



NEW HORIZONS COUNTRY DAY SCHOOL INFANT/TODDLER'S NOVEMBER MONTHLY



FINE MOTOR: During the month of November the students will be working on their fine motor skills by practicing walking on a line for those who are able. We will also introduce stacking cubes and using crayons.

LANGUAGE: Language development will include story time, puzzles and learning about our family. We will continue to review working on following verbal commands and positional words. The colors for the month are yellow and brown. 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. The paper for the collage will be sent home on Friday 11/11.

MATHEMATICS: Our math skills will involve counting 1-3 as well as one to one correspondence using up to 3 objects.

SOCIAL/SCIENCE: As part of our sharing and caring month we will be talking about families and how we celebrate Thanksgiving. The children will also be introduced to farm animals and their names. In anticipation of Thanksgiving our students will practice setting the table in Housekeeping.

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.



INFANT / TODDLER'S 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	9	10	11 Family collage paper sent home.
Homes & Family Color - Brown Shape - Rectangle 	14	15	16	17 Pizza Day Wear your NHCDS t-shirt. Toddlers Only! 	18 Thanksgiving Feast Please bring your regular lunch minus the dessert 
Homes & Family continued 	21	22	23  SCHOOL CLOSED	24  SCHOOL CLOSED	25  SCHOOL CLOSED
Life on the Farm Colors – Green-Yellow Shape – Oval 	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 - 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.



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 23rd, 24th, 25th



PRESCHOOL THANKSGIVING FEAST
FRIDAY, NOVEMBER 18th

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.

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:

Dr. Fassler-board certified child and adolescent psychiatrist practicing in Burlington, VT.