



FEBRUARY

SAC PRESCHOOL

Newsletter



National Children's Dental Month

This month is a great opportunity to spend extra time on dental hygiene with your child. Check out the following resources to support your child's dental care at home.

<https://www.mychildrensteeth.org/>



Save the Date

- **1/31** P/T Conferences 4-7
- **2/1** No School- P/T Conferences 8-7
- **2/2** No School
- **2/9** No Preschool/ SAC Screening
- **2/19** No School- Prof Development
- **2/29** SAC Picture Day

Friendly Reminders

- Please send your child to school with a coat and gloves
- If your child is in need of hats, gloves, or coats please reach out to the SAC front office
- Please follow us on the SAC Preschool Facebook Page
- Please drop off and pick up your child on time each day

Kansas Day




Parent Education

PROVIDING CHOICES

GIVING CHOICES MAY BE THE SINGLE MOST USEFUL TOOL FOR MANAGING LIFE WITH YOUNG CHILDREN.

- Offer limited choices- Make the, as palatable as possible to the child, but eliminate any options that are unacceptable to you.
- For young children or children that are easily overwhelmed, an either/or choice works best. "We have to leave now. Do you want to put your shoes on by yourself or do you want me to put them on for you?"
- Giving children choices helps them regulate their emotions and feel a sense of autonomy and control. In turn, this reduces negative behavior and increases a child's confidence.
- Remember that empathy doubles the effectiveness of giving choices. Instead of meeting a child's resistance with force- which creates a power struggle, you affirm their right to some control, but within the boundaries you set.

RAISING Public Health



Family and Community Supports

LIEAP is a federal program administered by the Kansas Department for Children and Families, which helps eligible Kansans pay a portion of their home's utility costs by providing a one-time per year benefit; benefit levels may vary. See their website (<http://www.dcf.ks.gov/services/eas/Pages/EnergyAssistance.aspx>) for additional information or call 1-800-432-0043.

Harvesters "Backsnack Program" is also available at your child schools. This program provides food for your child and family each week for anyone interested. Please reach out to the District Social Worker, Maggie Mead. 1-800-836-9525 X 5006.

Whats happening in preschool?

January has been an interesting month with all of the snow days. We are definitely looking forward to a more consistent routine in February. During January and February, students are learning pre-academic content and skills through various themes such as Kansas Day, Winter Animals and Weather, Kindness, Friendships, and much more. Themes provide content for students to learn through hands-on activities, literature, math, science, social studies, and social-emotional skills practice. Content and skills go hand and hand. We hope your students share what they are learning with you at home.

We are looking forward to meeting with everyone for parent teacher conferences this Wednesday, 1/31, and Thursday, 2/1. If you haven't signed up for a time yet, please contact your child's teacher.

Check out our video on the next page on providing choices in order to promote independence in preschoolers.





Nurturing Independence S2324 E2


NURTURING INDEPENDENCE IN YOUR PRESCHOOL CHARGER



SEASON 2324 EPISODE 2



Watch Episode 2 of Nurturing Independence

Watch on  YouTube

INSPIRING & EMPOWERING EVERY CHARGER, EVERY DAY