

September Newsletter Stu 2

Monthly News and Updates

We have our first week of zoom meetings under our belt. I think we are doing pretty well so far. Thank you for your effort and cooperation. If you are having trouble getting on our zoom meetings please reach out to us by phone or email and we will try to help. Also please know that with 35 zoom meetings to conduct daily Mrs. Lucinda and I are trying our best to stay on schedule. Please be on time to your zoom meeting, we will wait 5 minutes after the scheduled time for you to appear. If we don't see you at that time we will sign off and move to the next meeting.

If you are going to miss a zoom meeting please send us an email or give us a call and let us know why you are unable to attend. Otherwise we have to track you down and find out the reason you missed that day for our attendance report.

I sent out an e-mail with the dates and times of our material pick ups for the month. Plan on driving by every 2 weeks to collect your materials. The directions on what door to go to are in the directions.

Social/Emotional Tips

A Little Progress Each Day
Adds Up To Big Results.

Just remember this is new to all of us, we all need to be kind and patient to one another as we all learn.

Nursery Rhymes/Songs

This month we will continue to teach the Head, Shoulders, Knees and Toes song, 5 Little Monkey's Jumping on the Bed, and Twinkle, Twinkle Little Star.

Monthly Nutritional Activities

This month for health and nutrition we will be talking about different ways to move our bodies, or moving like animals. We will discuss germs, washing hands and covering coughs and sneezes. We will also meet Safety Sam who will teach us about safe behaviors around buses.

Sept. Book List

5 Little Monkeys Jumping on the Bed
The Wheels on the Bus
Don't Push the Button
The Feelings Book
Glad Monster, Sad Monster

The materials are for upcoming lesson plan projects. I will send home enough for the student and at home teacher to participate. When not being used please keep the materials in a safe spot. I know the kids will want to use all the goodies in the bag, but if they do that there won't be materials left to do the lessons when that time comes.

Don't forget to fill out the IN KIND forms weekly and return them to me in the communication folder you will get at our first materials pick up day.

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Mouse Paint

Brown Bear, Brown Bear What do you See?

Where the Wild Things Are

Ten Apples on Top

Pete the Cat's 4 Groovy Buttons

Pete the Cat's I Love my White Shoes

Monthly Lesson Plans

This month we will learn about colors, feelings and emotions, explore apples, have fun with shadows, and meet a cool cat named Pete. We will go to where the wild things are, practice writing our names and learn a song called when your happy and you know it.

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 **dloefr** (folder) or **kpobekca** (backpack). **Tysa** (Stay) in your **toes** (seat) and talk **lyqitue** (quietly). Your **dhax** (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.

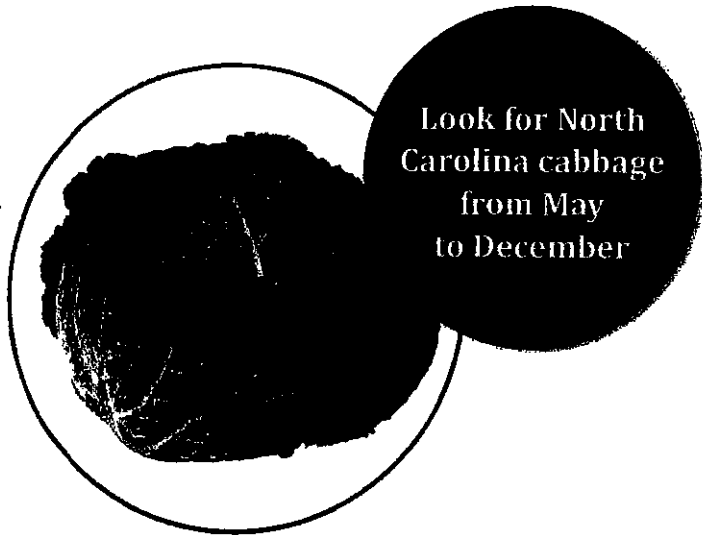
When you **aitw** () for the bus, keep away from the **treast** () and **ffraict** (). Put your papers in a **dlsefr** () or **kpcbakca** (). **Tysa** () in your **taes** () and talk **lyqtue** (). Your **dhaz** (), **msar** (), and **gsle** () belong inside the bus.

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

Answers on back



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.

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.

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.





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)





**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

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.

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.

