



MVESC Early Childhood Education Programs Newsletter

Administrators' Report

Welcome to the 2015-2016 school year! we hope your child has settled into the preschool routine easily. We know sometimes the transition can be challenging. If your child is still having difficulty, please contact his teacher to discuss strategies to help him adjust. Some basic things you can do to help your child adjust include establishing a consistent routine at home and portraying a positive attitude about school.

We have many exciting learning experiences planned for your child. One of our primary program goals is to prepare children for kindergarten. We are pleased to report that students who attend MVESC preschool programs have historically outperformed their peers on kindergarten and third-grade assessments. Please watch future newsletters for additional information about student achievement.

The Ohio Department of Education has created Learning and Development Standards to be used as a tool to guide instruction in the classroom. From these standards, we have selected a group of 28 to use as School Readiness Standards. Teachers will use these standards to complete assessments and track student progress. You will receive information about how your child is doing through quarterly progress reports.

Our goal is for your child to have a positive preschool experience. Our parent satisfaction rating for the 2014-2015 school year was 98.9 percent. You will have the opportunity to express your satisfaction with our program through a parent survey in early spring. Our goal is to increase our satisfaction rating each year. We welcome you to make suggestions for improvements as they come to mind.

Feel free to share your suggestions with your child's teacher or with Early Childhood Administrative Assistant Stacy Stoneburner, Program Coordinator Elaine Dodson, or Early Childhood Director Krystal McFarland.

Thank you for choosing MVESC preschool programs. We look forward to serving you and your child!

For questions, comments or concerns, please contact Stacy Stoneburner at 740-455-6703 or stacy.stoneburner@mvesc.org

Muskingum Valley ESC

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Special Points of Interest:

- ☺ Parent interaction days will be held in October.
- ☺ National literacy Month is November. Guest readers will be invited to read in the classrooms.

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Fall Activity Time!



By Stacy Stoneburner

Fall is my favorite time of year. With football, camping and crackling fires! Fall can be just as active as summer; you just need to know how to dress and what to do. Pumpkin patches are one of my family's favorite places to visit during the fall. Pumpkinpatchesandmore.org is a wonderful website that lists pumpkin patches by county.

There are apple orchards you can visit with your family, and pickyourown.org features orchards by county, as well. Take a walk in the woods and experience the scent of autumn, the crunch of leaves and the cool weather. The Columbus Zoo and Aquarium has different fall activities available. Visit their website for more details.

Keep an eye out for local fall festivals. Most are free to attend and have lots of activities and great food! Take your family on a weekend camping trip. Most campgrounds have activities during the Halloween weekend for both kids and adults. Call ahead or check out local campground websites for more details.



Bringing Back Family Game Night



By Amber and Andy Ankowski
PBS.org

Although your children may find it hard to believe, there was a time long ago when families used to gather around the table, look one another in the eye and play real-life, interactive games together well into the night.

As today's researchers are now discovering, all of that fun play actually led to some serious child development benefits. So we think it's time to bring family game night out of the past and into your immediate future! Here are five big research-based reasons why:

1. Games are good for motor skills
Every time your little ones roll the dice or shuffle the cards, they're developing hand-eye coordination and fine-motor skills, which can lead to later success in sports, playing instruments, writing and more.
2. Games can lead to better grades.
Many games build specific skills that are useful in your kids' academic careers like math, spelling, vocabulary and general knowledge. Research from

Carnegie Mellon shows that even a small amount of practice playing academic games can lead to big results in the classroom. One study found that preschool-aged kids who played a simple dice-rolling and token-moving number game for just one hour over a two-week period had measurable gains in number skills. These results are important because children's early number skills are highly related to math achievement in schools. So remember, a little family game time now can lead to great benefits come report card time.

3. Games help your kids solve problems. Researchers from University of Florida have found that kids who practice strategizing and solving problems with their parents have better memory techniques and more success at solving problems on their own. Playing strategy games with your kids is one way to give them valuable practice at solving problems. More importantly, it also gives you a chance to demonstrate effective problem-solving techniques that your kids can learn from and emulate. When you play games together, share information about how you

approach each problem to be solved. Explain how you break problems down into steps, how spending time planning before acting can benefit success and how your thought processes work as you solve a problem. These talks will give your kids insight into their own thinking that can bring them greater success in real-life problem-solving situations.

4. Game night is family bonding night. No matter what games you play, the fact that family game night forces you to spend quality time interacting with your kids can help contribute to positive outcomes for them. Numerous studies have shown that children from families who maintain strong communication through frequent get-togethers like game nights and family dinners enjoy benefits to nearly every aspect of their lives.

Visit PBS.org for a list of games from this article

Lunchbox Hacks: Amazing Tricks for School Lunches

By Passionforsavings.com

1. **Use Saran Wrap to keep apple slices fresh.**
Wrap a sliced apple back up with the core using Saran Wrap. By keeping the apple core in tact, you reduce the amount of air touching the surface of the apple to reduce browning.
2. **Use empty bottles for sauces.**
Empty Mio bottles are a fantastic way to store and send sauces and condiments. If your kids love things like ranch dressing or ketchup, then this is a mess-free option.
3. **Use drinks as ice packs.**
Freeze Capri Sun or other juice drinks and use as ice packs in lunchboxes.
4. **Write secret messages in a banana.**
Here's a fun lunchbox treat, use a toothpick to write a fun message in a banana. As it starts to brown, the message will appear.
5. **Pack chicken nuggets in a thermos.** Keep chicken nuggets warm by cooking them in the oven and placing them in a thermos with a paper towel at the bottom to absorb the extra moisture.

See the entire list at www.passionforsavings.com/lunchbox-hacks-36-amazing-tricks-for-school-lunches/



Home Activities From The Classroom



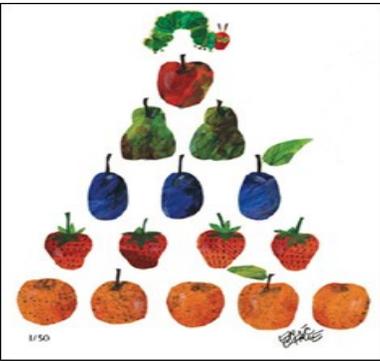
Hopewell — Fine Motor

Using colored construction paper, have children tear it into small pieces and glue onto a paper plate to make a pumpkin or apple.

Using child-sized tongs or pincer grasp, have your child pick up pumpkin seeds one at a time when given a number 1-10.

Adamsville/Dresden — Gross Motor

Gross motor activities can be as simple as walking around the house, neighborhood or park. For variety add in marching, jogging, skipping, hopping or even musical instruments to form a parade. As you walk, tell stories, look for colors, count or play games.



Duncan Falls 1 — Literacy

Environmental print is the print that is found in the world around us. This is usually the first print a young child recognizes. Environmental print can be labels or logos on food boxes, signs or familiar restaurants or stores. A fun activity to do with your child is called Shipping for Environmental Print. Before going to the store, print a grocery store list for your child using pictures of items, logos or labels and have her look for each of the items on her list. Make it a game by making it a scavenger hunt or grocery bingo. Some ideas for labels to print are Kraft Macaroni and Cheese, Goldfish crackers, Oreo cookies, Fruit Loops, etc.

Fazeysburg — Nutrition

Parents could read “The Hungry Caterpillar” with their children and retell the story by eating the healthy foods the caterpillar eats throughout the story. Also talk about foods that are not so healthy.

Duncan Falls 2 — Literacy

Make your home a place for readers.

1. Choose a quiet time for reading to your child.
2. Choose a special place for family reading, like a comfortable chair or pillows piled on the floor.
3. Let your child select the book for you to read aloud.
4. Hold the book so that she or he can see the pictures.
5. Take the time to look at and talk about the pictures.
6. Understand that reading begins at home. Children read their environments, so make your home a print rich environment.
7. Read! Don't expect reading to be important to your children if they see that it's not important to you.
8. Make lists, lots of them, Make them for grocery shopping, books to buy, and things to take on trips.
9. Read aloud to your child every day.



New Home for Classrooms

By Kyrstal McFarland

MVESC Preschool Special Education and Autism classrooms have a new home! The Little Feats and Big Leaps Autism classrooms, have relocated to the Foxfire school building on Pinkerton Avenue. We have also partnered with Maysville Local School District to house our Preschool Special Education classroom, now known as Muskingum Valley Preschool (MVPs), in their preschool/administration building.

As with any move, we have faced some challenges with relocating equipment, arranging classroom space and working out transportation. We are very excited about these new collaborations! Watch future newsletters for more information about events and activities that have resulted from our new partnerships!



Ask the Experts

Question:

My daughter wants to spend all her allowance on candy. Do I have a say in what she buys with money she's earned?

Answer:

The Expert:

You sure do. Just because it's "her" money doesn't mean there are no guidelines about what she can and can't spend it on, especially when she's first getting used to having an allowance. You're still the parent and you get to say what's ok and what's not. So, set up some ground rules at the beginning: Perhaps you simply put a limit on the amount of candy she can buy instead of banning it altogether. As kids get older and more experienced, try to step back more. In fact, the goal is to be involved as little as possible so they intimately learn (sometimes the hard way) the best ways to spend their own cash.

The Mom:

With allowance spending, let the chips fall where they may. The idea is to let kids spend foolishly now so they'll learn from their mistakes; however, I've definitely discouraged certain purchases by my son (like random toys he only wanted in the moment) and made others off-limits (for instance, we don't allow toy guns in our house). Our rule with candy buys-the parents are in charge of when and how much he eats, just like usual.

The Kid:

You could set limits because, if she has too much candy, she'll get too much sugar in her blood, and she could get diabetes. Or, you could take the chores away so she can't buy candy.

scholastic.com/parentandchild February/March 2015

Ask the Experts

Question:

I rarely buy anything new for my youngest. Is it fair that he's always in hand-me-downs?

Answer:

The Expert:

Yes. When you make use of hand-me-downs, you teach your children that you recycle or reuse whenever possible and that you make decisions based on your budget. It's not just the littlest one who is doing all of the "sacrificing." Older siblings may receive hand-me-downs from relatives or be asked to choose items that are gender neutral so they can be easily passed down. That said, it's nice to find a specific moment now and then to get something new for each child. It makes the child feel special and shows each purchase as a conscious decision.

The Mom:

I buy all of our clothes from a local consignment store, so everyone in the family gets hand-me-downs. I love that it takes the emphasis off brands and trends. There are definitely times when I get each child something legitimately new, but on these occasions, the item is truly something they value.

The Kids:

I think it's great that we're recycling, but sometimes I feel like I never get to have new clothes. It might be more fair if sometimes I were able to pick out something new, and we recycle it after me.

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Community Events

Farmer's Market

Wednesdays: Muskingum County Welcome Center Parking Lot

4-6pm

June through October

Saturdays: Muskingum County Fair Grounds

9-12pm

May through October

Both markets accept Senior Citizen and WIC coupons. You may only get produce with the coupons. Times vary when you can use the coupons, as farmers bring produce at different times. Bring WIC verification to the designated booth; you will receive designated coupons to use.

Triple Nickel County Cruise In

October 3, 1-5:30pm

St. Johns Lutheran Church

State Route 555 south of Stovertown

Event features free admission and no vehicle entry fee, homemade food and ice cream, two 50/50 drawings, bounce house, DJ and Kids Pedal Pull.

Family Night Presenting Treasure Island by the Children's Theatre of Cincinnati's ArtReach Program

John McIntire Library

220 N. Fifth Street

Zanesville

October 7, 6:30-7:30

Event is free for all ages, registration by calling the children's desk at 740-453-0391 X 115.

