

PRE-K SPED NEWS

Back To School 2017 • prekese.dadeschools.net • (305) 271-5701

Director's Corner

Welcome to the new school year!

New beginnings can be exciting and even a little scary – especially for little ones and their parents. This issue is packed with suggestions to ease the transition back to school.

Establishing and following a bedtime and morning routine consistently is key to minimizing problems on school mornings and helping young children know what to expect. But did you know that a good afterschool routine can help as well? Ask your child about what they did at school and how they felt at school. Acknowledge any feelings shared – even those you might consider negative. They are all a part of learning and growing. For example, if a child tells you they were sad and missed you, you can tell them you also feel sad and miss them. But you know they are learning new things at school and that makes you happy. You can then suggest ways they can feel less sad at school. Remember, soon attending school will be familiar and comfortable. Bumps in the road are just that – temporary bumps.

Dr. Ann Marie Sasseville
Executive Director

Back To School in Pre-K!

It's that time of year again! School starts on Monday, August 21st for all of our students. Here are some important reminders for parents:



- Make sure that you register your child for school before the first day. The school office will be very busy and chaotic the first week of school!
- Call the school office the week before school starts and ask about any "Meet the Teacher" opportunities. Many schools offer parents the chance to come to the school the Friday before classes resume so that you can see the classroom and meet your child's teacher.



Communication Counts!

The start of a new school year is an exciting time of year for most children. However, for some, it may be a bit frightening- maybe because of a new school, a different classroom, or an unfamiliar teacher. Parents can communicate with their preschool-aged children about the changes they may experience and assure them it will be a positive transition. Some strategies parents can use to ease the anxiety of returning to school include:

- ✓ Talking to your child about what to expect- a big building, a new teacher, and new classmates, and providing positive explanations: "You're going to love your new classroom," "Your teacher is so nice and friendly," "You will meet lots of new friends and have fun playing and working together"
- ✓ Asking your child about how they feel using emotion words/pictures. This will allow them to identify their own feelings of hesitation and fear. Through parent conversation, you can assist with creating feelings of happiness and excitement!
- ✓ Creating individual schedules for new routines such as changes in morning activities, transitions from home to school, and how to enter the classroom setting (i.e., backpack away, say hi to teacher, say goodbye to mommy/daddy) in order to prepare the child for the new steps involved in going back to school as well as the parent/teacher expectations.

Short conversations with your child about heading back to school are an easy and fun way to build social communication skills and relieve some of the stressors that children may experience on that first day.

Remember, Communication Counts!

August is Family Fun Month!

<https://www.babble.com/kid/august-is-family-fun-month-31-ideas-to-celebrate/>



FAMILY CORNER

Are you looking for some fun activities to keep your little ones busy these last few days of summer? Here are a few easy and FUN ideas:

Fruity Fruit Kabobs

1 banana, 1 apple, 5 strawberries, watermelon chunks, handful of blueberries, Kabob sticks

Using a plastic knife, cut banana, apple, and strawberries into small pieces. Thread each piece of fruit onto a kabob stick. Make a variety of patterns and enjoy. YUM!

Sticky Slime

1 bottle white glue, ¼ tsp. baking soda, saline solution (like for contact lenses)
Add glue and baking soda to bowl. Mix. Mix in drops of saline until the slime starts to pull into a ball.
Optional: Add a few drops of food coloring



Getting Ready for Back To School!

Did you know that some of the most important parts of getting ready for the first day of school happen weeks before school even starts?? Establishing a simple bedtime routine in the weeks before school starts can lead to a smooth start for the school year.

Starting a new school year can be very stressful for a young child. Too many changes occurring at the same time can be the cause for changes in behavior, changes in sleep patterns, and lots of stress!

Here are a few simple ideas for establishing a simple bedtime routine:

- **Several weeks before school starts, establish a realistic bedtime that works with your family's schedule.**
- **Follow the same steps in the bedtime routine every night: Put on pajamas, brush teeth, read a bedtime story, go to bed.**
- **The week before school starts, begin incorporating "school steps" into the routine. For example, set aside school clothes and place backpack by the front door.**
- **Remember, CONSISTENCY IS KEY!**
- **Some children might benefit from a simple visual schedule for their bedtime routine. Some easy ones can be found online.**

BOOK NOOK

"THE KISSING HAND"
BY AUDREY PENN

"IT'S TIME FOR PRESCHOOL!"
BY ESMÉ CODELL



Guest Columnist:
Stephanie Rad,
Pre-K Program for Children
with Disabilities

