



# NEW HORIZONS COUNTRY DAY SCHOOL

## TWO'S NOVEMBER MONTHLY CALENDAR



**FINE MOTOR:** During the month of November the students will be working on their fine motor skills by using our nesting blocks, easel painting, cutting, scooping and pouring in our sensory tubs. We will be sending home poster paper for you and your child on 11/7, to create a Family Collage the week off 11/10. This is an important part of our Homes and Family Unit which your child will be sharing with the class. As an addition to the many art projects the class will be working together to make a classroom quilt.

**LANGUAGE:** Language development will include story time, puzzles and learning about young and old. We will be asking open ended questions during story time to help your child's comprehension. We will also be focusing on story recall. We will continue to review working on following verbal commands and positional words. The colors for the month are yellow and brown.

**MATHEMATICS:** Our math skills will involve counting 1-5 as well as one to one correspondence using up to five objects and sorting objects. The students will be grading objects by size. We will also be introducing the proper names for our animal families (calf, lamb, joey, etc.) Our shapes for the month are triangle & square. The numbers 1,2,3 will be introduced.

**SOCIAL/SCIENCE:** As part of our sharing and caring month we will be talking about families and how we celebrate Thanksgiving. The students will be practicing table setting in anticipation of Thanksgiving. We hope you will allow your child to help with this tradition at home. The class will also talk about the different types of homes that people live in. In our Science center we will be reviewing farm tools and life on the farm.




**PLEASE CHECK YOUR CHILD'S CLASSROOM FOR SIGN UP SHEETS FOR OUR THANKSGIVING FEAST.**



**PLEASE HELP WITH OUR FOOD DRIVE. FAMILIES ARE IN NEED OF OUR HELP MORE THAN EVER THIS YEAR. PLEASE SEE THE BACK OF THE NEWSLETTER FOR SUGGESTIONS.**



## TWO'S NOVEMBER 2014

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Life on the Farm	3 FOOD DRIVE 	4 FOOD DRIVE 	5 FOOD DRIVE 	6 FOOD DRIVE 	7 FOOD DRIVE Family Homework Paper Goes Home 
Homes & Family	10	11 Book Fair 7:30am-9:30am 3pm - 6pm	12 Book Fair 7:30am-9:30am 3pm - 6pm	13 Book Fair 7:30am-9:30am 3pm - 6pm	14 Book Fair 7:30am-9:30am
Caring & Sharing, Table Setting, Manners, Hand Washing & Harvest Feast	17	18	19	20 Pizza Day  Wear your NHCDS t-shirt	21 Thanksgiving Feast
Caring & Sharing continued <b>Thanksgiving</b>	24	25	26 SCHOOL CLOSED	27 SCHOOL CLOSED	28 SCHOOL CLOSED

## BACK GATE SAFETY



Please do not allow your child to push the **green gate button**. This is for the safety of all our children. Many times your child will run ahead of you - push the green button and run out the gate into our parking lot leaving our gate open. Not only is your child at risk in the parking lot but many times another child will follow your child out the gate.

**CHILDREN ARE NOT ALLOWED TO PUSH THE GREEN GATE BUTTON**

**Please close the gate when leaving. If you are at the gate and someone asks you to let them in because they forgot their card and you are not sure if they are a part of our New Horizons family, please do not allow them to enter. Find a staff member who can verify that they are a member or direct them to the front office off Nebraska Avenue.**



### 5 A DAY The Color Way

By eating your colors every day you will stay fit and healthy. Colorful fruits and vegetables contain many of the nutrients, minerals and phytochemicals your body needs to maintain good health and energy. They also protect against the effects of aging and can help reduce the risk of some of the major lifestyle diseases. Many of the phytochemicals and other compounds that make fruits and vegetables such healthy foods also give them their color. There are many different phytochemicals and compounds associated with the color – so to ensure you get a wide range of them you need to try and eat fruits and vegetables from each of the color groups each day. A new food may need to be introduced 6 - 12 times before a child decides if they will like it. Don't give up! To ensure the health of your loved ones, serve and encourage **5 A DAY** for better health.

#### What is a serving?

##### Age 1 – 3

- 1/2 medium fruit
- 1/4 cup cut-up vegetables
- 4 oz 100% fruit or vegetable juice
- 1/4 cup cooked vegetables
- 1/2 cup leafy greens
- 1/4 cup potatoes
- 1/4 cup peas or beans
- Dried fruit not recommended



##### Age 4 - 6

- 1 medium fruit
- 1/2 cup cooked vegetables
- 1 cup leafy greens
- 1/2 cup potatoes
- 1/2 cup peas or beans
- 1/4 cup dried fruit



## FOCUS ON FUNDAMENTALS

### Fostering Tolerance and Respect

Children are born without biases about other people of any race, culture, gender, or disability. We sometimes wonder if we can raise our own children free of prejudice. Unfortunately, it doesn't work this way; society's messages are too pervasive. As parents and teachers, we need to take positive action if children are to grow up comfortable with who they are *and* be respectful of others.

We want to work with you to create a program that helps to counter society's messages of bias and reflect the cultural background of all children and families. To begin with, we choose books, dolls, and even pictures on the wall, with an eye to finding balance and showing children what they see too little of elsewhere. For instance, we make a point of showing men and women of all ethnic backgrounds doing a variety of jobs, men as well as women doing household chores and spending time with children and different kinds of families enjoying themselves.

Are we doing all this to be "politically correct"? Not really. We're committed to helping children grow up confident of their own identity and to be respectful to other people and aware of the rich diversity of their community and world.



## BOOK FAIR

NOVEMBER 11th, 12th, 13th, 14th

#### HOURS OF OPERATION:

- Tuesday: 7:30am-9:30am & 3pm-6pm
- Wednesday: 7:30am-9:30am & 3pm-6pm
- Thursday: 7:30am-9:30am & 3pm-6pm
- Friday: 7:30am-9:30am

**WHERE:** OUR GREAT ROOM



*This is a perfect time to get some of your Holiday Shopping done early!!!*





## SHARE YOUR CUPBOARD

**NOVEMBER 3rd - 7th**

An annual tradition at New Horizons has been our Canned Goods Drive. We collect food for the needy families in our community. Your past support of this collection has been terrific and we hope your children won't miss this opportunity to feel the true sharing spirit of the season by giving to those who are less fortunate.

**Donations of food may be dropped off in your child's classroom, the Great Room or the front lobby Monday through Friday Nov. 3rd thru the 7th.**

**Suggested foods:** boxed mashed potatoes, stuffing, canned vegetables & fruits, gravy, muffin or corn bread mix, powdered or canned milk, pastas and sauce, macaroni and cheese, canned meats, tuna fish, boxed cereal, rice and beans, flour, soups, or juice.

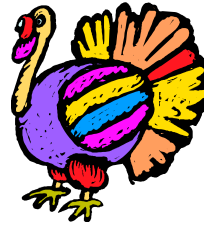
**Non-perishable boxed, canned and plastic containers only.**



## Research Highlight on the Effects of Media on Children

- The more time children use screens in the early years, the more they tend to protest turning them off when they are older.
- Toddlers' use of screens have been connected to the following problems in later childhood: 1) lower math and school achievement 2) reduced physical activity and 3) higher levels of obesity.
- Screen time for children younger than 3 years old has been associated with irregular sleep patterns and delayed language acquisition.
- Increased screen exposure in early childhood has been connected with higher levels of aggression.
- Children who have two or more hours of screen time a day tend to exhibit more psychological difficulties, such as 1) hyperactivity 2) emotional and behavior problems and 3) difficulties with peers.
- Media violence can contribute to 1) aggressive behavior 2) desensitization to violence 3) nightmares and 4) fear of being harmed.
- The more time children spend with screens, the less time they spend engaged in creative play, which is a key foundation for later learning, constructive problems solving and creativity.

Note: The facts in this box come from Campaign for a Commercial-Free childhood.



## REMINDER

**SCHOOL WILL BE CLOSED FOR THANKSGIVING NOVEMBER 26th - 28th**



**PRESCHOOL THANKSGIVING FEAST FRIDAY, NOVEMBER 21st**

In keeping with the holiday, Thanksgiving and our "Caring and Sharing Unit", your child's class will be preparing a wonderful dessert to have with their lunch. Please send in your child's regular lunch minus the dessert.

***IF YOU WOULD LIKE TO DONATE THE INGREDIENTS FOR YOU CHILD'S SPECIAL DESSERT PLEASE CHECK YOUR CHILD'S CLASSROOM FOR SIGN UP SHEETS.***

