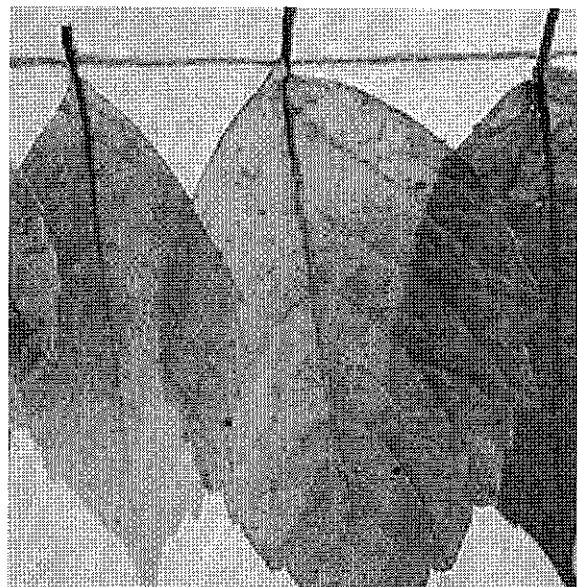
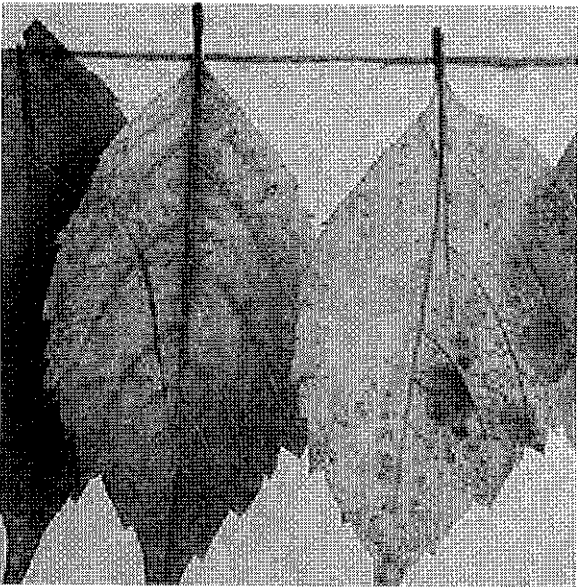


September Newsletter: Mary Feeser Headstart

We are one week into the school year and it's already September! We have been working hard on getting our daily routines in place. The children are adjusting well. Our days are going to be busy with even more activities as we no longer have rest time in class. Some days including painting, drawing, singing, dancing, outside time, and other small activities. Be sure to ask your child what they have been working on during the day. We often tie these to sent-home activities via email. Please remember to send your child with a jacket even though it may be warm, our classrooms are a bit chillier this year.



Please remember that we have **NO SCHOOL on Monday Sept 7, 2020** due to Labor Day. We will resume class on Tuesday at our normal time. Also as the weather is changing, please remember to dress your child appropriately and with closed-toed shoes. We get outside

We thank you for taking the time to fill out the in-kinds for us. These can be sent with your children in their backpacks, and this year we will be requesting them more often as we have sent-home activities and virtual learning on Fridays for everyone. Each one is important!

as often as possible and the children love running around!

Just a quick reminder that we will continue to require wristbands this month thru the 24th. Masks will continue to be required and temperature checks will continue to be done upon arrival as usual.

Anytime you spend with your child reading books, cooking activities, visiting the park, or other activities where learning is happening, in-kinds can be filled out. We have started working on being able to identify small words and will send some of these home to practice with your child in the coming week. It is not necessary to go over the sounds, just the word recognition.

"This institution is an equal opportunity provider."

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 **dloofr** (folder) or **kpcbakca** (backpack). **Tysa** (Stay) in your **faes** (seat) and talk **lyqitue** (quietly).

Your **dhac** (head), **msar** (arms), and **gsle** (legs) belong inside the bus.

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

PADRES: ITENGAN EN CUENTA LA SEGURIDAD EN LOS AUTOBUSES ESCOLARES!

Conversen con sus hijos sobre:

- Llegar con puntualidad a la parada del autobús.
- Elegir un sitio seguro alejado del tráfico y esperar con calma al autobús.
- Acercarse al autobús después de que éste se haya detenido totalmente.
- Ingresar y salir del autobús en una sólo fila.
- Ir directamente al asiento y sentarse.
- Hablar en voz baja.
- Permanecer sentado mientras el autobús se encuentre en movimiento.
- Mantener los pasillos sin obstáculos.
- Mantener la cabeza, los brazos, las manos y piernas adentro del autobús en todo momento.
- No usar ropa muy suelta, ropa con tiras para jalar o mochilas con tiras sueltas porque podrían quedar atrapadas en la puerta o el pasamanos del autobús.
- Llevar los papeles en una carpeta o mochila para que no se escapen de las manos.
- No agacharse nunca para recoger objetos que se han caído enfrente del autobús o cerca de él hasta que el conductor pueda ver a la persona.
- Si fuera necesario, cruzar enfrente del autobús. Nunca se debe cruzar detrás del autobús.
- Caminar 10 pasos grandes alejándose del autobús antes de cruzar enfrente del mismo.
- Escuchar al conductor del autobús y seguir las instrucciones.
- Observar el tráfico al dejar el autobús. Mirar a ambos lados antes de cruzar la calle.

Respuestas al cuento sobre la seguridad en el autobús escolar:

Hay muchas cosas que puedes hacer para que tu viaje en el autobús escolar sea seguro.

Cuando repases (esperas) al autobús, mantente alejado de la lacle (calle) y del tráfico (tráfico). Coloca tus papeles en una atepera (carpeta) o hcllamo (mochila). mncpraece (Permanece) en tu tonelas (asiento) y bhala (habla) en voz jaab (en voz baja). Tu zebaac (cabeza), zroasb (brazos) y erinsap (piernas) deberán estar adentro del autobús. Mucha gente quiere que tu ajive (viaje) en autobús sea rguose (seguro). Haciéndolo nestuj (juntos) podremos viajar seguros todos los días.



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 **treast** () and **ffraict** (). Put your papers in a **dlsefr** () or **kpcbakca** (). **Tysa** () in your **taes** () and talk **lyqtue** (). Your **dhac** (), **msar** (), and **gale** () 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





NIÑOS: ¡TENGAN CUIDADO CON LOS AUTOBUSES ESCOLARES!

- Decide junto con tus padres a dónde deberás esperar el autobús escolar.
- Entra y sal del autobús en una sola fila.
- Los brazos, las manos, piernas y cabeza deberán estar adentro del autobús.
- No uses ropa muy suelta, ropa con tiras para jalar o mochilas con tiras sueltas porque podrían quedar atrapadas en la puerta o el pasamanos del autobús.
- Permanece en tu asiento y habla en un tono bajo.
- Cuando subas y bajes del autobús asegúrate de que el conductor te vea. Camina 10 pasos grandes alejándote del autobús antes de cruzar enfrente del mismo.
- Lleva todos los papeles en una carpeta o mochila. Si se te cae algo afuera del autobús, asegúrate de que el conductor te vea antes de que lo recojas.

Este cuento sobre la seguridad en el autobús escolar tiene palabras cruzadas. Acomoda las palabras y lee el cuento.

Hay muchas cosas que puedes hacer para que tu viaje en el autobús escolar sea seguro. Cuando repases(_____) al autobús, mantente alejado de la lacla(_____) y del áfrico (______). Coloca tus papeles en una atepcra (_____) o hcliamo (______). mnopraee(_____) en tu tonelas (_____) y bhala(_____)ne vzo jaab (______). Tu zebaac (______), zroasb (_____) y erinsap (_____) deberán estar adentro del autobús.

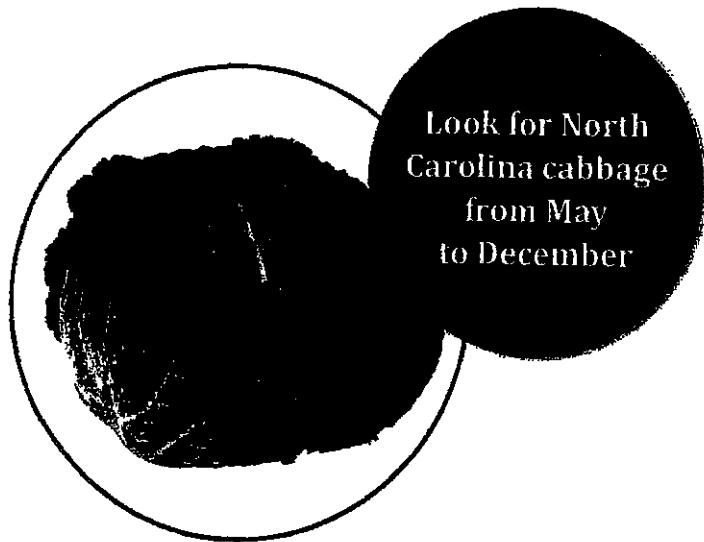
Mucha gente quiere que tu ajive (_____) en autobús sea rguose (______).

Haciéndolo nostuj (_____) podremos viajar seguros todos los días.

Ver las respuestas al reverso.



Cabbage



Cabbage is a good source of fiber, vitamin C and potassium. Cabbage is a great addition to soups and stews.

Buying fresh cabbage...

- Choose firm, heavy cabbages that are free of yellowing leaves, splits or soft spots.
- The leaves should be compact and smooth for green and red cabbage, but Savoy cabbage leaves should be crinkly and less compact.

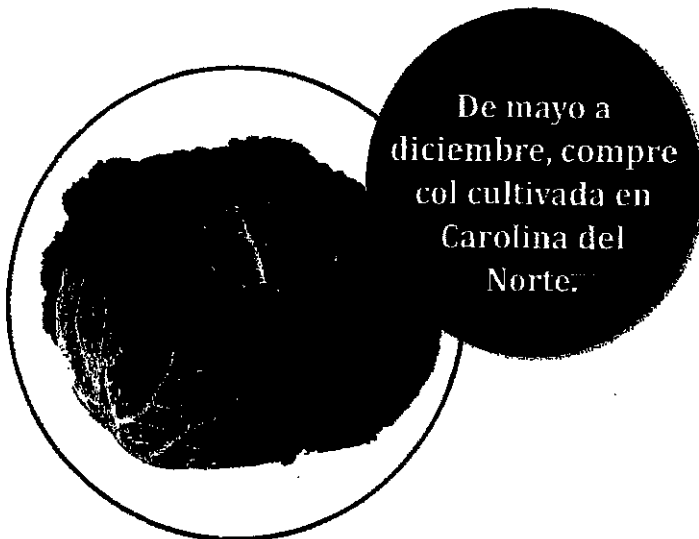
Storing fresh cabbage...

- Keep in the refrigerator and use within two weeks.
- Wash well and remove wilted leaves before using.

Enjoying fresh cabbage...

- Add chopped cabbage to salads or slaws.
- Steam, stir-fry or boil. Slices or wedges cook in about 6 to 12 minutes.

Col



La col es una buena fuente de fibra, vitamina C y potasio. La col es un magnífico complemento en sopas y guisados.

Para comprar col fresca...

- Elija una col firme y pesada, sin hojas amarillentas, grietas ni magulladuras.
- Las hojas de las coles verdes y moradas deben lucir compactas y lisas, sin embargo, las hojas de la col de Savoy deben lucir rizadas y menos compactas.

Para almacenar la col fresca...

- Mantenga la col dentro del refrigerador y utilícela en un lapso de dos semanas.
- Lave la col muy bien y elimine las hojas marchitas antes de utilizarla.

Para disfrutar de la col fresca...

- Agregue col cortada en tiras a las ensaladas y el repollo.
- Cocine la col al vapor, al estilo oriental o hiérvala. Las rebanadas o los trozos de col se cocinan de 6 a 12 minutos.

Raisin and Cabbage Slaw

www.gottobenc.com

Ingredients...

- 4 cups cabbage, shredded
- 2 cups carrots, shredded
- 1 cup seedless, packed, raisins
- 1 cup cheddar cheese, shredded
- $\frac{3}{4}$ cup low calorie mayonnaise
- 1 teaspoon yellow mustard
- 2 teaspoons white, granulated sugar
- 4 teaspoons lemon juice
- $\frac{1}{2}$ teaspoon onion powder
- 1 teaspoon salt

Makes
10
Servings

Directions...

1. In a large mixing bowl, prepare cabbage and carrots. Toss together and set aside.
2. In a small bowl grate cheese and set aside.
3. Combine the mayonnaise and the last five ingredients in a separate bowl. Stir mixture into cabbage and carrots along with cheese and raisins.
4. Chill at least one hour for flavors to blend.

Nutrition information... Calories 156, Fat 7g., Carbohydrate 21g., Protein 4g., Fiber 2g., Sodium 409mg., Cholesterol 16mg.

Repollo de col y pasitas

www.gottobenc.com

Ingredientes...

- 4 tazas de col, rallada
- 2 tazas de zanahoria, rallada
- 1 taza de pasitas sin semilla, compactadas
- 1 taza de queso tipo cheddar, rallado
- $\frac{3}{4}$ de taza de mayonesa baja en calorías
- 1 cucharada de mostaza amarilla
- 2 cucharaditas de azúcar blanca, granulada
- 4 cucharaditas de jugo de limón
- $\frac{1}{2}$ cucharadita de cebolla en polvo
- 1 cucharadita de sal

Rinde
10
porciones

Directions...

1. En un tazón para mezclar grande, prepare la col y la zanahoria. Incorpore bien y ponga aparte.
2. Ralle el queso en un tazón pequeño y coloque aparte.
3. En otro tazón, combine la mayonesa y los últimos cinco ingredientes. Vierta la mezcla en el tazón con la col y la zanahoria, revuelva y agregue el queso y las pasitas.
4. Coloque en el refrigerador durante una hora por lo menos para que los sabores se incorporen.

Información nutricional... Calorías: 156; Grasa: 7g; Carbohidratos: 21g; Proteína: 4g; Fibra: 2g; Sodio: 409mg; Colesterol: 16mg.

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.



PADRES: ¡CUANDO SEAN PEATONES NO DEJEN DE PENSAR EN LA SEGURIDAD!

Los niños siempre están en movimiento. Ayude a que su hijo practique la seguridad para el peatón en las calles del barrio y la ciudad, los caminos, las intersecciones y los cruces de ferrocarril enseñándole estos consejos:

- Crúzalo en las esquinas y con la luz verde o la señal de caminar. Mira a la izquierda, derecha y luego izquierda nuevamente antes de cruzar. Cruza la calle en forma recta y no en diagonal. No cruces la calle entre autos estacionados porque podría ser que sus conductores no te vean ni tampoco seas visto por el tráfico que se aproxima.
- Usa ropa de colores llamativos o reflectora cuando está oscuro, nieva, llueva o haya niebla. Si es posible, evita caminar afuera cuando el tiempo se encuentre en esas condiciones.
- No corras a la calle para buscar una pelota, un juguete o una mascota. Encuentra a un adulto para pedirle ayuda.
- Juega en áreas como parques o áreas de juego de la escuela o la iglesia en lugar de hacerlo en las calles, los caminos o los cruces de ferrocarril. Permanece alejado de las áreas en construcción o cerradas al público.
- Obedece todas las luces de tránsito y las señales.
- Camina por la vereda. No camines por los cordones ni por la calle.
- Si su hijo usa una silla de ruedas en la comunidad, asegúrese de que la silla se encuentre marcada correctamente con cinta reflectora o luces reflectoras. Durante los viajes de día, considere agregar una bandera para bicicletas a la silla de ruedas para alertar a los conductores.
- Cuando no haya veredas, la mayoría de los expertos en seguridad recomiendan que se camine de frente al tráfico. Se debe permanecer lo más alejado posible hacia el lado izquierdo para poder ser visto por el tráfico que viene de frente.



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)

NIÑOS: ¡CUANDO CAMINEN POR LAS CALLES PIENSEN EN LA SEGURIDAD!

Sigue estas reglas de seguridad cuando camines por las calles del barrio y la ciudad y en las intersecciones y cruces de ferrocarril:

- Mira siempre hacia la izquierda, derecha e izquierda otra vez antes de cruzar la calle. Cruza sólo en las esquinas, con luz verde o la señal de caminar.
- Usa ropa de colores llamativos o reflectora cuando está oscuro, nieva, llueve o hay niebla. Si es posible, evita caminar afuera cuando el tiempo se encuentre en esas condiciones.
- Encuentra a un adulto que pueda ayudarte a recoger una pelota, un juguete o una mascota que esté en la calle.
- Reúnete con tus amigos en los parques, los centros comunitarios y en las áreas de juego de la escuela o la iglesia para jugar. Evita las calles, caminos, puentes, playas de estacionamiento de los centros de compras, cruces de ferrocarril, sitios en construcción o áreas cerradas.
- Obedece las luces del tránsito y las señales. Las luces del tránsito y las señales te indican cuándo es seguro caminar y cuándo no lo es.
- Camina siempre por la vereda, cuando la haya. Evita caminar por los cordones de la calle o en ésta.
- La mayoría de los expertos en seguridad recomiendan que camines de frente al tráfico, si no hubiera veredas. Permanece lo más alejado posible hacia el lado izquierdo para que te pueda ver el tráfico que viene de frente.

¿Conoces estas señales? Haz una raya para que el nombre corresponda a la señal.

Cruce de caminos

Cruce de peatones

Parar



Cruce de ferrocarril

Sitio seguro

Área escolar
(cruce de niños)



**Conscious
DisciplineSM**

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

What does Conscious Discipline do?

The most frequent comment heard in response to the Conscious Discipline program is that it is life-changing. The Seven Powers and the Seven Skills taught in the program enhance adults' social-emotional intelligence in perceptible ways. Conscious Discipline teaches relationship skills that help adults in all of their interactions, so that improvement is seen at home with family, at work with colleagues, and at school with children. This single program, offering such a broad life-changing approach, is extraordinarily effective and meaningful for those who are willing to make the change.

Conscious Discipline leads parents, teachers, administrators, staff and employees through a process that promotes permanent behavior changes in both adults and children. The paradigm of change is from a traditional compliance model of discipline, relying on lower brain center approaches of threat and force, to a relationship-based community model that relies on higher-order thinking skills.

Conscious Discipline educates adults by establishing an understanding of brain development. Once a basic knowledge is established, Conscious Discipline then draws out the relationships between brain development, learning and behavior. Ultimately, Conscious Discipline uses this information to deliver specific ways to create safer, more caring and more responsive environments for schools, homes and workplaces.

More on Conscious Discipline:

Research on brain function shows that learning takes place in an emotional and behavioral context. When children can attach academic skills to feelings and actions that are part of their everyday world, they are more likely to use those skills. Conscious Discipline creates a "School Family" that fosters meaningful academic and social learning together.

Every classroom management system must have a core motivator. The motivator in Conscious Discipline is the School Family. Connection, belonging and contribution within the School Family create cooperation among children. Students are intrinsically motivated to be helpful, responsible and caring classroom citizens.

Conscious Discipline is specifically designed to teach the following:

- ✓ Anger management
- ✓ Helpfulness (pro-social skills)
- ✓ Assertiveness
- ✓ Impulse Control
- ✓ Cooperation
- ✓ Empathy
- ✓ Problem solving



Real-life conflict and challenging situations serve as character education curriculum for the Conscious Discipline classroom. Conflict is viewed as a teaching opportunity and adults are empowered to transform it into a valuable lesson. Character education is part of everyday life, not an activity that occurs separately.

Conscious Discipline builds self-esteem by addressing children's universal need to be generous and contributing members of a group. Each child holds a job and is responsible for the effective running of the classroom.

Conscious Discipline moves a step beyond positive discipline by helping adults become conscious of themselves. This consciousness increases effectiveness and fosters a reflective, thinking mind by strengthening the frontal lobes of the brains of those who exercise its principles. The frontal lobes are the "CEO" of the brain. They allow impulse control, problem solving, empathy and proactive strategies during difficult situations.

Consciousness allows adults to teach by example. Example is, by far, the most powerful teaching technique available. Children who observe discrepancies between what is "practiced" and what is "preached" are likely to imitate the behavior they see modeled. You must model calmness, respect, responsibility, etc. if you want children to display calmness, respect, responsibility, etc.

Conscious Discipline links home and school, as the School Family is seen as an extension of the home family. The School Family provides the infrastructure in the classroom to handle difficult life events in a child's life, in the community and in the world.

Conscious Discipline operates on a basis of creating physical and psychological safety for children. Research shows that the brain functions optimally in a safe, stimulating environment. This principle is at the program's core.

Source http://www.beckybailey.com/cd_what_do.cfm

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.



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