

Secondary Sweep

Everything you need to know about what is going on in the Preschool/Pre-K classrooms!
January and February

What Are We Learning?

- **Jan. 3-13: Winter**
 - It is cold and we wear warm clothes in winter.
- **Jan. 16-27: Human Body**
 - Our body is made of different systems, and we have 5 senses.
- **Jan. 30-Feb. 10: Feelings**
 - We have lots of feelings.
- **Feb. 13-24: Friends/Valentines**
 - We show we care in different ways.

Theme Thinking:

Winter: Have a snowball fight. You can use real snow if there is any or crumple up paper. (Fine motor and Gross motor)

Human Body: While doing different activities, discuss what senses your child is using (Communication and Science)

Feelings: At random times ask your child how he/she is feeling and why they feel that way. (Social emotional, Communication, and Self-awareness)

Friends/Valentines: Try to show someone you care each day. (Social Emotional)

ELVES
Everyone
Loves
Very
Energetic
Santa helpers!



AI's Reminder:

In AI's Pals we are talking about problem solving. We stop and think to identify the problem. Then we say how we are feeling. Finally, we brainstorm a solution to the problem.



Reminders:

- **Special friend day will be in February. Look for more details toward that time.**
- **PLEASE make sure your child has a change of clothes in their cubby. Accidents do happen even at this age!**



How Can I Help My Child Develop? Self-Help Skills



Self-help skills are tasks that children should be able to do on their own. It is sometimes difficult as a parent to let go and see your child become more independent, but it is a vital step in their long journey of growing up. Encouraging self help skills helps increase confidence, fine motor skills, gross motor skills, cognitive ability, curiosity, self-awareness, creativity, and much more!

To let your children, practice self-help skills do not just do things for them. Let them try to do tasks first. If they do need help after trying, let them ask for help with specific words (ex. Please help me zipper my coat). Below is a list of tasks 3–5-year-old students can try to do on their own.

- Putting clothing/outer wear on and off
- Zippering and buttoning coats/shirts
- Brushing teeth
- Brushing hair
- Toileting (wiping included)
- Small chores (ex. setting table, cleaning, putting laundry in hamper, etc.).
- Knowing their full name, address, and phone # (important for emergencies)!
- Solving problems
- Soothing

If you have questions about how to encourage your child to start doing these skills independently, talk to any of the secondary teachers!