



St. Stephen's Lutheran School

# Kinder News

Week of September 15th

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## Our Learning

Welcome to week 4 of school! Thank you for bringing your child to the park yesterday to sing. They did a great job and it was nice to see so many people there!

We had a good first week of school (minus our rough day on Tuesday)! The children are still adjusting well to full-time school. As you saw from my posts on ClassDojo, we kept ourselves very busy! On Monday, we had Reading Buddies for the first time with the upper graders. The kids asked me almost every day when the big kids were coming back, so they seemed to enjoy it. On Thursday, we had our walk around the neighborhood to look for living and nonliving things. On Friday, we had our very first Raider Rally, where the kids heard about Lakeside Lutheran High School.

This coming week will look similar to last week! It will be hot this week so please be sure send a full water bottle each day. If possible, try to fill it up before school so your child does not have to remember to fill it before school starts. I would also suggest sending a light sweatshirt with your child. We have an air conditioner in our room. While it's not been very cold in our room (in my opinion), a few kids were chilly last week.

Here is what we learned this last week:

Bible: God's Special Message to Mary, John Is Born

Math: Exploration with linking cubes, AB patterns, one-to-one correspondence with bears and chairs

Handwriting: Forwards/backwards/diagonal lines

Life Skills: Routine practice, What is Patience?

Social Studies: Good Citizens: Cooperation

Science: Living and Nonliving: Searching in nature

Music: The Voice: song stories practice, church song

Reading: SUPERKIDS - finished C, started O for Oswald

PE: Parachute listening games

Art: Circle painting with tubes and primary colors

Raider Rally: Lakeside LHS presentation

Centers: Variety of activities in the following categories;

pre-writing, writing, STEM, art,

fine motor, technology, and small

group reading skills with Mrs. Barnett

**May God bless your week!**



## Important Dates

**September 27th** - Apple Day (see note on bottom)

**November 17 @ 10 AM**- Kindergarten sings in church

## Life Skills Practice

This week, we will learn about self-awareness. We will learn to identify emotions and make good choices, even when upset. At home, encourage your child to react to their emotions in positive ways (ex. when angry with a sibling, walk away and read a book, instead of hitting or yelling).

## Announcements & Reminders

**Oops** - I forgot to send rest blankets home on Friday. If you want to send your child a different blanket for this coming week, you can. Otherwise they will bring their blanket home on Friday to wash.

**Raider Rally** - Mr. Lauber from Lakeside LHS visited to tell us what is new at Lakeside and what makes that school so awesome (they teach about Jesus!). We also saw a science experiment that showed the complexity of God's creation. Afterwards, we got the kids into Raider groups to meet each other and welcome the new kindergarteners in their group!

**Apple Day** - Once a month, we will have a special themed learning day. September 27th will be Apple Day! These themed days are just a fun opportunity for the children to learn in a different way. We will practice math, phonics, and science skills with apple-themed activities, while also learning about apples. For some of these special days, I will ask for a few donations, but this month is covered!

## At Home Connection

**Activity Ideas:** At school this month, children are learning how God made them with a variety of feelings. Your child is learning to identify his or her feelings and the feelings of others. When children understand their emotions, they are able to better manage their actions and behaviors. What are ways you can encourage your children to talk about their emotions? Here are a few ideas:



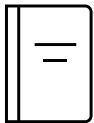
Share stories from your childhood when you felt a strong emotion.



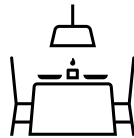
Identify and remember your child's cues for certain emotions.



When brushing teeth at night, practice showing emotions in the mirror. Point out how your faces for emotions might be similar or different.



Read Bible stories together. What emotions were the people feeling? What emotions does Jesus feel?



At breakfast, talk about what you are excited about for the day.



Speak positively and calmly with your child. Do not match their intensity. Be their sense of calmness and security during moments of emotional outbursts.



Use language such as, "I see you are feeling frustrated.." Help make labeling emotions automatic.



Relate to your child by showing how you have some of the same emotions they do. Share what you like to do to calm down when feeling big emotions.

**Conversation Starters:** At home, use these questions to start conversations at the dinner table or in the car.

- If feelings were colors, what color would sadness be? Happy? Angry?
- What animal is the most like how you are feeling right now?

- Tell me about a time you were upset but made a really good choice with your actions.
- What emotion have you been feeling a lot lately?

- What time of day do you feel the saddest? Why?
- If you had to make a box full of things that made you happy, what would you put inside?

**Poster Display:** Each month, your child will be creating a poster of what they learned. Find a special, designated space for the posters to hang as a visual reminder for your child.



Looking for children's books on this topic? Check out these titles: *The Grumpy Morning* by Pamela Duncan, *I was so Mad* by Mercer Mayer, *The Pigeon has Feelings Too* by Mo Willems, *The Feelings Book* by Todd Parr, *The Way I Feel* by Janan Cain, *My Many Colored Days* by Dr. Seuss.