



November/December 2018

# Lollipop Reporter

### \*\*\*\* Calendar Notes \*\*\*\*

**First Presby Preschool**  
16 Leon Sullivan Way  
Charleston, WV 25301

**Phone:**  
(304) 343-8961

**Fax:**  
(304) 343-8970

**E-Mail:**

[preschool@firstpresby.com](mailto:preschool@firstpresby.com)

Nov. 1 (Thurs.) - Monthly tuition due  
Nov. 5 and 6 (Mon. and Tues.) - NO SCHOOL  
Nov. 12 (Mon.) - NO SCHOOL  
Nov. 19 to 23 - Thanksgiving Break - NO SCHOOL  
Dec. 3 (Mon.) - Monthly tuition due  
Dec. 12 (Weds.) -Weekday Christmas Worship 12:00 p.m  
Dec. 21 (Fri.) - Last day of school in 2018  
Jan. 2 (Weds.) - School resumes

### November/December School News

The next two months will be an exciting time in the Preschool. We have lots to be THANKFUL for and will be working diligently on the Christmas Worship (for Butterflies, Busy Bees, Monkeys and Geckos). In the classrooms, the children will be learning about Thanksgiving and some will even be preparing their own Thanksgiving feast.

October found us learning about the farmer's market. Many of the classes went on a field trip and came back excited about all of the wonderful things that they had seen. Some brought back apples and made applesauce. This is a wonderful time to learn about the harvest and of the wonderful things that we have been given.

We're proud to share with you some of the coming events in which the children will be participating. This month we will begin a food drive to help feed the community and to teach our children the warmth of giving. In addition, we will be collecting mittens in December for local children. Watch your child's newsletter for more exciting events. We hope every one has a happy and safe holiday this year, as well!



### Director: Ginna Taylor

#### Staff:

Ann Grishaber  
Maureen Kidd  
Lee Ellen Stanley  
Carol Bane  
Jackie Moxley  
Ashley Midkiff  
Diana Loftis  
Brittany Casdorff  
Jennifer Insko  
Kara Risk  
Miranda Klingler  
Amanda Hughes  
Laurie Brown  
Kelly Smith  
Angel Mackey

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### LollThanks to all the...

- The Preschool Committee for providing cookies and other goodies for Parent's Night.
- Lee, Bernard and Howard for everything they do daily to help us keep the school running.
- To all parents who donate needed classroom supplies for their child(ren)'s classes. The teachers usually make known the items that they need; however, all classes benefit from such donations as hand sanitizer, paper towels, Clorox wipes and tissues.

-To the special moms that helped put together lunch for the preschool staff at their last staff meeting.





## Do You Know About Your Plants?

It's that time of year when some houseplants have spent the summer outside and have now been brought back in to survive the winter. Household plants (both those that stay indoors all year-round and those who bask in the sun over the summer months) have become one of the nation's leading causes of ingestions in children. These are some do's and don'ts from the West Virginia Poison Center:

1. Never eat any part of an unknown plant or mushroom. Teach your children never to put leaves, stems, bark, seeds, nuts or berries from any plant into their mouths.
2. Keep poisonous plants out of reach of young children (see pg. 3 for list of poisonous plants).
3. Do not assume a plant is not poisonous because birds or other wildlife eat it.
4. Do not rely on cooking to destroy toxic chemicals in plants. Never use anything prepared from nature as a medicine or "tea".

## Promoting Independence

*"You can help our child develop a healthy sense of independence."*

Independence is an important aspect of your child's development. From the age of two, children strive for more independence. From this age, you should encourage your child to make simple choices about their lives.

It can be a common pitfall for busy parents to do things for children that children are capable of doing themselves. Here are some ways to encourage appropriate independence.

- Allow your child to make simple choices from a range of options you give them and are prepared to accept.
- Help children understand the impact of their choices.

-Provide age appropriate toys for that children can learn to play by themselves for short periods of time.

-Encourage children to attempt things for themselves no matter what the outcome.

-Initially help children take responsibility for packing up their toys; then allow them to and expect them to do it for themselves.

-Help children to set achievable goals and work toward achieving those goals.

## Homemade Granola

- 3 c. uncooked oatmeal
- 2 c. oat flour
- 1 T. ground cinnamon
- 1 T. dry milk powder
- 2 T. peanut butter powder (optional)
- 2/3 cup honey
- 1/4 cup canola or vegetable oil

Mix dry ingredients in a large mixing bowl. Put honey and oil in a glass measuring cup and microwave on high for 60 seconds. Mix into dry ingredients. Pour mix onto a jelly roll pan or a pizza pan that has been lightly sprayed with butter spray. Bake in 250 degree oven for one hour, stirring half way through. Add raisins or diced pineapple (any fruit or nut) after granola has cooled. Store in an airtight container





## Toxic Plants - What to watch out for this season

Here is a partial list of toxic plants that are commonly found in households. For a complete list, contact the West Virginia Poison Center (1-800-222-1222). Be especially mindful this holiday season as many of the popular holiday plants are on this list!

Azaleas, Buckeye, Buttercups, Caladium, Calla Lilly, Daffodil, Dieffenbachia (Dumb Cane), English Ivy, Holly Berries, Hydrangea, Jasmine, Jonquil, Mistletoe, Morning Glory, Mushroom, Narcissus, Philodendron, Poison Hemlock, Poison Ivy, Poison Oak, Poppy, Potato-Sprouts, Primrose, Rhododendron, Sweet Pea, Tomato-Vines, Tulip, Wisteria and Yew.

These plants contain a wide variety of poisons and symptoms may vary from a mild stomach ache, skin rash, swelling of the mouth and throat to involvement of the heart, kidneys, or other organs. If you do not know the name of a plant, you

should have it identified by the nearest landscape or gardening center in your area. Since the WV Poison Center can not accurately identify your plants from a telephone conversation, it is important that you know the names of all the plants in your home and yard.

***Despite rumors to the contrary, poinsettias are not toxic. Nevertheless, keep them out of children's reach - poinsettias can cause stomach aches if swallowed.***

***Call the nearest Poison Control Center if anyone does chew or swallow a known or suspected poisonous plant, and seek medical treatment. Remember, they will need to know the name of the plant that was ingested.***



## Why Large Motor Play?

Motor skills are essential to all aspects of development. Take climbing...it not only strengthens muscles, but also builds self-esteem and allows children to see and feel the world from different perspectives. Swinging and rocking force children to orient their in-motion perceptions to a constant world. Jumping causes children to learn that a constant - the ground - feels very different relative to the height of their falls. Hauling requires children to maintain balance while moving, and when they are unable to view their feet, to use a different perspective to avoid tripping. Motor activities constantly challenge children to integrate body, mind and space. Children are scientists with their whole bodies.

Large motor play has other values, particularly in a setting where one is very small, faces long days, and must fit into the schedules of adults and other

children. It is in climbing, swinging, sliding and so on that experiences of ecstasy, unbridled joy or power, concentrated tension, and wild physical abandon are most likely to occur. On the grayest of days, motor play affords children the opportunity for power and pleasure and emotional release.

*You are a child of the universe, no less than the trees and the stars; you have a right to be here.*  
- Desiderata



## Don't be afraid of the Cold

You need not worry about letting your children play outdoors on cold days, unless the wind chill temperature is -20°F or below. People often keep children indoors during the cold weather to prevent colds, but most colds are caught indoors. Playing outdoors in the cold can provide much-needed exercise. Just make sure your children are properly dressed for the weather conditions.

Here at First Presbyterian Preschool, we use the following rule of thumb:

*For Weekday School kids, outdoor play continues as long as the weather is above 32°.*

*For Toddlers kids, outdoor play continues as long as the weather is above 40°.*

## Some important things to remember:



-Tuition is due at the beginning of each month. Invoices are not issued and payment is considered late after the tenth of the month.

-If you arrive late on any given morning, be sure to escort your child to the classroom. The classroom doors are closed and locked after morning carpool.

-If you have made special arrangements for someone other than yourself to pick up your child,

you must provide a written note or call the Preschool office so that we are in accordance with the change.

-If your child is turning four during the school year, remember to get his/her booster shots for WV Pre-K. You will want to get a copy of your child's immunization schedule at that time to save time when pre-registration begins in March.

## Fine Motor Skill Development

Here are some fun activities that you can do with your kids that will help improve their fine motor skills. Encourage your kids to **play** and do a lot of movement. This provides a good foundation for academics later on. Have fun!!

- Animal walks like the crab walk, bear walk, mule kick, and so on.

-Spray bottles: Let kids spray plants outside or draw a target with chalk and have them spray the target.

-Have your kids tear paper into strips or wad it into balls. Tearing isolates the fingers while wadding uses the whole hand.

-Clothespins are great for fine motor manipulation. Store some clothespins in a box and have your children pick them out and attach them to the side of the box. Even better, color each side of the box a different color and color the clothespins different colors to match. Have your children attach the correct clothespin to the correct side of the box.

*“Some activities can be used to help fine motor development and promote/improve hand grasp skills.”*



## Weekday School Christmas Worship

The Weekday School children (Butterflies, Busy Bees, Monkeys and Geckos) are inviting you to their Christmas Worship service in December. Following the service, parents and other guests will be invited to join the children in their classrooms. The service begins at 12:00 p.m. This is an important time for your children, and it will mean much to your child to have a relative or special friend attend if you are unable to join us.



### Please remember the Food Pantry during the holidays.

There are a lot of families here locally that depend on the food pantry for meals. Each time you are shopping, just pick up one or two items. You'll be surprised how much help that can provide over a month's time!

Dec 12<sup>th</sup> - 12:00 p.m. worship

## Re-Thinking Nutrition

Nutrition has strong and long-lasting effects on children's development. Good childhood nutrition helps children learn better and promotes strong, healthy bodies. In addition, eating habits and taste preferences formed in early childhood become the basis for lifelong eating behaviors. Just as with other aspects of child development, such as early language and emotional attachment, patterns established in the early years of life predict who will and who will not be healthy in the years ahead. The early childhood period is that critical!

Consider these tips for encouraging young children:

- Serve food in its simple form. Children normally prefer food that is not all mixed together
- Sit with children and eat the same food they are eating
- Express enjoyment of foods as they are eaten
- Talk about where food comes from, its color, and how it promotes healthy mind and body

*From the book Re-Thinking Nutrition: Connecting Science and Practice in Early Childhood Settings (Redleaf Press)*



### Washing instructions for Biocolor paint:

If you're having trouble getting paint out of your children's clothes, try these washing instructions as recommended by the paint manufacturer: Wet the soiled area with water and apply a laundry stain pre-treatment. Thoroughly work the soiled area and allow to sit 5 minutes. Machine wash as normal. Repeat washing instructions if necessary. Biocolor paint washes out of most fabrics.

"Blue" Dawn is a good product to try when removing paint from clothes, too. Pour Dawn over the soiled area and work in with your fingers. Wash as normal.



## School Closing Policy

If Kanawha County Public Schools are closed because of weather conditions or any other emergency, our program will also be closed. If public schools open one hour late, we will also open one hour late. If, however, public

schools open two hours late, we will differ and open *just one hour late*.

The school calendar will be revised if school is canceled for more than 3 days. This policy will allow for making up a maximum of three canceled days, which will be done at the end of the school year.

### When You Should Keep Your Child at Home

The following is a policy concerning sickness for our program. Please be considerate of other children and staff by not sending your child to school with a contagious disease:

-Fever: If a child runs a fever over 100 degrees, keep the child home until the temperature has returned to normal without medication for 24 hours.

-Runny Noses: If your child has allergies and his/her nose runs clear...okay. If the mucus is yellow or green, or if there is a fever, keep your child at home. He/she probably has a viral or bacterial infection.

-Vomiting or Diarrhea: Wait 24 hours after the last incident before returning to school.

-Strep Infection or Pink Eye: Wait 24 hours after the first dose of medicine before coming back to school.

-Chicken Pox: After all blisters have scabbed over and no new ones are appearing.

-Rash: Any rash needs to be identified as not be contagious by your doctor before coming to school.

The above policies are minimum guidelines. If your doctor recommends a child should stay home longer, please follow instructions. Also, if your child is taking medication which may affect behavior, it is probably a good idea to keep that child home until he/she can participate in the full range of activities.

## Early Drop-off Delay Policy

If Kanawha County Schools announce a one or two hour delay, Early Drop-off will begin one hour later at 9:00 AM.

## Early Closing Policy

(If Kanawha County Schools closes early **for a weather or emergency event**)

-If Kanawha County Schools closes two hours early, we will dismiss at carpool during the regular time. All after school programs will be cancelled.

-If Kanawha County Schools closes one hour early, Lunch Bunch, Art Class, Science and Reading will end at 1:00.

## Our Philosophy...

We look upon our school as a small community that seeks to educate children to be creative, loving and caring individuals. Our challenge is to provide a climate for growth where children are helped to understand their world through the full use of their senses, feelings, and intellects. To this end we base our program on three educational principles:

- We believe a child's self-image is the most important ingredient in the learning process.
- We believe each child is a unique creation in his or her abilities, interests, and feelings.
- We believe that play is vital to a child's learning. It is the medium of self-expression and the way each child organizes and makes sense of the world.