Incline Village Nursery School Newsletter

February 2016

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Upcoming Events

Librarian Visits	2/1 & 2/8
Family Yoga Night	2/3
Fire Dept. Visits	2/3 & 2/5
Kids Yoga	2/10
Board Meeting	2/10
CrossFit Kids	2/12 & 2/26
Valentine Parties	2/12
Closed for Winter Break 2/15 – 2/19	

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 & Lauren, "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.ptt/H29jpm
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. We will be looking forward to meeting with all of you!

Nicole

VALENTINE PARTIES

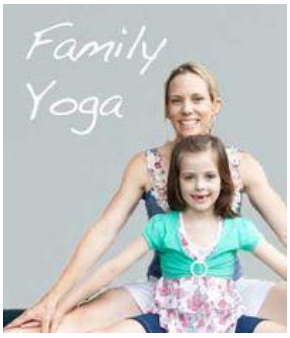
On Friday, February 12th we will celebrate Valentine's Day in each of our classes with a few songs, snacks, and by handing out Valentines to our classmates. Children are welcome to bring valentines to school as long as they include one for every classmate.

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 Lauren – 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 3, 2016
Where: IVNS
Time: 5:30-6:15pm

February Birthdays

Emmett.....Feb. 6th
Liam .....Feb. 13th
Brooke.....Feb. 15th

February Stars of the Week

Week of 2/7: James (AM Class) and Crystal (PM Class)

Week of 2/21: Cody (AM Class) and Ella (PM Class)

Week of 2/28: Maximus (AM Class) and Emmett (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 12th. 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 5th.

Fire Department Visits

North Lake Tahoe Fire Dept. will be visiting us to teach the kids all about fire safety and what to do in a fire emergency. This is always a fun day at school, but don't forget to talk about fire safety at home too!

AM Class Visit: Wednesday, Feb. 3rd at 10:00am
PM Class Visit: Friday, Feb. 5th at 2:00pm

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	Skinnamarink	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*.

Tuesday Class Openings

We have enrollment space in our awesome Tuesday class! This class meets each Tuesday from 9:00am – 1:30pm and is open for 3, 4 and 5 year olds. This is a great "longer day" opportunity for kids who are getting ready to start Kindergarten in the fall, contains all of our regular curriculum, plus an additional bi-monthly music class with Mark Sexton from Split Rock Music in Truckee. Kids bring a sack lunch from home and enjoy family-style eating together at the table with teachers. Let us know if you're interested in enrolling in this great program. Cost: $140 per month.

Scholastic Book Orders

We'll be placing a Scholastic book order this month. Look for flyers in your child's cubby, or go online to: https://clubs2.scholastic.com/ and click on the "Parents" box on the right side of the screen.
Enter our class code: **LQHYQ** and shop for the best book deals ever!
How does this work and why you should order books this way:
*By ordering books this way your books will ship for *free* straight to our classroom.
*Scholastic's prices are incredible and they offer great packages with many books in a theme
*Books make great birthday presents! Keep a stack in your closet for all of those birthday invites.
*Each order you make earns points for our classroom; which we in turn spend like money for our own classroom books!

February 2016 Classroom Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Letter: M Theme: Community Helpers	1 Librarian Robin @ 2:15	2	3 Fire Dept. Visit @ 10:00 Family Yoga Night @ 5:30	4	5 Fire Dept. Visit @ 2:00	6
7 Letter: N Themes: Chinese New Year & Valentine's Day	8 Chinese New Year Librarian Robin @ 10:30	9 Music with Mark @ 12:45	10 Yoga w/ Ms. Naomi @ 9:30 & 2:00 Board Meeting @ 6:00pm	11	12 Valentine Parties AM Class: 10:45 PM Class: 2:45 ♥ Cross Fit Kids@ 1:15	13
14 Valentine's Day	15 President's Day	16	17	18	19	20
SCHOOL CLOSED ALL WEEK ------ WINTER BREAK ---------						
21 Letter: O Theme: Emotions	22	23 Music with Mark @ 12:45	24	25	26 CrossFit Kids @ 1:15	27
28 Letter: P Theme: TBA	29					