

Room 8 April Newsletter

Last month in room 8 we talked about Pets, St. Patrick's Day, Spring and Easter. We had so much fun chasing the leprechaun, even though we didn't catch him. No pot of gold means Ms. Lynne and Miss Kimberly will have to keep working.

We are so happy to hear parents tell us stories of how their children are using the skills we practice here at school when they're at home. Mostly, we love to hear how children are using the lessons we learned during feelings week. We wanted to take a minute to elaborate on what we do in school to help regulate our emotions. First we try to give a couple minute heads up before transitions. When we transition we go over what we're about to do and what's expected. The biggest transition is outside to inside or whenever we transition to a quiet play time. We use a breathing technique to help bring oxygen to our brains and bodies and calm ourselves. We hold up one finger and say smell the flower, now blow out the candle. This teaches children to breathe in through their nose and out through their mouth, a skill that is difficult for young children to master. We talked about how we can't help how we feel but it's what we do with those feelings that count. We often ask children if they need a hug or to breathe with us to help them calm down and use their words. We have overheard many of our friends using their words when they do not like what other friends are doing. We teach them to say STOP, I don't like that! We are now working on friends listening to the words of all our friends. We teach that we are a family here and we need to take care of each other. We use phrases like gentle hands or being kind. Some of our class mantras are "inside we have calm bodies and quiet voices, outside we run, jump, climb and yell." These are great skills for you to practice and talk about at home so that children know we communicate and are on the same page.

Lastly we are so excited to have expanded circle time from simple shapes and colors to include; calendar, numbers, the concept of how many, and our full name. Please let us know if any part of your child's name is pronounced differently than it's spelled. We are beginning to practice the date each day. We are learning the days of the week through song. Our favorite version is the days of the week song that we sing to the Adams family theme. Please do yourself a favor and pull it up on you tube. Our friends are so cute clapping to the beat.

Upcoming Events:

3/29 & 4/1 JPLC Closed For Spring Break

4/8-4/12 Week of the Young Child. More details to follow

4/12 Family Picnic concluding the Week of the Young Child