



# SchoolTalk

ALHAMBRA PRESCHOOL PROGRAMS  
PRESCHOOL DEVELOPMENT GRANT, HEAD START,  
AOK PRE-KINDERGARTEN, DEVELOPMENTAL

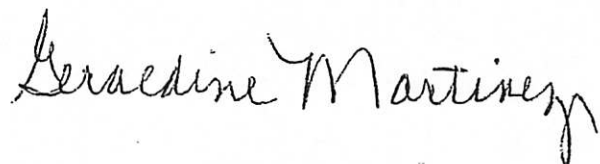
October 2018

This fall the Alhambra Preschool Program is committed to great attendance from our students! Research is increasingly showing that attendance at all ages is very important and is directly correlated to student success and graduation rates. According to a recent study, students who are chronically absent during preschool and kindergarten perform lower academically in first grade. This is true regardless of gender, ethnicity or socio-economic status.

When you send your child to school every day, you are instilling in them the importance of attendance. Knowing this and internalizing it will help your children achieve many things in their future.

This year we will be implementing a fun, new way to have all of our children at preschool! The program is called **WOW!!!** Every day when ALL CHILDREN are present at preschool one letter of the word **WOW** will be posted in the classroom where all the children can see it and celebrate together. When your child's classroom spells out the entire word, the teacher and children can choose a CELEBRATON from the CELEBRATION JAR! There are many fun activities for the entire class. Each month, the class with the most **WOW Days** will receive recognition in our newsletter and on our web site. They will also get a special gift.

Thank you for choosing the Alhambra Preschool Program and for allowing us the privilege of partnering with you to create a bright and prosperous future for your child! **WOW!!!**

A handwritten signature in cursive script that reads "Geraldine Martinez".

Geraldine Martinez  
Preschool Director

# Help Your Child Succeed in School: Build the Habit of Good Attendance Early

School success goes hand in hand with good attendance!

## DID YOU KNOW?

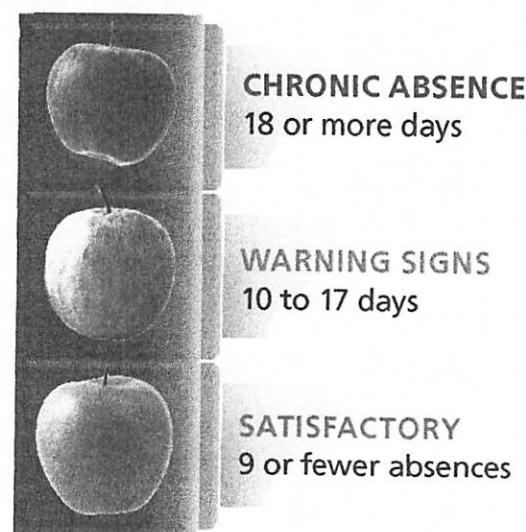
- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.

## WHAT YOU CAN DO

- Set a regular bed time and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your child to her teachers and classmates before school starts to help her transition.
- Don't let your child stay home unless she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

## When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

# Head Start

## Mental Health News

### Fear

Fear is a natural condition that helps us cope with new experiences and protects us from danger. Some three and four-year olds are afraid of specific things (bugs, dogs, or the dark), other kids are afraid of new situations or meeting new people.

Preschoolers have active imaginations and they may worry about make-believe creatures, his/her death or pain. Most of your preschoolers fears will fade as he becomes more secure in himself and his environment.

### Parents

1. Understand that fears are very serious to a child, even though they may seem silly to an adult.
2. Act reassuring and comforting, the child will learn it's okay to have fears.
3. Get your child to talk about his fears as this will help him depersonalize what scares him.
4. Give your child a way to express his feelings through play and art.
5. Explain, expose and explore your child's fears. Give simple explanations, for your child to explore from a distance or through books.

### **Diversity Activity: Try a new food from a different culture**

Visit <http://recipes.wuzzle.org>

### **Social Skills : Teach your child how to help others.**

**Quote to Take Note:** *You can discover more about a person in one hour of play than in a year of conversation. -Plato 429-347 B.C.*

#### Head Start Families:

Did you know you have a Mental Health Counselor available to help you with topics covered on this page and with any other questions you may have regarding your child's emotional well-being?

Head Start Mental  
Health Counselors:

Gail Saraydar

602-534-6383

Nadia Moreno

602-534-9441



# Nutrition Tips

## Eat More Fruits and Vegetables

Eating fruits and vegetables provides you with good sources of vitamins, minerals and fiber. Your child can get more of these when you:

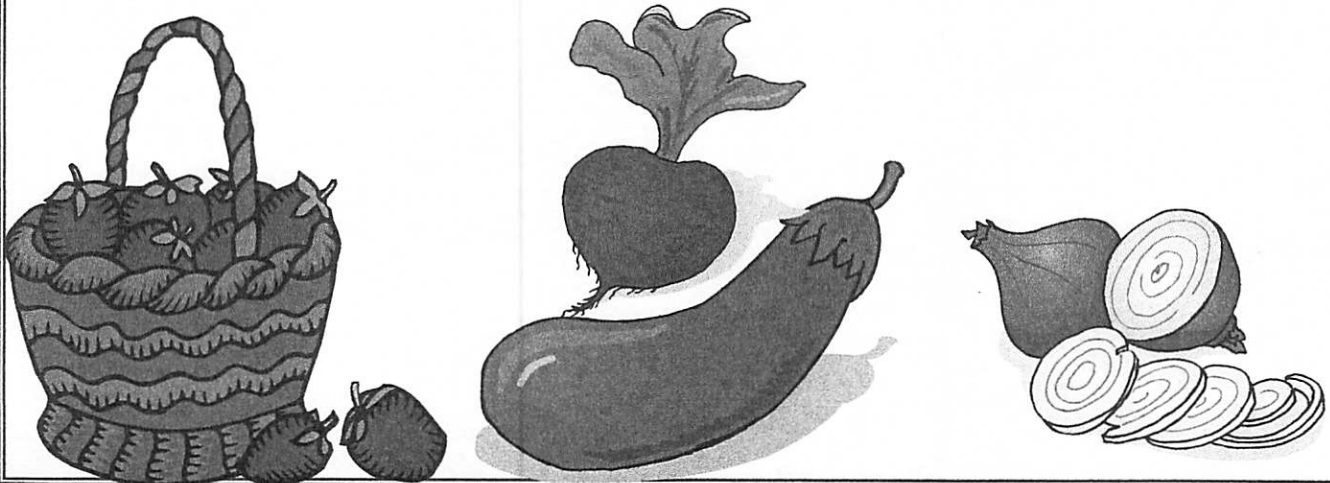
**Praise Healthy Appetites:** Praise children when they want fresh fruits and veggies.

**Eat your Colors:** Eat many colors of fresh fruits and veggies daily to get a variety of nutrients.

**Plant and Prepare:** Children are more likely to eat foods they grow or help prepare.

**Let Nature Nourish You:** Whole, fresh foods are the best source of vitamins, minerals and fiber, plus they are low in calories.

**Buy Food in Season:** It is most plentiful and lowest in cost.



# Reading Connection

Tips for Reading Success

Beginning Edition

Alhambra Preschool Program  
Gerri Martinez, Director

## Book Picks

Read-aloud favorites

### ■ *Goodnight, Goodnight, Construction Site*

Sherri Duskey Rinker's book is full of cute bulldozers, cement mixers, and cranes. They work hard all day, scooping and digging, and then at night, they go to sleep—just like your child.



### ■ *Winter's Tail: How One Little Dolphin Learned to Swim Again*



This is the true story of Winter, a baby dolphin who lost her tail. Rescuers took her to a special aquarium where she got an artificial tail.

Now Winter is famous and even gets fan mail. Read about her in this inspiring tale from Juliana, Isabella, and Craig Hatkoff.

### ■ *Abuela*

Any youngster who has wondered what it would be like to fly will enjoy Arthur Dorros's book. Rosalba loves to go places with her grandmother. One day, she imagines that they fly above New York City and look down on the Statue of Liberty, Central Park, and even her daddy's office. (Also available in Spanish.)

### ■ *The Day the Crayons Quit*

Duncan's crayons are refusing to color. The gray one is exhausted from coloring giant animals like rhinoceroses and hippopotamuses. And the pink crayon says Duncan thinks it's only for girls. Now Duncan must find a way to make the crayons happy so they'll color again. A funny story by Drew Daywalt.



## Tips for fluent reading

When your youngster understands a story and feels confident reading it, he'll sound more *fluent*. Here are three ways to support him on the path to reading fluency.

### 1. Repeated readings.

Does your child ask you to read the same books over and over? This is not only comforting to him—it will also improve his fluency. Suggest that he read along with you. Even if he's relying on memory, he'll get a chance to practice his best "reading voice."

**2. Audio books.** Recorded stories provide a good way for your youngster to hear fluent reading. You can find them on tape or CD in the children's section at the library, or you can download them in MP3 format from an online bookstore. As he listens, let him follow along in the printed book. He will learn to read new words by hearing and seeing them at the same time.



And the more words he knows, the more fluent his reading will be.

**3. Page previews.** Ask your child's teacher to recommend stories with just a few lines of text per page and with pictures that closely match the story. Before your youngster reads each page, have him look at the picture and use it to help him identify unfamiliar words. That way, the flow of his reading won't be interrupted by tripping over words. ♥

## Read all about it!

The newspaper might have lots of pages and long articles—but that doesn't mean your child is too young to enjoy it. Introduce her to the paper with these ideas:

- Let her see you reading the newspaper, and share age-appropriate news. ("Look—this article says our local high school band is going to march in the Thanksgiving parade.")

- Help your youngster read the weather report. Suggest that she cut out weather symbols and glue them on a calendar to show what the weather will be like each day. She could write the weather word (*rainy, sunny*) under each symbol. ♥



# Make a writer's den

Want your youngster to write more? Having a special place for writing may encourage her to do just that. Try these suggestions for creating a spot that she'll look forward to using.

## Pick a place

Get your child excited by telling her you're going to make a cozy "writer's den." You might put a desk or a small table in her room or in a corner of the dining room. Or she could sit in a beanbag chair and write on a clipboard. Encourage her to go to her spot often and think up a story!



## Stock it

Suggest that your youngster gather lined paper, construction paper, colored pencils, and pens from around the house. Give her safety scissors and a stapler, too. She might cut paper in halves or fourths and staple the pieces together to make blank books. Having many options can spark her creativity and keep her interested.

## Decorate the walls

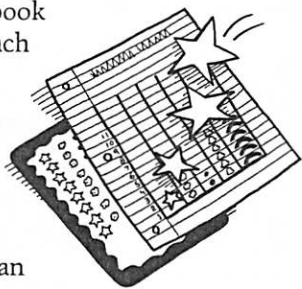
Help your child choose decorations that make her writer's den look inviting and help her write. For instance, she could hang up inspiring pictures (postcards of scenery or famous paintings, sports photos from magazines). And you might help her create signs with reminders ("Use describing words," "Put periods after sentences"). ♥

## Fun with Words

## Word graph

Combine the pleasure of a read-aloud with the fun of stickers. This activity blends language arts and math while helping your child recognize commonly used words.

With your youngster, make a graph by drawing vertical lines on a piece of notebook paper. Under each column, he should write a word that appears often in books (*play, like, friend, they, are*). Then, he can number the spaces up the left side of his graph.



Give him a sheet of small stickers. Read a book to him, and every time he hears one of the words, have him place a sticker in the appropriate column. When you finish, ask him which word was used the most or the least. Suggest that he make a graph for a different book or with different words. How do the results compare? ♥

## Q&A

## Be a stellar speller

**Q** How can we make studying for spelling tests fun for our son?

**A** Get the whole family involved, and spelling will be more enjoyable!

Try this spelling contest. Have your son write each of his words on a separate sticky note and put them facedown on a table. Take turns sticking a word to your forehead (without looking at it). Another family member spells the word, and the player "wearing" it has to pronounce it. Then, it's the next person's turn.

Also, when you go places, have your child carry his list in the car. He can call out a word, and everyone should look for the letters—in order—on license plates. He might find the *l* in *lock* on one plate, his sister could see *o* on another, and you may notice *ck* on a third. ♥



## Parent to Parent

## Taking care of books

My daughter, Jenna, just learned about taking good care of books in kindergarten. Now she's trying to teach her little brother, Kyle, to do the same. The other day, she had a fun idea.

She turned an old first aid kit into a "doctor's kit" for books. Inside, she put tape for repairing torn pages and an eraser for getting rid of stray pencil

marks. She also drew pictures to illustrate book-care tips that her teacher taught her, like making sure hands are clean before reading, not writing on pages, and putting books away nicely.

It's cute to watch Jenna share her love of books with her brother. She "read" her list of tips to him and had Kyle hand her the tape to fix a few torn pages. ♥



## OUR PURPOSE

To provide busy parents with practical ways to promote their children's reading, writing, and language skills.

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