

# Incline Village Nursery School Newsletter

February 2015



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## Upcoming Events

Kids Yoga	2/9
CrossFit Kids	2/11 & 2/25
Board Meeting	2/11
Valentine Parties	2/13
Closed for Winter Break	2/16 – 2/20
Family Yoga Night	2/25

## Director's News

We've really enjoyed being able to sit down with each student over the past two months and assess their skills to see where they're at developmentally and academically. We love being preschool teachers SO much and being able to see our students absorb and use skills that they learn with us is a very rewarding and prideful experience. We love chatting about their skills after they've sat down with us and I catch myself saying to Misty & Lana, "Wow! Did you know she/he could do that?"

And now it's *your* turn to hear all the amazing things your child showed us during their assessment. Parent conferences are essential to creating a growth plan for each child in our program. We now have a great list of

skills that each student needs to work on and what we can challenge them with over the next 5 months. We would love to sit down with each family and share these goals and challenges.

Please sign-up for a parent-teacher conference online at:

VolunteerSpot: <http://vols.pt/SbDkGM>

1. **Enter your email address:** (You will NOT need to register an account on VolunteerSpot)

2. **Sign up!** Choose your spots - VolunteerSpot will send you an automated confirmation and reminders. Easy!

If you have any trouble signing up online, please let me know. Misty and I will be looking forward to meeting with all of you!

Nicole

## VALENTINE PARTIES



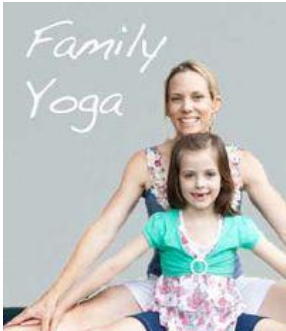
**On Friday, February 13<sup>th</sup> we will celebrate Valentine's Day in each of our classes with a few songs, snacks, and by handing out Valentines to our classmates. Children are welcome to bring valentines to school as long as they include one for every classmate.**

**Please do not send any candy to school as we don't feel it's necessary for our celebration.**

**PARENTS AND FAMILY MEMBERS ARE WELCOME TO JOIN US!**

**PARTIES WILL BE HELD AT 10:45 AND 2:45**

## Family Yoga Night



While in school your child has been participating in monthly yoga with local instructor Naomi Freidus. The focus in class has been to teach your child to create balance in the mind, body and spirit through yoga movements, breathing techniques, and even rest. Some of the benefits that children gain from yoga are; better concentration, increased strength and flexibility, lower anxiety and a healthy immune system! Doing yoga as a family can help promote an "Attitude of Gratitude" in the home, and has physical and emotional benefits that can carry into many other aspects of life. Come and share in the fun where we will be learning some partner yoga stretches, yoga games, and relaxation exercises too!!

RSVP to Nicole, Misty or Lana - The cost of the class is...FREE!

Bring a yoga mat (or 2) if you have one. All ages welcome with an adult 😊

When: Wednesday, February 25<sup>th</sup> 2015

Where: IVNS

Time: 5:00-5:45pm

## February Birthdays

Emmett.....Feb. 6<sup>th</sup>

Brooke.....Feb. 15<sup>th</sup>

Austin.....Feb. 19<sup>th</sup>



### February Stars of the Week

**Week of 2/2: Alina (AM Class) and Mandy (PM Class)**

**Tuesdays 2/3 & 2/10: Neila**

**Week of 2/9: Fiona (AM Class) and R.B. (PM Class)**

**Week of 2/23: Justine (AM Class) and Reeve (PM Class)**

Let us know if you would like to come read a favorite story, talk about your job or hobby, or even plan a craft during your child's week.

## Cereal Boxes Needed

We would like each child to bring one empty cereal or cracker box to school so we can turn them into mailboxes to collect valentines at our Valentine Parties on February 13<sup>th</sup>. We'll provide the rest of the crafting materials that your child will use to decorate, cut and create their own mailbox. Please send your child's cereal box to school by Friday, February 6<sup>th</sup>.

## Keep a Song in Your Heart

By Jean Feldman, Ph.D.

When I grew up, we didn't have television, computers, or videos. I was left to my imagination and my little record player. I can remember sitting for hours on the floor or our dining room with my red and yellow records singing, "I'm a Little Teapot" and "Pop Goes the Weasel." My mother didn't realize it at the time, but that was one of the best activities for stimulation my brain and developing my literacy skills. She just knew it entertained my and made me happy.

The world has changed a great deal over the past fifty years, but children today are very similar to the little girl I once was. They LOVE music! Forget the research about improving mental abilities, self-confidence, social skills, and physical coordination - music is FUN! There's nothing like a good song to put a smile on a child's face. There's nothing more rewarding then to see their eyes dance and say, "Do it again!" And there is nothing you can say or "teach" a child that will stay in their heart like a song.

But nobody sings anymore! There is a whole generation of children who do not know nursery rhymes or traditional tunes. You and I have the responsibility and privilege of passing on our musical heritage and putting music back into children's lives. The good news is you don't have to be a musician or opera star to do this. You don't even need a CD or a full orchestra. Just open your mouth and SING! Your smile and enthusiasm will make up for any lost notes. Sing in the morning, sing when you clean up, sing during transitions, and sing to teach children skills you are working on.

Start with one song at a time. Sing slowly and clearly several times, encouraging the children to join in. Make a list of the songs as you teach them on poster board. (It's a good idea to add picture clues, too.) Then if you have a few extra minutes, let the children choose their favorites from the song chart. Add movements to the songs to engage children's interest, and really "ham it up" with exaggerated facial expressions and sounds. What a captive audience you will have! (Send home copies of the songs in newsletters so parents can enjoy them with their children at home.)

Here are some favorite songs you can sing with your children. If you aren't familiar with the tune, ask a mentor teacher or family member to help you. Look in your own memory bank for songs you remember from school, camp, or scouts. Share them! Keep them alive! Your children will be delighted!

Skip to My Lou	Laddie and Lassie	London Bridge	Farmer in the Dell	My Darling Clementine	The Ants Go Marching
If You're Happy	Found a Peanut	Mary Had a Lamb	Three Blind Mice	Slippery Fish	ABC Song
Fere Jacques	Humpty Dumpty	She'll be Coming' Round the Mtn.	It's Raining Its Pouring	Down By the Bay	Six Little Ducks
Shortening' Bread	Itsy Bitsy Spider	I've Been Working on the Railroad	Wheels on the Bus	Boom Chicka Boom	5 Monkeys Swinging From a Tree
Mulberry Bush	Hickory Dickory Dock	Yankee Doodle	The Bear Went Over the Mountain	Going on a Bear Hunt	I'm a Little Teapot
Muffin Man	Old MacDonald	You Are My Sunshine	A Tisket a Tasket	Who Took the Cookies?	Do Your Ears Hang Low
Bingo	Twinkle Little Star	This Old Man	My Bonnie Lies Over the Ocean	Skinamarink	If all the Raindrops
Row Your Boat	Ring Around the Rosie	John Jacob Jingleheimer	Hush Little Baby	Willoughby Wallaby Woo	Apple Tree

Think of these songs as special "gifts" your children can keep in their hearts and open again and again in all their lives. Someone once said, "People sing because they are happy, and they are happy because they sing!" Come on! Get happy and SING!

**Jean Feldman, Ph.D.**, has been a teacher in the Atlanta area for 30 years. She serves on the advisory board of several organizations, presents to professional groups across the country, and is the author of *A Survival Guide for Preschool Teachers*, *Indoor and Outdoor Games and Activities*, *Science Surprises*, *Transition Time*, *Self-Esteem Activities for Young Children*, and *Wonderful Rooms Where Children Can Bloom*.

## SnowFest Parade

For the past 3 years IVNS has participated in the SnowFest parade through Kings Beach and we would love to be a part of it again this year on March 7<sup>th</sup>. In the past we have chosen to walk and let the kids ride their bikes/trikes through town, but we would love to be able to have a "float" this year. All we need is a family with a trailer and a truck that would be willing to let us borrow and decorate their trailer and then pull us in the parade. The trailer should definitely be partially enclosed (side rails) so we don't lose anyone.

We have a giant recycled robot that we made in class last year and enough supplies to make another one. Or we'd be up to making any kind of "mascot" that we could take on the float with us. I've been talking with a dad about using this "mascot" later in the month for the Dummy Downhill at Diamond Peak. Any takers?

Let us know what you think, if you have any ideas, or if you have a truck & trailer you'd be willing to let us use!

## Parking and Pick-Up Reminders

\*\*We want to remind all of our families that *the lower parking lot (by our playground) is not to be used daily by IVNS families* unless they are using the handicapped parking spot. Please only park in the upper lot or side lots and use the spots that are striped for parking. We are constantly being asked by the church to remind our families of this, and it's not safe to have cars zipping into the lower lot when we use those exits with children.

\*\* Please pick students up on time. AM Class dismisses at 11:30. PM Class dismisses at 3:30. Especially AM families – when you pick-up late it runs into our very short period of time between classes when we need to clean-up, reset the classroom, and eat lunch.

## February 2015 Classroom Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Letter: N Theme: Space/Planets	2  Parent Teacher Conferences 3:45-5:15	3	4  Parent Teacher Conferences 3:45-5:15	5  Parent Teacher Conferences 9:30-2:30	6  Parent Teacher Conferences 9:00-3:00	7
8 Letter: O Theme: Space/Planets	9 Yoga w/ Ms. Naomi @ 10:30 & 2:00 Parent Teacher Conferences 3:45-5:15	10  Parent Teacher Conferences 1:30-3:00	11 CrossFit Kids @ 1:30  Board Meeting @ 3:45pm	12  Parent Teacher Conferences 9:30-2:30	13 Valentine Parties AM Class: 10:45 PM Class: 2:45 ♥	14 Valentine's Day
15	16 President's Day	17	18	19 Chinese New Year	20	21
SCHOOL CLOSED ALL WEEK ----- WINTER BREAK -----						
22 Letter: P Theme: Pirates & Princesses	23	24	25 CrossFit Kids @ 1:30  Family Yoga Night @ 5:00	26	27	28