

YELLOW SCHOOL NEWS



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January 2017

HAPPY NEW YEAR!

We all hope that you and your families had wonderful celebrations and some opportunity for rest and relaxation. The children came back to school excited to share stories of Christmas gifts and activities and eager to resume their Yellow School activities.

Coming up in all classes are experiences with, and studies of, winter, hibernation, day and night, dinosaurs and more! All of these exciting subjects will include math, literacy, science, social studies, as well as physical and social development activities. Watch your 'What's Happenings' for more specific information.

PARENT-TEACHER CONFERENCES

School is closed for Parent-Teacher Conferences on **Wednesday, January 25**. Conferences for the MTW and WTF 3 year old classes and for the 3 day, 5 day (AM) and kindergarten classes will be held this day.

Conferences for the MT 3 year old class will be held on Monday, January 23 and for the PM class on Tuesday, January 24. Classes are held as usual on the 23rd and 24th. PM class children who do not normally

come to school on Tuesday morning are welcome to join the extended morning during their parents' conference times or parents of PM class children may sign their child up for the whole morning.

Child care will be available at school during your conference time on Wednesday, the 25th.

We will use **Sign-Up Genius** to register for conferences this time. Watch for an email telling when this will be available.

HEALTH CONCERNS

Now that we are into the cold and runny nose season, please keep your child home if she/he has thick yellow or green nasal discharge and/or bad coughs.



CHILDREN'S GROWING INDEPENDENCE

Children love to be able to say, "Look, I did it myself!" As the year goes on, we all need to encourage their independence. Teachers help this process by doing such things as allowing the children extra time for buttoning, zipping, etc. If you have been walking your child in to school each day, this might be a good time to join the carpool line and afford your child that next step in developing self-reliance.

THINGS TO CONSIDER

As you are exploring your options for school placement next year, remember what children enjoy and how children learn. In answer to your question, "What did you do at school today?" when your child says, "I played!" chances are she counted "treasures" (e.g. pebbles, leaves, sticks) on the playground (math), measured sand and water (math), wrote stories (literacy), read together the Morning Message and the Daily News (literacy and phonemic awareness), negotiated a turn on the red bike without hitting someone (social development), mixed red and yellow paint for the umpteenth time and found it still makes orange (science), worked a puzzle (fine motor development), sang songs (literacy and math), and balanced a table-high tower of blocks (physics). As the children engage in these meaningful activities, their need for movement is met, they strengthen their hand muscles so that they are strong enough to hold pencils and write, they learn about absorption, balance, cause and effect, friction, gravity, planning, problem solving, measurement, phonemic awareness, math, beginnings, middle and endings as well as a myriad of other things. As children are engaged in an

activity - as they have a chance to experience it, to feel it, to explore the hows and whys of it - they internalize the information more completely and understand it more fully. It is also important to have opportunities to experience and explore multiple times and in multiple ways. This assures that whatever the child's learning style, it will be addressed and that the child will have multiple opportunities to understand and internalize the information.

It is important to take advantage of children's natural curiosity, to give them lots of opportunities for discovery, and to enable them to have many and varied experiences, but the key to successful teaching/learning is that the activities must be engaging and age appropriate.

All of these activities, along with more formal classroom instruction, build firm educational foundations for reading, writing, math and more!

CALENDAR

- Jan. 3 – School resumes
- Jan. 3 and 6 – Grandpas
- Jan. 10, 12, 24 and 26 – Chapel
- Jan. 11 and 18– Parent Palooza at MDPC, 6 to 8 PM
- Jan. 17 and 19 – Night Field Trip for the 3s. Watch your "What's Happenings" and emails for more info.
- Jan. 20 – Snow Day...if it doesn't rain ☺
- Jan. 23 – MT 3s CONFERENCES
- Jan. 24 – PM Class CONFERENCES
- Jan. 25 – CONFERENCES FOR ALL OTHER CLASSES



PARENTING TIPS

HOW TO HELP YOUR CHILD WITH SOCIAL DEVELOPMENT

Social Emotional Skills

This activity will help your child to develop an awareness of feelings and give her ways to express her feelings in an appropriate way. Handling strong emotions is an important school readiness and life skill.

- Give your child positive feedback by saying, “I like the way you used your words to explain your anger,” or “you made a good choice.”
- If your child struggles with expressing their feelings in a positive way, help them to come up with a plan of action to follow when they get upset.
- Look for books on feelings and read with your child

You can use this same type of discussion about feelings and reactions to help with other feelings (frustrated, sad, upset, scared)

The best time to talk to your child about feelings and how they react is when they are NOT feeling that way (for this activity, we recommend you do it when you and your child are not angry).

Let’s Play!

Introduce the activity to your child by saying: **“Sometimes we have angry feelings and that’s okay, but we should express our**

anger in a way that doesn’t hurt others or ourselves. When someone says mean words to me, sometimes I get angry. When that happens is it a good choice to hit them or throw my shoe at them? (Wait for child to respond.) **No, throwing and hitting are not good ways to express your anger. What are some things that make you angry?”** Let your child respond.

“What do you do when [name some of the things that made her angry].” Let your child respond. Help her with real examples if she cannot remember. **“Was it a good choice to [use example of child’s reaction to being angry]?”**

“Let’s think about some other things we can do when we are angry.” Have your child think of some good options.

Below are a few good examples that you can share with your child:

- Use our words and say something like ‘Please stop, I don’t like it.’
- Ask for help from an adult.
- Walk away.
- Take a deep breath and count to 10.
- Take time to sit in a quiet place and draw a picture or write.
- Talk to someone and tell him how you are feeling.
- Listen to music and dance.
- Go into your room and pound your hands on a pillow.

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