



# Play and Prep Preschool Newsletter

November 2019

## News from the Directors- Mrs. Halley & Mrs. Johnson

October was a fun and busy month with a visit from the Solon firefighters, a PreK trip to Ridgeview Farms, and Halloween celebrations.

Thank you to all our families that participated in our Stoller pastries fundraiser which supports our preschool scholarships. Orders will be ready for pick up on November 7th.

Mark your calendars for November 15th for our next Dinner and Date Night. Drop your kids off for a night of fun with our PNP staff while you enjoy an evening out. Flyers with registration information went home in your child's Friday folder.

Holiday Traditions sheets went home with your child. Please complete and return. Your child's teacher would like to share some of your traditions in class celebrations.

We are looking for volunteers to clean toys. It's easy! You take the toys home on Friday in a bin we provide, clean the toys, and bring them back the next week.

Here's the link to sign-up:

<https://www.signupgenius.com/go/10c0d49a9ab2ca6f49-play1>

## Important Dates

Nov. 7- Stoller's Fundraiser pick-up

Nov. 8- NO SCHOOL

Nov. 15- Dinner and Date Night 5:30-8:30 PM

Nov. 21- Picture Day

Nov. 22- Thanksgiving Feast

Nov. 25- Nov. 29- NO SCHOOL Thanksgiving Break

Dec. 2- School Resumes

Check out our fundraising page at **Mabel's Labels** at [www.mabelslabels.com](http://www.mabelslabels.com) and click on Support a Fundraiser then find Play and Prep Preschool in the school listing. Play and Prep will receive a percentage from your order. **Giant Eagle Apples for Students** Register your Giant Eagle Advantage Card at [GiantEagle.com/AFTS](http://GiantEagle.com/AFTS) Enter Play and Prep's School ID # 5977. **Heinen's Tasteful Rewards School Program** Register Play and Prep with your Tasteful Reward Card at [heinens.com/schools](http://heinens.com/schools), In-store at the Customer Service Desk, or call Customer Relations Department at 1-855-475-2300 ext. 2337. Past participants must **RE-SELECT** Play and Prep by logging in to their Tasteful Rewards profile.

## Oak- Mrs. Balog



Can't believe we are in the third month of school already! We are having lots of fun while learning. This month we are going to start with discovering castles. We are even going to create our own castle in the classroom. Next we will learn about Fairytales by recreating The Three Little Pigs and making their homes. Ending our month we will talk about being thankful. We will be writing in our journals about what we're thankful for and make a special placement to use on Thanksgiving Day.

## Pine- Ms. Cline



We had a fun and busy October as we celebrated autumn. We enjoyed making leaf people, apple pies, and two classroom Jack O Lanterns. We practiced our counting and graphing skills as we taste tested and voted—green, yellow, or red apples? sweet or savory pumpkin seeds? We learned some new Halloween songs, and enjoyed our Halloween party and parade. In November, we will read books by William Wegman, and we will make some animal artwork inspired by his books and photography. We will also think about the things we are thankful for. We will end the month with our Thanksgiving feast!

### **Maple- Mrs. Schofalvi**



We got messy creating the change of leaves on trees with hand painting a green side and then a yellow, red, and orange side of our forest of trees. We learned about Miss Muffet and gave her alternatives to eat. We learned about pumpkins and got to observe, count, and measure different sized pumpkins and feel other types of gourds. We sang and danced to many songs about leaves, spiders, and pumpkins. We have enjoyed shopping in our classroom grocery store and dressing up in costumes. We are working hard at writing in our journals each week. We had a great time playing Halloween games and activities at our party. This month we will explore all the community helpers we have in our city, learn about Thanksgiving, and have a school feast.

### **Willow- Mrs. Pecherkiewicz**



What a busy month! We had fun exploring Autumn through leaves, apples, farm animals, and Halloween! We've been working hard on our fine motor skills getting ready to focus on tracing and writing our letters and shapes. In November we look forward to learning about our families and pets as well as Thanksgiving. We will talk about the various holidays we each celebrate and learn more about one another and what makes us special!

### **2's Class- Mrs. Pecherkiewicz**



We have been busy learning to share and exploring our classroom. We had the opportunity to play in the sensory table filled with corn and then pasta. Painting with apples and our fingers provided some messy art exploration. In November we will be learning about our families and pets as well as Thanksgiving!

### **Messy Monday- Mrs. Juergemeier**



Messy Monday friends had a busy October filled with mud, sticks, seeds and more. We had a great time raking leaf piles to run and jump in and created a scarecrow for our garden. We played a seed dispersal game that showed us how animals move seeds to other areas. And we gathered seeds and learned the variety of ways they distribute. In November we will be talking rocks and minerals and even telling a story with a rock. And we will create our annual Thanksgiving Feast for the birds!

### **Outdoor Class- Mrs. Juergemeier**



Our Outdoor classroom friends welcomed a new member to our class. We also added some specials - wood shop, music and bikes! We learned a lot about trees and the various animals they support living in their branches, trunks and under their roots. We also learned all the words to a song about trees that we added to our end of day circle! We continue to eat our way through the alphabet and work on our journal pages. We printed on tree bark and painted with corn. We also enjoyed our field trip to the farm and Halloween fun. In November we will be focusing on some local animals. We will also get to have a creative movement class with Mrs. Johnson.



### **Lunch Bunch/Extended Day- Mrs. Cline and Mrs. Perlberg**

We enjoyed the past month of autumn studies—we made collaborative artwork, delicious seasonal treats, and enjoyed lots of outdoor play. November will be a month filled with stars, stripes, turkeys and fall! We will be working on some projects to thank our local veterans, learn about turkeys, and celebrate all of the things we are thankful for.



### **Science- Mrs. Chapek**

For this month in Science, we will be wrapping up our study on the five senses. We will be doing a fun activity called 'Mat Man.' Ask your child to tell you about the paper they bring home with a person drawn on it. I'm hoping Spiny can make another appearance before he takes his long winter nap, I know the students miss him!



### **Woodshop - Mrs. Chapek**

It's turkey time! In woodshop this month, the students will be making a wood slice turkey to take home. I hope all of the bats made it home safely. They turned out so cute!



### **Music- Mrs. Perlberg**

We have been practicing our drumming and rhythm skills using different instruments and even pumpkins! In November, we will finish up our percussion unit and learn some fun Thanksgiving songs!



### **Creative Movement- Mrs. Johnson**

October gave us beautiful weather to take Creative Movement outside! We worked on our foot skills with dribbling, passing, and soccer games. Fingers crossed for good weather in November so that we can play "Turkey Tag" outside and work our core muscles with raking leaves.



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## Healthy Habits

Giving thanks can make you happier and healthier! According to Harvard Medical School “The word gratitude is derived from the Latin word *gratia*, which means grace, graciousness, or gratefulness (depending on the context). In some ways gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power. In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive

emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.”

With Thanksgiving this month, it’s a great time to cultivate gratitude in your home. You could try one or all of the following practices: Here are some ways to cultivate gratitude on a regular basis.

**Write a thank-you note.** You can make yourself happier and nurture your relationship with another person by writing a thank-you letter expressing your enjoyment and appreciation of that person's impact on your life. Send it, or better yet, deliver and read it in person if possible. Make a habit of sending at least one gratitude letter a month. Once in a while, write one to yourself.

**Thank someone mentally.** No time to write? It may help just to think about someone who has done something nice for you, and mentally thank the individual.

**Keep a gratitude journal.** Make it a habit to write down or share with a loved one thoughts about the gifts you've received each day.

**Count your blessings.** Pick a time every week to sit down and write about your blessings — reflecting on what went right or what you are grateful for. Sometimes it helps to pick a number — such as three to five things — that you will identify each week. As you write, be specific and think about the sensations you felt when something good happened to you.

**Meditate.** Mindfulness meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase (such as "peace"), it is also possible to focus on what you're grateful for (the warmth of the sun, a pleasant sound, etc.).