from your child’s teacher. Anyone who returns a completed Schools on the Move log sheet at the end of February, will earn a free T-Shirt! Be sure to complete a calendar for each person who is participating. (This is for students, family members and school staff!)

**Tips:**
- All children should eat at least 5 servings of fruits and vegetables a day. One serving for a preschoofer is roughly the size of the palm of their hand.
- Keep screen time (like TV, video games, computer) down to 2 hours or less per day. Screen time includes TV, computer and video games. All are important to limit.
- Everyone should have 1 hour or more of physical activity every day.
- Drink 0 sugar-sweetened drinks. Replace soda pop, sports drinks and even 100% fruit juice with milk or water. Try water and low-fat milk instead of soda and drinks with high sugar content.

There is much more information on 5-2-1-0 online at:

February is the month of LOVE!

You show your child you love them with your hugs, kisses and smiles. Another way to show your child how much you love them is to acknowledge all of the great things they do every day. You can do this not only by saying “Good job!”, but also by noticing their hard work, their persistence, and their creativity.

Research shows that when children receive positive attention more often than negative attention (5 positive to every 1 negative), they will show us more of the behavior we wish to see. This works for adults too!

Here are some phrases you can use:

❤️ “You must feel proud of yourself for…”
❤️ “You have worked so hard on…”
❤️ “I like how you shared your toys with…”
❤️ “Thank you so much for _____. It was very helpful.”
❤️ “You put away your toys! Thank you.”
❤️ “You ____ when I asked you to. Way to go!”

Have a very HAPPY February!

Mary Bowman
Mental Health/Autism Coordinator
970-613-6179
The Benefits of Bilingualism

Research indicates that bilingualism and multilingualism increase the abilities to focus attention, to solve complex problems, to be creative, and to plan. As we encourage our children to build their language skills in their native language as well as English, we can be strong examples for language learning as adults by improving our bilingual or multilingual language skills.

Do you or someone you know want to improve your English language skills?

Did you know Adult English as a Second Language (ESL) courses are available in Loveland?

Adult ESL courses through Front Range Community College are offered at the Center for Adult Learning at 800 S. Taft in Loveland. New classes begin each month. Registration for courses beginning the week of February 12th will occur Tuesday, February 6th and Wednesday, February 7th. If you are interested in registering for courses call (970) 613-5960 prior to the registration date to reserve a spot. For more information visit: https://www.frontrange.edu/programs-and-courses/esl or call (970) 613-5960.

Are you an English speaker interested in learning a second language?

Try a language learning app such as Duolingo, Memrise, busuu, AccellaStudy Essential Apps, or Rosetta Stone TravelApp. All of the apps listed have a variety of languages you can learn and can be used for as much or as little time as you see fit.


Erin Ridge
English Language Development
970-613-6084
Attendance Matters in Preschool

Preschool education is important for school readiness. We focus on social-emotional skills, math, language, literacy, physical development, and of course we have fun!!

There is a misperception that preschool attendance doesn't matter. Unless your child is ill, it is very important that your child attend school every day. Research shows that students with lower preschool attendance have lower scores in all subtests when they reach kindergarten. Children who do not attend preschool regularly, are less likely to read proficiently by the end of third grade.

We know that children get sick, and we certainly want you to keep your child home if he or she isn’t feeling well. Be sure to call your child’s teacher by 9:00 am if your child will not be in school.


Julie Lindsay
Family & Community Partnership Coordinator
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