



NEW HORIZONS COUNTRY DAY SCHOOL
HALF DAY VOLUNTARY PRE K CLASS
NOVEMBER NEWSLETTER



FINE MOTOR: During the month of November the students will be practicing writing their names, addresses & phone numbers. As part of their homework for the week of 11/14 your child will be bringing home a paper for you to help them make a family portrait. This is an important part of our Homes & Family Unit which the students will be sharing with the class during morning circle time. **The homework sheet will be sent home Friday, 11/11/16.** The students will also be working on a classroom quilt. What a busy month we will have!

LANGUAGE: As a pre reading skill we will be observing your child's ability to predict story-beginnings, middle and endings. We will continue using more expanded vocabulary such as plurals, adjectives and adverbs. We will also be doing activities to emphasize left and right orientation.

MATHEMATICS: In combination with our fine motor skills we will emphasize number recognition while practicing our home phone numbers and addresses. We will be reviewing our geometric shapes, sphere, cylinder, rectangular prism, square based prism, triangle based prism and cone. There will be many activities for the students to work on, such as identifying first, middle, last, comparing sets and counting sets. The students will be doing lessons to help them understand ordinal numbers 1-5. The students will be reviewing the terms: how many, equal, fewer & more than, and how to apply them.

SOCIAL/SCIENCE: As part of our sharing and caring month we will be talking about families and how we celebrate Thanksgiving and how the First Thanksgiving was celebrated. 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. In Science we will be reviewing the proper names for animals on the farm and what it is like to live on a 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.

HALF DAY PRE-KINDERGARTEN NOVEMBER 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mother Goose on the Loose 	FOOD DRIVE 	1 FOOD DRIVE 	2 FOOD DRIVE 	3 FOOD DRIVE 	4 FOOD DRIVE 
Mother Goose on the Loose 	7	8  Election Day Vote for your favorite snack	9	10	11 Family portrait paper sent home
Letter Q: Family Traditions, Addresses, Quality Time At Home, Sharing, Caring & Table Manners 	14	15	16	17 Pizza & Skating Wear your NHCDS t-shirt 	18 Thanksgiving Feast Please bring your regular lunch minus the dessert 
Homes and Family continues 	21  SCHOOL CLOSED	22  SCHOOL CLOSED	23  SCHOOL CLOSED	24  SCHOOL CLOSED	25  SCHOOL CLOSED
Y- Life on the Farm Review of Animal Names 	28	29	30		



SHARE YOUR CUPBOARD
October 31st–November 4th

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, October 31st thru November 4th.

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.



REMINDER!
THANKSGIVING BREAK
for the

**Half Day Voluntary
Pre Kindergarten Students**

NOVEMBER 21st –25th

**SCHOOL WILL BE CLOSED
FOR THE THANKSGIVING
HOLIDAY!**

If you have any questions please feel free to contact the office for more details.



**PRESCHOOL
THANKSGIVING FEAST
FRIDAY,
NOVEMBER 18th**

Please send your child to school on Friday with a healthy lunch including, juice, water or milk minus the dessert.

REMINDERS:

1. No candy, soda pop or fast food.
2. Please put an ice pack in your child's lunch box or bag.
3. We do not heat up food so please send in a sandwich or similar type of lunch.

IF YOU WOULD LIKE TO DONATE THE INGREDIENTS FOR YOUR CHILD'S SPECIAL DESSERT PLEASE CHECK WITH YOUR CHILD'S TEACHER.



**Astro Skate Field Trip
Reminders
Thursday, November 17th**

Each class will be limited to 3 chaperones. All chaperones must have attended one of the Parent Astro Skate Meetings on September 15th, October 20th, or November 17th.

If you missed the 1st two meetings and have been asked to chaperone on the upcoming skating field trip, there will be another meeting Thursday, November 17th at 8:45 am in the Great Room Please see your child's teacher if you are interested in attending this field trip and they will let you know about availability.

**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





Helping children handle Holiday Stress...

For most children, the holidays are happy, fun and exciting times. There's a break from school and a chance to see friends and relatives. There may also be special food, music and family traditions. However, for some children, the holidays can also be stressful and confusing. Family plans and celebrations may be complicated by divorce, separation or remarriage. The holidays can also be a difficult time for children who have lost a parent, sibling or close relative. This year, many children are also separated from parents due to ongoing military service.

The holidays often remind children of what's changed and what's now different. For example, a child from a divorced family may feel sad on some level because he misses the "intact" family he used to have. A child whose parent is on active military duty may feel it's particularly unfair that her daddy or mommy needs to be away over the holidays.

There are a number of things parents can do to help children cope with holiday stress. These include.

1. Discuss holiday plans well in advance, and let kids participate in decisions to the extent possible. Kids need some degree of predictability. Prolonged uncertainty, constantly changing plans or last minute decisions can also increase stress.
2. If you're traveling, leave plenty of extra time and bring child-friendly snacks, books, games and /or music.
3. Don't over schedule. You may not be able to do everything or see everyone. Kids can easily get "burned out," overtired and cranky during the holidays.
4. Give kids some "downtime." Don't expect them to be "on" all the time. Leave room for some quiet activities, like listening to music, walking in the woods or reading a book.
5. Make sure kids get plenty of sleep. While it may be exciting to stay of late, lack of sleep often leads to increased irritability.
6. Let kids be honest about their feelings. Don't force them to act happy and excited if they're feeling quiet or down.
7. Don't promise things you can't produce. For example, don't promise that a parent will be home in time for the holidays if the decision is really out of your control. Don't promise that someone will call if they're in a area with limited phone service.
8. Uphold and maintain family traditions even if a parent is absent. Kids count on certain traditions, which can have an important grounding effect by letting kids know that even though some things have changed, other things have maintained the same.
9. Don't try and compensate for an absent parent with extra gifts or toys. It won't work. What most kids really want is time. Attention and reassurance.
10. Take care of yourself. Try and avoid getting overloaded with obligations. If you feel stressed, it increases the pressure and tension on your children.

Most kids, even those dealing with loss or family transitions, can and do enjoy the holidays. However, preparation, patience and honesty can help prevent conflict, reduce stress and enhance the holiday season for the whole family.

Written by:

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