



Elkhart and St. Joseph Counties Head Start Consortium
Mrs. Bueno/Ms. Martina

Studebaker Classroom 1 News

August/September 2020

Monthly News and Updates

Parent Engagement

Dear Families,
 As we are all dealing with the Covid pandemic, we like to thank you so much for helping us deal with this new way of learning, virtual learning! We thank you for helping your child wake up, participate and socialize with us, what we would like, if you could please have a quiet area where your child can listen to us, turn down the sounds around them, this will help them focus on us. We know how hard it is when some families are also working with older siblings on virtual learning, and we appreciate the 15 minutes you let us share with your preschooler!

As we go forth, we will keep you updated with any information on school opening up again if at all. Also, we will let you know when there are any changes.

We will keep in touch with you if you need more materials for your child to work with.

Thank you,

Mrs. Bueno/Ms. Martina

This institution is an equal opportunity provider and Employer.

Parent Engagement

It is so important to have parent/caregiver engagement in our program. Students with involved parents/caregivers tend to have better social skills and show improvement in their behavior in school.

Social/Emotional Tips

A few Social and Emotional activities to do at home with kids:

Ball games: Simple way for younger children to build relationships

Roleplay: Is a great way for children to experiment with social behavior, rules and expectations.

Nursery Rhyme/Song

The wheels on the bus go round and round, all around the town.
 The horn on the bus goes beep, beep, beep.
 The driver on the bus says "move on back".
 The children on the bus go up and down.

Monthly Nutritional Activities

Aug. 31: We grow
Sept. 14: Germs all around.
Sept. 21: Keep Germs Away!
Sept. 28: Apples

Booklist

- The Wheels on the Bus by Annie Kubler
- I love School by Philemon Sturges
 - 10 Apples on Top by Dr. Suess
 - Boo Who? By Ben Clanton
- Ming Goes to School by Deirdre Sullivan

PARENTS: BE SAFETY SMART ABOUT SCHOOL BUSES!

Talk to your children about the following:

- Arrive on time for the bus.
- Select a safe place away from traffic and wait quietly for the bus.
- Only approach the bus after it is completely stopped.
- Enter and leave the bus in single file.
- Go directly to a seat and sit down.
- Talk quietly.
- Stay seated while the bus is moving.
- Keep the aisles clear.
- Keep head, arms, hands, and legs inside the bus at all times.
- Do not wear loose clothes, clothes with drawstrings, or backpacks with loose straps, which can catch in the bus door or handrail.
- Carry papers in a folder or backpack so they do not slip out of your hands.
- Never bend down to pick up anything dropped in front of or near the bus until the driver sees you.
- If necessary, cross in front of the bus. Never cross behind it.
- Take 10 giant steps away from the bus before crossing in front of it.
- Listen to the bus driver and follow instructions.
- Watch for traffic when leaving the bus. Look both ways before crossing the street.

School Bus Safety Story Answers:

There are many things you can do to have a safe school bus trip. When you **aitw** (wait) for the bus, keep away from the **treest** (street) and **ffraict** (traffic). Put your papers in a **dlsefr** (folder) or **kpckakca** (backpack). **Tysa** (Stay) in your **taes** (seat) and talk **lyqitue** (quietly).

Your **dhas** (head), **msar** (arms), and **gale** (legs) belong inside the bus.

Many people want your bus **drie** (ride) to be **fase** (safe). By working **goethre** (together), we can travel safely every day.



KIDS: BE SAFETY SMART ABOUT SCHOOL BUSES!

- Decide with your parents where you should wait for the bus.
- Enter and leave the bus in single file.
- Arms, hands, legs, and head belong inside the bus.
- Do not wear loose clothes, clothes with drawstrings, or backpacks with loose straps, which can catch in the bus door or handrail.
- Stay in your seat and talk quietly.
- When you get on and off the bus, be sure the driver can see you! Take 10 giant steps away from the bus before you cross in front of it.
- Carry all papers in a folder or backpack. If you do drop something outside of the bus, be sure the bus driver sees you before you pick it up.

This school bus safety story contains scrambled words.
Unscramble the words and read the story.

There are many things you can do to have a safe school bus trip.

When you **aitw** () for the bus, keep away from the **treest** () and **ffraict** (). Put your papers in a **dliefr** () or **kpcbakca** (). **Tysa** () in your **taes** () and talk **lyqitue** (). Your **dhae** (), **msar** (), and **gsla** () belong inside the bus.

Many people want your bus **dria** () to be **fase** (). By working **goethre** (), we can travel safely every day.

Answers on back



PARENTS: BE A SAFETY SMART PEDESTRIAN!

Children are always on the move. Help your child practice safety as a pedestrian on neighborhood and city streets, roads, intersections, and railroad crossings by teaching these guidelines:

- Cross only at a corner and on a green light or walk sign. Look left, right, and then left again before crossing. Cross the street in a straight, not diagonal line. Do not cross a street between parked cars where you may not be seen by a driver of a parked car or by approaching traffic.
- Wear bright colored or reflective clothing when it is dark, snowing, raining, or foggy. If at all possible, avoid walking in these conditions.
- Do not run out into the street to bring back a ball, toy, or pet. Find an adult who can help.
- Play in areas such as parks or school or church playgrounds, not on streets, roads, or railroad crossings. Stay away from construction areas or areas closed to the public.
- Obey all traffic lights and traffic signs.
- Walk on sidewalks. Do not walk on curbs or in the street.
- If your child uses a wheelchair in the community, make certain that the wheelchair is properly marked with reflective tape or reflective lights. During day travel, consider adding a bike flag to the wheelchair to alert drivers.
- When sidewalks are not available, most safety experts advise that you walk facing the traffic and as far to the left as possible, so you can be seen by approaching traffic.

**SAFETY
SMART**

KIDS: BE A SAFETY SMART PEDESTRIAN!

Follow these safety rules as a pedestrian on neighborhood and city streets, and at intersections and railroad crossings:

- Always look left, right, and then left again before crossing a street. Only cross at a corner, green light, or walk sign.
- Wear bright colored clothing or reflective clothes when it is dark, snowing, raining, or foggy. If at all possible, avoid walking outside in these conditions.
- Find an adult who can help you get a ball, toy, or pet out of the street.
- Meet friends in parks, community centers, and school or church playgrounds to play. Avoid streets, roads, bridges, mall parking lots, railroad crossings, construction sites, or closed areas.
- Obey traffic lights and traffic signs. Traffic lights and traffic signs tell you when it is safe and not safe to walk.
- Always walk on sidewalks, when available. Avoid walking on curbs or in the street.
- Most safety experts recommend that you walk facing traffic, if sidewalks are not available. Stay as far as possible to the left side to be seen by approaching traffic.

Do you know these signs? Draw a line to match the name with the sign.

Crossroad

Pedestrian Crossing

Stop



Railroad Crossing

Safe Place

**School Zone
(Children Crossing)**

Produced by the Community Education and Child Advocacy Department, Riley Hospital for Children.
Printing support provided by Wal-Mart and Sam's Club Associates.
www.rileyhospital.org/kids1st




Riley Hospital for Children
Community Education and
Child Advocacy Department



**Conscious
Discipline®**

Four Elements of Connection

**All learning begins with connection! Connections on the outside
(with other people) actually create and strengthen neural
connections within the brain.**

Eye contact, presence, touch and a playful setting are the four core components required to truly connect with others. Learn how to provide all four essential elements (and why) with this helpful guide.

ConsciousDiscipline.com

Connection Requires Four Critical Elements:

Eye Contact



Get down on the child's level to achieve **eye contact** for a brief moment. When eyes meet, a wireless connection is created between the orbital frontal areas of the prefrontal lobes. From this connection, we download inner states into one another. The eyes contain nerve projections that lead directly to key brain structures for empathy and matching emotions. As soon as you have eye contact, download calm, "There you are. You're safe. Breathe with me. You can handle this." "Mirror neurons ensure the moment someone sees an emotion on your face, they will at once sense the same feeling within themselves."
- Daniel Stern

Presence



Being present in the moment means your mind and body are in the same place. Your mind is free from chatter. You are still enough to see the beauty in the child. Presence is about acceptance as we join together to share the same moment. The present moment is where joy lies. Relax into it.

Touch



Touch is the only sense we cannot live without. The skin and brain are made up of the same embryonic tissue. The skin is the outside layer of the brain. Touch creates a hormone that is essential to neural functioning and learning. If we want smart, happy kids, then we need to provide more appropriate, caring touch.

Playfulness



Playfulness helps build bonds and creates a biochemistry in the brain for dopamine. Dopamine says, "Pay attention, stay focused." Playful situations strengthen the dopamine system, increase attention spans and boost social development.

