



# NEW HORIZONS COUNTRY DAY SCHOOL

## THREES NOVEMBER MONTHLY NEWSLETTER



**FINE MOTOR:** During the month of November the students will be working on their fine motor skills by cutting, folding paper, stacking cubes, gluing and painting on an easel. The students will work as a team and make a classroom quilt as part of our Homes & Family Unit. As part of their homework for the week of 11/14 your child will be bringing home an Art Paper on Friday (11/11) for you and your child to make a family collage. This is an important part of our Homes and Family Unit which your child will be sharing with the whole class.

**LANGUAGE:** Language development will include story time. We will be learning about the differences between young and old and identifying different family members. We will continue to introduce open ended questions and to use more expanded vocabulary with the introduction of adjectives and adverbs.

**MATHEMATICS:** Our math skills will involve counting 1-10 as well as one to one correspondence using up to ten objects and sorting objects. As part of our family unit the students will also be practicing their home phone numbers. The class will continue with grading and we will also be introduced to the terms: how many, equal, fewer and more than.

**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. In our Social/Science centers we will be discussing "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.**



## THREE'S NOVEMBER 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mother Goose on the Loose Letter M 	FOOD DRIVE  	1 FOOD DRIVE  	2 FOOD DRIVE  	3 FOOD DRIVE  	4 FOOD DRIVE  
Mother Goose on the Loose Letter M 	7	8  Election Day Vote for your favorite snack	9	10	11 <b>Family Homework Paper Goes Home</b>
Letter Q – Homes & Family, Table Setting, Manners, Family Traditions Family Collage Colors – Brown Shape – Rectangle 	14	15	16	17 Pizza Day Wear your NHCDs t-shirt 	18 Thanksgiving Feast Please bring your regular lunch minus the dessert 
Homes & Families continued  	21	22	23  <b>SCHOOL CLOSED</b>	24  <b>SCHOOL CLOSED</b>	25  <b>SCHOOL CLOSED</b>
Life on the Farm Letter Y 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.**



**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 "Homes and Family 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.***

### Research Highlight on the Effects of Media on Children



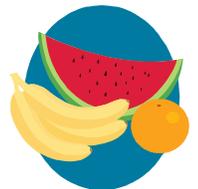
- The more time children use screens in the early years, the more they tend to protest turning them off when they are older.
- Toddlers' use of screens have been connected to the following problems in later childhood: 1) lower math and school achievement 2) reduced physical activity and 3) higher levels 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.

### 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.*