



Kinder News

Week of September 30th

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Our Learning

It is hard to believe that we are already halfway through 1st quarter of school and it's just about October too. We had a pretty good week last week and enjoyed the beautiful weather. With the changing month, I will be rotating our classroom toys and dramatic play center (to Apple Orchard), to keep things fresh. I will also change around table seats to allow for interaction with different classmates. So if your child mentions changing seats, don't worry that they were naughty. :) It's just time for a change.

On Friday, we had a fun Apple Day with hands-on activities all related to apples. We taste-tested different colored apples, read books, painted with apples, and played in 6 different apple-themed centers. It seems like the children enjoyed this! The next themed day will be at the end of October called Pumpkin Day.

Just a reminder: always check Principal Schulz's weekly update email for more school-wide updates. Thanks!

Here is what we learned this last week:

Bible: the Wise Men worship Jesus, Escape to Egypt, the boy Jesus at the Temple

Math: Pattern block designs, sort by color, act out stories with bears, graphing review

Handwriting: Aa, Oo, Dd, review of learned letters

Life Skills: Self-Awareness: "I feel..." statements

Social Studies: Good Citizens: Why do we have rules?

Science: Living Things: all about birds and bird homes

Music: Dynamics: loud and soft, practice for church

Reading: finished SUPERKIDS - O, started Gg for Golly

PE: Throwing and catching: large playground balls

Art: finish apple art, apple crafts on Apple day

Raider Rally: None (Apple day project)

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

October 18 - Field trip to Creek Bed Farmacy
October 20 @ 6:30 PM - K sings (Dedication service)
November 17 @ 10 AM- Kindergarten sings in church

Life Skills Practice

This week, we will switch to learning about self-management. The students have practiced identifying how they feel and can now practice regulating their emotions more. Check out the backside of this newsletter for specific ideas to help your child with self-management.

Announcements & Reminders

Rest Blankets - With apple day activities, we didn't have rest, so I forgot to send blankets home.

Name Writing - As we get farther into the school year, we practice writing a LOT. We start out with writing our name and forming those letters the correct way. Your kindergartener should be starting to write their name with all lowercase letters now (minus the first letter). If you're looking for something to do with your kiddo, have them practice writing their name the right way.

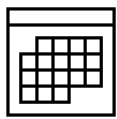
Raider Rally - Faculty vs. A team volleyball game

Field Trip Note - You received a note about our field trip to Creek Bed Farmacy on Friday. Parents or another family member are welcome to join us! If you do attend our trip, please refrain from bringing younger siblings, and let this be a special bonding time with you and your child. Thanks for understanding!

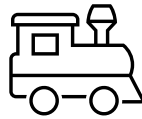
SELF-MANAGEMENT

At Home Connection

Activity Ideas: At school this month, students are learning to better manage their emotions, time, and belongings. They are also learning about grit and independence. What are ways you can encourage your children in these areas?



Create a family calendar.



Teach take one out/put one away with toys.



Provide cues for upcoming transitions.



Provide your child with choices.



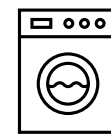
Make a chart for the parts of morning or bedtime routines.



Help child choose “homes” for belongings, places where items always go.



Ask your child to teach you cool down strategies used at school.



Teach child how to do laundry and organize drawers.



Help children prepare for the next day, the night before.



Include your child in creating a grocery shopping list.



Discuss daily or weekly plans at family meals.



Designate a calm down area to talk through emotions.

Understanding emotions: Help your children understand why they are feeling a certain way. What underlying thoughts are leading your children to feel the way they do and act out because of it? Keep track of the hardest times of the day. Are there patterns that could be eased through routine, providing choices, or positive reinforcement? In class, your children learned a variety of cool down strategies for when their emotions are getting hot. Which of those strategies could be offered and encouraged to use at home?

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

- What is your favorite time of day? Why?
- What is something new you have been wanting to try?

- This week, what are you looking forward to the most?
- What chore would you want to be in charge of this week?

- What do you wish you had more time to do?
- What's your favorite spot in the house? Why?

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 Color Monster by Anna Llenas, *It's Hard to Be Five* by Jamie Lee Curtis, *When Sophie gets Angry—Really, Really, Angry...* by Molly Bang, *The Way I Feel* by Janan Cain, *The Pigeon has Feelings Too* or *Waiting is Not Easy* by Mo Willems, *Glad Monster, Sad Monster* by Ed Emberly, *Grumpy Bird* by Jeremy Tankard, *Again!* by Emily Gravett, *Even Superheroes Have Bad Days* by Shelly Becker, *Fergal is Fuming* by Robert Starling