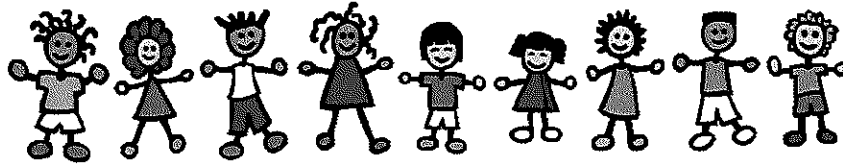


October 2018



ABINGTON EARLY EDUCATION PROGRAM

201 Gliniewicz Way, Abington, MA 02351 781-982-2195
Ms. Lora Monachino, Early Childhood Coordinator

Dates to Remember

October

- 8 No School/Columbus Day
- 11&12 Abington Firefighters Safety Program Presentation
- 22&23 LifeTouch Schools Pictures
- 30 Pumpkin Patch

November

- 6 Professional Development Day. No School for Students
- 12 No School/Veterans' Day
- 21 Half Day. No afternoon Pre-K
- 22&23 Thanksgiving Break

December

- 11 Inservice Early Release Day. No afternoon Pre-K
- 24-31 Holiday Vacation Begins. No School

January

- 1 New Year's Day/No School
- 2 School Commences
- 17&18 Parent/Teacher Conferences-by Appointment. No school for students at AEEP
- 21 Martin Luther King Day/No School
- 25 Inservice Early Release Day. No afternoon Pre-K

February

- 1 Inservice Early Release Day. No afternoon Pre-K
- 18-22 Winter Vacation

March

- 7 Inservice Early Release Day. No afternoon Pre-K
- 29 Inservice Early Release Day. No afternoon Pre-K

April

- 15-19 Spring Vacation

May

- 9 Inservice Early Release Day. No afternoon Pre-K
- 27 Memorial Day/No School

NURSE'S CORNER

Action Steps for Parents
To Protect your Child and
Family from the Flu this
School Year



- Practice good hand hygiene by washing your hands often with soap and water, especially after coughing or sneezing.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow, but not into your hands.
- Keep your child home from school if your child is sick, has flu like symptoms (fever over 100.4 with a cough, and/or sore throat, body aches, headache, runny nose).
- Your child must be fever free without Tylenol or Motrin for 24 hours to return to school.
- As always, please call the school daily to notify us if your child is going to be absent.

Thank you for helping to keep our school healthy!



WELCOME MS. MONA!

Mona Chung is our Social Work Intern from Simmons University. She is excited to be an additional support to our students this year.

School Council

First Meeting is scheduled for Wednesday,
October 10th, 2:45-3:45 P.M.

PTO NEWS:

The Abington Early Education Program's PTO is hard at work for students here. The PTO meets once a month at the Abington Public Library, Copeland Room, from 10:15-10:45. Parents with young children are welcome to attend (there will be some toys set up for them to play with) and there is a Box Of Joe for adult "hydration". Please come! If you have a student that attends the morning session that day, you will be out of the meeting in time for pick-up. Some upcoming PTO sponsored happenings:

- Little Wave T-Shirts will be on sale in the near future.
- "Pumpkin Patch" for Fall scheduled for October 30. Children who are not in school that day will have a chance to decorate a pumpkin the next day they are in school.
- KidStuff coupon book fundraiser is coming—date to be announced.

For more information, check out the September 12, 2018 meeting minutes on our website.

One of our Abington Police Department Officers read to our classrooms recently.



NEW FRIENDS



EARLY DISMISSAL

Name: _____

Parent: _____

Signature: _____

DATE: _____

PLEASE ALLOW STUDENT TO LEAVE AT _____ (AM/PM)

EARLY DISMISSAL

If you know you will be dismissing your child early, please send in a note. We will plan to have him/her ready for you at the stated time.

ABINGTON EARLY EDUCATION PROGRAM 2018-2019 SCHOOL HOURS

A.M. Session: 8:20 A.M.—10:55 A.M.
P.M. Session: 11:35 A.M.—2:10 P.M.



WEB PAGE

Be sure to visit the Abington Public Schools website, <http://www.abingtonps.org>

Please be sure to sign up for "ConstantContact"

Find us on Facebook:

Abingtonearlyeducationprogram

Twitter: @AbingtonEEP

HALLOWEEN HAPPENINGS



A month-long celebration of Halloween and fall in New England. Haunted Happenings features more than 130 events for all ages. In addition to special events in October, most Salem attractions and museums have extended hours and most restaurants will feature special programming including parties and live music.

ZOO HOWL at Franklin Park Zoo:

October 27-28 11:00-3:00 pm

Children throughout New England are invited to trick-or-treat among the animals at the Zoo. Throughout the day, guests can learn about the importance of enrichment as they watch as many of the animals receive pumpkins as enrichment items. Haunted happenings include: Creepy crafts, Ghoulish games, Costume contests and a Haunted maze. *General admission rates apply to Halloween events. Zoo admission is free to all members. Halloween events take place rain or shine.*

BOO at the ZOO

at the Stoneham Zoo happening October 20-21 from 11:00-3:00 pm.

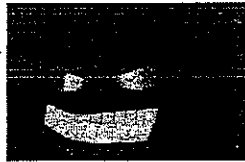
SOUTH SHORE MAMAS

Check out this website for Events on the South Shore!

HANSON'S HAUNTED FARM AND HAYRIDE!



SHEEP PASTURE- SPOOKTACULAR (Easton, MA)



PUMPKIN PATCHES AND MORE.ORG



Find Pumpkin Patches, Corn Mazes,

Hay Rides and More! [CLICK HERE](#) to visit the website

DISCLAIMER

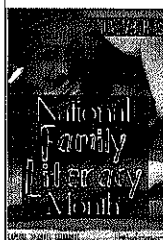
*SHI/CFCE is not responsible for misinformation. The information was gathered to the best of our ability and may have changed or our source could have been incorrect. We encourage everyone to call before heading to any of the places above.

Why Do Kids Have Trouble With Transitions?

Being asked to switch gears is a common trigger for problem behavior like whining and tantrums

Katherine Martinelli

https://childmind.org/article/why-do-kids-have-trouble-with-transitions/?utm_source=CFCE+NEWSLETTER+OCT-NOV+2018&utm_campaign=NEWSLETTER+oct-nov+2018&utm_medium=email



November is Family Literacy Month, and your child's most important teacher is YOU.

It's never too early, or too late, to start reading regularly to your children. Reading to your child, from birth (and even earlier) to beyond, will help build the foundation for a healthy and promising future. It will light up their imagination and their appreciation of the world around them.

Look for our upcoming email with projects based on the book

Giraffes Can't Dance by Andreae Parker-Rees



RESOURCES FOR PARENTS AND PROVIDERS!

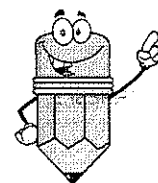
Mental Health, WIC, Kindergarten Readiness, Fuel Assistance, etc.

You name it...We'll point you in the right direction!

Phone: (508)559-1666 x1810 or

Email:

mdavidson@selfhelpinc.org



CHECK OUT OUR WEBSITE AT www.selfhelpcpc.org



Attend a FREE CFCE Parent/Child Activity

Seasonal Night Time Story FUN



...Songs, Stories and Simple Art
at the Rockland Public Library from 6:30-7:15

FALL...10/9/2018

WINTER... 1/22/2019

SPRING...5/7/2019

This program is for EVERYONE: Dads, Moms, Grandparents
(geared for 3-6 year olds!!!)

Some other titles include:

- Read and Rise Literacy Playgroups
- Music and Movement
- Preschool Playgroup
- Storywalk
- Tiny Tots Playtime
- Play N Learns
- Preschool at the Zoo
- Patchwork Story Time
- Silly Science
- Grandparents to Grandkids



Check out a full list of programs, descriptions, registration information, dates/times, and age groups at:

<http://selfhelpcpc.org/calendar/>

Early Years

WORKING TOGETHER FOR A GREAT START

Abington Early Education Center
Ms. Lora J. Monachino, Principal



KID BITS

Safety first

Help your child stay safe at school with these clothing tips. Make sure she wears shoes that fit properly and either tie or have Velcro. They're less likely to cause accidents than floppy shoes like sandals or clogs. Also, avoid baggy clothes and cords or strings on clothing that can get caught in playground equipment.

Sizing things up

Take a walk around your neighborhood with your little one, and use objects you see to encourage him to compare sizes. Ask questions like "Is that mailbox *taller* or *shorter* than you?" or "Is the white rock *bigger* or *smaller* than the gray one?"

Helping hands

Trace around your child's hands on paper, and ask her to name different ways she is helpful. Maybe she takes care of your dog by feeding him and helps you by dusting. Together, write each example on a separate finger. Then, hang up her "helping hands" to remind her how helpful she can be.

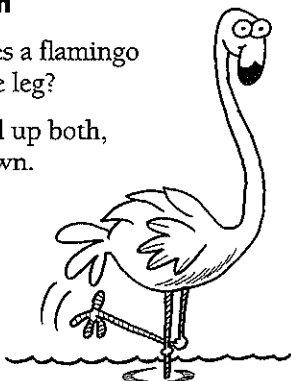
Worth quoting

"Wonder. Go on and wonder."
William Faulkner

Just for fun

Q: Why does a flamingo hold up one leg?

A: If he held up both, he'd fall down.



Keys to self-control

How can you teach your little one to handle big emotions like anger, frustration, and disappointment? Work on increasing his self-control with these strategies to help him think before he acts.

Talk it out

Give your child words to use when he is upset. For example, if you can't find your glasses, you might say, "I feel so *frustrated*! Where did I last have them?" Then, when he's aggravated (say, he misplaced his favorite book), encourage him to use similar words. ("I feel *upset* because I want my book. I was looking at it in the living room—maybe it's there.") He'll learn to talk through his problems and be less likely to cry or whine.

Think ahead

Prepare for situations where self-control comes in handy. You could say, "We're going to your cousin's house. Let's think about what you can do if she's playing with a toy you want." He may ask to join her, or he could ask to play



with another toy until she's finished. Having a plan can help him avoid grabbing the toy or yelling at his cousin.

Calm down

When your youngster begins to get upset, help him find ways to keep his cool. For instance, he might take a deep breath, count to five, or draw a picture of how he is feeling. The distraction may be enough to settle him down. And once he's used to these techniques, he'll be able to do them without a reminder from you. ♥

Family playtime

Has the grown-up world left you too tired to play? Consider these ideas that will let you connect with your youngster—and unwind after a long day:

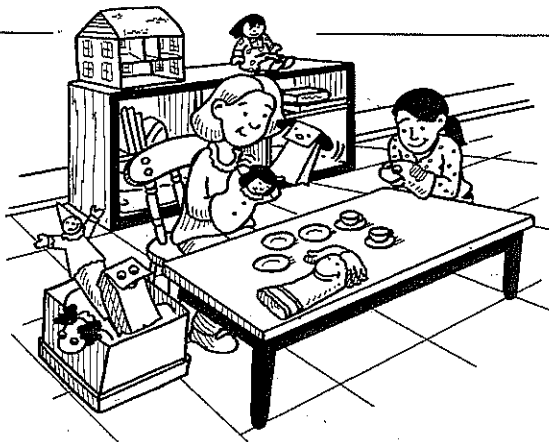
- Show her what you liked to play when you were her age. You could teach her a card game, a jump rope rhyme, or a magic trick, for instance. Next, ask her to teach you a game or an activity she enjoys.
- Step into a role. You might each pretend to be someone else (a cashier and a customer, a bird and a squirrel) while carrying on a conversation. Encourage your child to think about what her character would sound like and what she would say.
- At bedtime, shine a flashlight on the walls, ceiling, and floor. Have your youngster "chase" your beam with her own flashlight. Then, trade roles. ♥



Let me think...

When your youngster is faced with a challenge, it's fun for her to come up with more than one solution or possibility. Stretch her thinking with these activities.

Puppet problem-solving. Offer a pretend dilemma for puppets, and help your child act out the solution. You could make your puppet say, "Oh, no! I have too many dishes to carry! How can I get them to the party?" (Put them in a bag, ask a friend to take some.)



Answers and questions. Tell your youngster, "The answer is a blanket. What is the question?" Take turns coming up with as many questions as possible. ("What keeps you warm at night?" "What do we sit on at a picnic?") When you run out of ideas, let her think of a new answer to make up questions for.

What doesn't belong! Look around the room, and name any four objects (T-shirt, book, hat, lipstick). Then, have your child decide which doesn't belong and explain why. For instance, she could say that the book is the only one you can't wear. *Variation:* Name three objects, and tell her to choose a fourth and explain how it's related to the three you picked.♥

"I love my school"

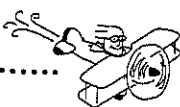
Encourage your child to have a positive attitude toward school with these tips:

- Let him hear you say good things about his teacher and his school. *Example:* "Mrs. Jackson always has such fun projects for your class to do."



- Attend special school events together. Going to family nights and on field trips helps your child see school as an important part of his life.

- Volunteer when you can. You might help with school carnivals, book fairs, and fund-raisers if you have time. If your schedule is tight, look for quick ways to show support like saving magazines for class projects or sending in fruit for a snack.♥



PARENT TO PARENT

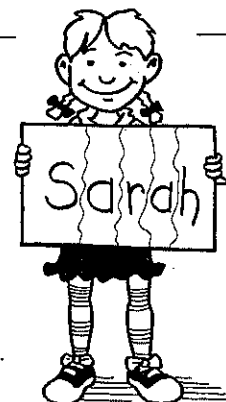
That's my name!

My daughter has learned to read and write her first word: "Sarah." When she started school this year, the teacher sent home a list of ideas to help her recognize her name—and the suggestions worked!

For example, I wrote her name in pencil and let her use a different-colored marker to trace each letter as she said it out loud: "S-a-r-a-h." We also made a name puzzle. She printed her name on cardboard and drew squiggly lines between the letters. I cut them apart, and she put the puzzle back together.

Her favorite activity is listening to stories about characters named Sarah. At the library, we checked out *Sarah's Story* by Bill Harley and *Sarah's Room* by Doris Orgel. She loves pointing to her name as I read.

Now Sarah is learning to read other names in our family. She made puzzles for her sisters, and she wants to find library books with their names, too.♥



Q & A

Getting enough sleep

Q: My son has a hard time falling asleep at night. How can I make it easier for him?

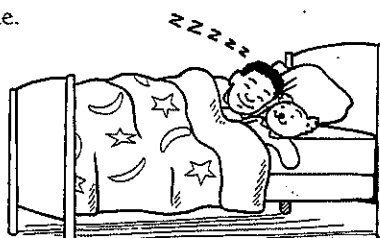
A: Getting enough sleep—10–13 hours a night—will help your child grow, stay healthy, and do well in school.

First, have him stick to a nightly bedtime routine.

Your son might take a bath, brush his teeth, and listen to a story, for instance. Repeating the routine each night helps him recognize

it's time for sleep. Also, research shows that watching TV or playing video games close to bedtime can get kids wound up and keep them from sleeping. If he uses electronics, have him turn them off at least an hour before bedtime.

Finally, encourage the rest of the family to read or do other quiet activities after he says good night. Your youngster may have an easier time going to bed—and staying there—if he doesn't feel like he's missing out on the fun.♥



OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

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