

Preschool News

MESSAGE FROM MRS. KILDAY

Hello Rodman families.

How are you settling in at home? Are things getting easier or more challenging? In our house this morning my son decided to use the blender...at full force..while my husband was on a conference call. You can imagine how that ended up, picture me jumping up and down waving my arms furiously. So, if you are having moments of struggle please know that you are not alone.

In this newsletter you will find some fun at home activities you can do with your child this week. Next week we hope to have our preschool google site up and running. Our staff is very busy creating this for you. We are committed to access for all and keeping connections with all of you. We have had a few technical difficulties along the way, so we appreciate your patience.

You will also find resources and messages from our specialists. Since we are an integrated preschool, valuing inclusion, all of our children have access to these wonderful people. Consider checking out their links. I think you will find them very useful and even entertaining.

Thank you to everyone who responded to the technology survey yesterday.If you have not already done so please do that asap. Thank you. The link is:

<https://www.surveymonkey.com/r/QT9NXPR>

Have a great evening everyone.

Stay safe and stay in.

Donna

MUSIC WITH MRS. KIDD-:YOU DON'T WANT TO MISS THE LINK TO MUSIC CLASS!

Hello Preschool Music Families,

I miss the children so much and cannot wait until we can meet in person again! In the meantime, I will be providing at least one music and movement video each week to provide at-home music time (feel free to watch it more than once!). If at all possible, having a caregiver participate with the child is very important at this age. It is a great bonding opportunity and

having their grownup participate helps them learn faster. At the beginning of each video I will tell what "instruments" we will use and make suggestions for what materials easily found at home can replace them. There are also spots in the videos where I may ask the children for their ideas.

This is a great time to pause the video and let your child use their imagination and sing with you. Please do not hesitate to reach out to me if you have any questions! I will have office hours from 10am-11am M-F and can be reached at kiddn@cantonma.org.

Sincerely,
Mrs. Kidd

P.S. Please excuse the editing in the first video. This is a learning experience for me and I hope to have a better product, including a better view of what I am doing, as we go along

<https://sites.google.com/cantonma.org/rodman-preschool-music/home>

LEARNING OPPORTUNITIES FOR THE WEEK FROM YOUR FAVORITE TEACHERS

Math:

Graphing Weather

Graph the daily weather by drawing symbols to represent sun, rain, clouds, snow, etc.

To modify this, you can have an older family member draw the pictures of these weather symbols. Ask your child what the weather is and have them choose the photo from two picture choices. Graph your answers for two weeks on a large piece of paper. Count how many pictures there are in each category. Which category has the most, least, and/or same?

Sorting Shapes

Cut pieces of tape to create a circle, triangle, square and rectangle. If you do not have tape, draw the shape onto a piece of paper. Have your child go around the house and collect objects and then sort them into the different shapes. As an extension for an extra challenge, have them count the number of items in each shape. They can then write that number on a piece of paper. Talk about which shape has the most, least, same number of items.

Setting the Table

Count how many people will be eating with you. Count out the same number of forks, plates, cups, etc. to set the table with. Teach your child to fold a paper towel or napkin in half, making a crease down the fold to work on fine motor skills.

The skills this works on include one to one correspondence (counting), fine motor (folding), recall (what you need to eat a meal with).

Early Literacy:

Letter Matching:

Use a paper cup and trace circles onto a sheet of paper. Write uppercase letters in the circles on the paper and lowercase letters on the bottom of the cup (see below for modifications).

Have your child match the lowercase letter to the uppercase letter. If you do not have paper cups, you can use muffin tin liners, caps from water/soda bottles, or cut out circles of paper. Modification: start with the letters in their names and increase the amount of letters as they master the skill, match uppercase letters to uppercase instead of lowercase or lowercase letters to lowercase letters.

I Spy: This game encourages knowledge of colors, shapes, and numbers as well as describing ("I spy something tall with green leaves). You may change your description to involve sounds ("I spy something that starts with the 'P' sound, go find three things that start with the 'P' sound"), rhyming ("I spy something that rhymes with the word bug... 'rug'"). You can also play this by finding specific objects. For example, I spy a ball.

Letters in Shaving Cream: This will help your child develop their pre-writing skills. Start with having your child imitate lines (horizontal, vertical, and slanted) and then move on to shapes, and then letters and numbers. Follow this progression as you see appropriate for your child. The progression starts at scribbling by moving your finger from side to side and then builds on from there. When working with letters, start with the letters in their name or their favorite letters they are familiar with already. It is okay to just explore the shaving cream and talk about how they feel. You can also draw a picture using the shaving cream and have them tell you about it. If you do not have shaving cream, you can also use salt or sand.

RESOURCES FROM MISS PARKS, OUR SLP

Check out this link to keep that language development going!

https://www.speechbuddy.com/blog/speech-therapy-techniques/language-expansion-techniques-for-parents-to-use-at-home/?utm_campaign=shareaholic&utm_medium=google_mail&utm_source=email

RESOURCES FROM MRS. DELANEY, OUR OT

These are suggestions and meant as a guide for you as you are home with your kids. Enjoy!

https://sites.google.com/s/115J603pZc32_VNAfzxlZIfexa3mDAU/p/10YBlcPB8USzqlYFkgxy.FIZW2hdNe7GJk/edit

RESOURCES FROM MR. P., OUR PT

Physical Therapy at Home

Activities to Improve Trunk Strength:

- Prone exercises on a therapy ball: If you don't have a ball you can use something like an ottoman. Have child walk out on their hands as far as they can. Try placing toys

or similar objects into a bucket in front of them.

<https://www.youtube.com/watch?v=pPAAT-3UgrM>

- Bridge exercise: Have your child lie flat on the floor. Keeping their head and hands on the floor, lift their bottom off of the ground. See how long they can hold it! Also try balancing objects on their belly, driving cars underneath, or having animals “walk” under the bridge. For added challenge, add something wobbly under their feet, such as a pillow.
- Boat pose: Try sitting on ground and lifting arms and/or hands off the floor. See if you can sing to music, “Row, row, row your boat..” from this position!

MESSAGE FROM MRS. RUSSO, OUR SCHOOL PSYCHOLOGIST

Notes from Mrs. Russo, our school psychologist:

- Children use their play to make sense of the world around them. As we all navigate this difficult time, your child’s dramatic play may include themes like toys being sick or toys being “separated” from their friends. Play with them and try to take their lead to help them process their feelings.
- Like adults, kids want to feel empowered during uncertain times. Focus on the ways that they can help make a difference and can have some control (e.g. draw pictures on the sidewalk for neighbors.)
- All children (and some adults!) can become more sensitive and emotional when their routine changes. However, please reach out if you feel that your child is having more-than-expected difficulty at home. I’d be happy to consult about strategies and resources that could help your family cope with the current situation.

I will be hosting virtual office hours daily via email from 10:00-11:00 AM and from 1:00-2:00 PM. I will also be checking my email throughout the day, so feel free to reach out whenever it is convenient.

Stay healthy and take it one day at a time!

Anna Russo

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