

First English Lutheran Preschool

January 2022 Newsletter



Upcoming activities

Jan. 5/6: Pajama Days

Jan. 10 Tuition due with
check/cash (Pre-K ext. day add \$45)

Jan. 12/13 Preliminary eye
screening

Jan. 17 NO SCHOOL MLK, Jr.
observance

Jan. 27 Dr. Kristina Jordan eye
screen

Jan. 28 Winter Family Fun
5:30-6:30pm

FROM THE DIRECTOR: Another calendar year has come and gone but we are looking forward to what the New Year will bring! We hope families have enjoyed their time together over the holidays! We will begin our year in a comfortable way with classes on Wednesday and Thursday

wearing their favorite pajamas. We prefer shoes to be worn in place of slippers.

We hope you all enjoyed reading the comprehensive report about your child's development from all the observations and photos that were taken from the start of the school year to December. The teachers will begin documenting all categories again to prepare for the second report in April (and conferences will occur in March). If you have any questions or program suggestions, please let me know!

Mrs. Tracy Gleissner

church/school 574-255-4234

home 574-343-2918



Feeding the
Community

Pantry donations:
canned ravioli or beef stew
and toilet paper

★ HAPPY ★ BIRTHDAY!



January birthdays

2/3 class: Jan. 12 **Van** (3rd)

Jan. 25 **Anneliese** (3rd)

3/4 class: Jan. 12 **Evan**(4th)

Jan. 25 **Vivian** (4th)

Pre-K class: Jan. 6 **Nate** (5th)

Jan. 9 **Payton** (5th)

Jan. 26 **Reagan** (5th)



July (1/2) birthdays

2/3 class: July 19 **Samuel** (2 1/2)

July 22 **Mrs. Hodgson**

July 28 **Sloane** (3 1/2)

3/4 class: July 3 **Emma** (4 1/2)

July 31 **Owen** (3 1/2)

Pre-K class: July 7 **Mrs. Metcalfe**

July 21 **Avery** (4 1/2)



NAEYC/Paths to Quality Survey: We are coming to our middle of the year survey time. We will be asking families to evaluate our program and return the information at the end of the month. The results will be shared with families. Several questions

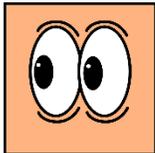
typically refer to program policy information found in the Policy/Procedure Booklet or the Family Handbook that was emailed to each family in August. If you need another copy, then please let us know and we will send one digitally (or printed) to you.



Kindergarten Information night: We hope to offer an information night (via Zoom) soon with an area Kindergarten teacher. More news will come once we have secured a date!



Valentine's Day Celebrations: Each class will set their own dates and activities to celebrate all the 'friendships' in the classroom. Families might donate some items, depending on the birthday calendars. The children may send in valentines which they will deliver to their classmates. Each child will make a valentine container (at school) to hold their cards then bring all their mail home at the end of the day. Please allow sometime this month for your child to 'write' their name on their own card. A single mark or first initial letter is acceptable for younger children. Pre-K children should be encouraged to form their own letters using top to bottom strokes going left to right. Working on one or two each night will ensure that they are completed by the first part of February!



Eye Screen: We had hoped to offer eye screening in November, but schedules did not align with all the personnel. We have new dates to offer this free service. If you completed the paperwork to offer permission for us to do this with your child, then it will occur in several sessions. The children will be pre-screened by Ashleigh Ronne (optometrist assistant) on Wednesday, Jan. 12th and Thursday, Jan. 13th using a pictorial chart. Then Thursday, Jan. 27th Dr. Kristina Jordan will come to screen the children using her optometrist skills for the children during their class attendance. We are currently working on a M/W date for her to address the remainder of the children.



Outdoor play: We try to take the children outside for walks or playground time as much as possible. Please send in coats, hats, and mittens for your child to wear each day. If it is below 30 degrees (including wind-chill) or there is so much snow on the playground that boots are required, then we will stay inside. Keeping your child's mittens inside the hat and hat inside the coat sleeve makes for a quicker way to have all their gear when dressing at school. Some classes will also try to schedule some special outside snow days during the winter months. On these days, the children should bring their snow boots and snow pants to school as well. You will receive advance notice of when these days will occur!



Congratulations: **Ryker** (Pre-K class) became a big brother to his baby brother, Hayes, who was born the fifth of December. Hooray to all of the Vergon family!



School closings: Remember to watch the TV news channels of WSBT and WNDU for our preschool closing on mornings with inclement weather. Sometimes the news media lists our preschool with other area child-care facilities or other times we are listed alphabetically with school corporations. We follow PHM system with CLOSING for the day! HOWEVER, we do not follow their delay system! A delay is too challenging for our half day program so we will not delay even if PHM does have a delay! We would typically err on closure if conditions were warranted due to our younger clientele. We also post closures on our Facebook page as well as send emails out to families prior to the school start time. If you have any questions, you may contact your child's teacher (or Mrs. Gleissner) directly.



Winter Family fun: We have set Friday, Jan. 28 as our second fundraiser with the "OUTDOOR" family winter theme. While we will have to officially wait to see what the weather brings, we hope the activities will have "snow" much fun for all ages. The cost is \$20 to participate, and the fun will begin at 5:30 pm and last until 6:30pm. You may send your fee into the office before Jan. 22 to reserve your spot.



All classroom teachers are continuing to work on learning and implementing techniques of Conscious Discipline into their classroom and routines. Learning to control and change the adult behavior has a profound impact on others. One of the most critical aspects to know from Becky

Bailey's philosophy is the importance of deep breathing and pausing any time the adult is under stress or in "upset" state (tired or in doubt as well). The adult MUST remain calm to help children (and others) learn to regulate their emotions for them to be able to use the "thinking part" of their brain. If you find yourself feeling triggered by something that has occurred, try this month to take a pause with THREE deep breaths before reacting. Breathing in for four counts and blowing out for six counts (really making sure you feel/see your stomach rise and fall. Once you have done that, then you are more able to work through the issue and approach problem solving. We are instructing the children Some breathing techniques like: S.T.A.R, drain, pretzel, and balloon as well as "smell the flower and blow out the candle" to encourage their pausing time as well. Each month we hope to highlight some thing from our studies and if you would like more information, please ask your child's teachers to share other techniques they are using in the classroom.



: it looks like play, but it is so much more!

Along the side of Trout Hall, we have been setting up a course designed to improve brain function by stimulating sensory-motor integration processes. Classes will use the space during their time in trout hall. Specific activities, founded by Candace Meyer encourage eye/hand coordination; eye concentration and take physical effort (strong arm push, jelly roll). Our teachers will take turns setting up the maze in various patterns each week.

Your child will be learning about:

Strong arm push-proprioceptive development with hands/arms to help with fine motor control for writing.

Bean bag boogie-eye hand coordination

Eye tracking- strengthens eye muscles and coordinates the movement of eyes for future reading.

Jelly roll-vestibular development-knowing where their body is in space.

Puppy dog crawl- Cross lateral hand/leg coordination (both hemispheres of brain integration help more organized thought processing)

Climb every mountain- depth perception with eye-foot coordination.

Monster mash-stimulation through the feet/legs to the brain to help coordinate control of body when walking, standing.

Jumpin' Jack Flash-eye-foot coordination with balance to negotiate distances and reaction times.

Cross Walk-crossing the midline for spatial awareness

Balance Board-maintaining balance and stability to increase mental processing

Balance Beam team-fluid motor control to help alleviate clumsiness and disorganization.

Sidestep- laterality as they move their whole body (brain's bilateral integration)

Walking up steps backward-whole body coordination to enhance vestibular for motor planning. **Skip**

to my Lou-cross lateral integration to improve brain hemisphere integration and timing along with motor planning.

For additional research and background information: <http://mimlearning.com/our-story/>