

Mountain Lion Cub News



Preschool

Miss Drea and Miss Cecilia's preschool students participated in a really fun apple unit in September. They learned all about the letter A and its sounds. The Pre-Kinders explored how apples are grown and learned the parts of an apple. They investigated a delicious smelling fall sensory bin, created apple art and and tasted a variety of apples. After hearing the story Ten Apples Up On Top, they did an apple counting math craft. The students finished up their unit with a yummy apple party! So much learning is occurring with these little ones already. The children are beginning to learn academic skills as well as learning very important social/emotional skills such as how to be a good listener, wait their turn, and share. Being a good friend takes skills that they are learning each day.



Pre-Kindergarten

Miss Amber and Miss Melissa's Pre-K class have been learning all about families. They have learned that not only do they belong to a family who they live with and others who are related to them, but that they are also an important part of their classroom and church family. The students discovered that everyone has an important role in the families that they belong to and this is part of what makes them special. This month the Pre-Kindergarteners worked on patterning in math and they have had fun with letters and sounds as they learn with Zoo-Phonics. This phonics curriculum associates each letter and sound with an animal and a movement representing each animal to help young children learn with their whole bodies, as seen in this great picture of them practicing their letter names, sounds and actions.

Pyramid Model for Families

How can I help my child regulate his/her emotions?



Young children can be very emotional! Sometimes it can be difficult for young children to "get over it." In order for children to be able to move forward, they need to learn to calm down. Many children need to be taught how to calm themselves, the same way they are taught any other skill such as counting or writing their name. And just like other skills, it requires practice for them to become really good at it. The link below will take you to a great resource with strategies that you can teach your child to use at home to calm down when having big feelings. When your child is in a calm mood, talk with them about the times when they may feel angry, sad, or frustrated. Share the calm down strategies with them and have them choose one to try the next time they need to calm down. When the big feelings happen, remind your child to use their calming strategy and stay with them while they practice with it. It's ok to switch up to a different strategy if it's not working for them. Over time, they will get really good at calming themselves down and they may not need you to remind them or practice with them at all.

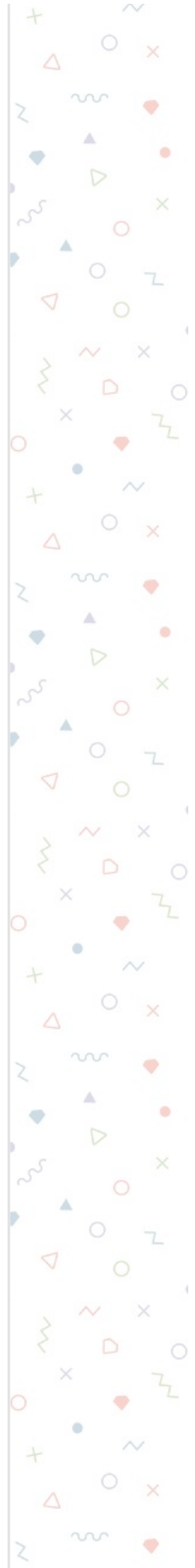
They will have learned to regulate their emotions which is an important part of growing into a healthy adult.

[Help Us Calm Down](#)

Spotlight on Development

Fine Motor Development

Strong fingers, hands and wrists make for good handwriting and scissor skills. This is why in preschool we provide many opportunities for students to engage in play that involves strengthening those very small but very important muscles. Creating with Playdough, making art collages, picking up small objects with tweezers, playing with Legos, squeezing a stress ball, and putting puzzles together are some examples of activities that improve fine motor development in children. Look for opportunities at home for your child to work those muscles.



Lighting the Way for Parents

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." **Galatians 6:9**

