



# Little People's Press

Fraser Public Schools

Little Learners at Dooley Center

October, 2019



October is the month of many changes. Leaves change to red, brown, yellow, and orange. Animals, insects, and birds change their habits because they are getting ready for winter. Our clothing is changing and we are preparing our homes for winter. We will be talking about fall happenings in school. Please help your child notice the seasonal changes. Fall walks around the neighborhood are always great opportunities for observation & conversation!

This newsletter is ***loaded*** with important dates. Please take careful note of all the dates that pertain to your child.



## HELPING YOUR CHILD

A very important part of your child's development is knowing how to care for himself/herself. Assisting a child to become independent is part of being a good parent.

Help your children learn how to dress themselves—outer clothing included. They are very proud when this skill is accomplished!

## HANDWASHING

Thank you for your cooperation with our policy of having each child wash his/her hands upon entering the preschool classroom each day. We are all making an effort to keep our school a healthy place to learn and grow!



## LABELING

### Label Everything!

Please be sure your children recognize their own jackets, backpacks, etc...



**Little Learners  
@FPS**

**Dooley Center**

16170 Canberra  
Roseville, MI 48066

586-439-7600

586-439-7690 Attendance

586-439-7601 Fax



Look for us on Facebook  
Little Learners @ FPS

## HALLOWEEN PARADES

Tuesday, October 29<sup>th</sup> - Burlager AM/PM 3s, Pigula AM/PM 3s, Delkov AM 3s /PM 4s  
two day

Wednesday, October 30<sup>th</sup>—Burlager AM/PM 4s, Pigula AM/PM 4s, Delkov AM/PM 4s,  
Pastrick Flex, Focus 4 Rice AM/PM

Thursday, October 31<sup>st</sup> - Mrs. Blanck - DK, Mrs. Geck - DK, Mrs. Schell - DK

Your teachers will inform you of the time of your child's class parade. Please keep in mind that our parking lot is not large and may be congested. Consider parking in the business lots on 13 Mile Rd. or on the residential streets. Wherever you park, please use care and watch for children.

**Please, Do not park in front of the school  
Our buses need to park there!!**



## HALLOWEEN SAFETY

1. Choose a costume that fits your child. Costumes that are too long or too large can pose a trip & fall hazard for your child.
2. Masks can shift, causing the eye holes to move and impede your child's vision consider hats and safe face paint as an alternative to masks.
3. Additional things your child must hold can also be a hazard. Since they will already be holding a treat bag, try to minimize other items in their hands.
4. Please remember that weapons and violence themed costumes are not age appropriate, nor are they allowed at school.
5. Do not allow your child to eat any candy Until you have it checked it.

Have a fun & safe Halloween!



## PRESCHOOL GET ACQUAINTED PICNICS

Our Get-Acquainted picnics were a great success! Thank you all for the delicious food and the pleasure of your company. We hope new friends were made; children and adults!



## APPLE ORCHARD FUN!



## FIRE SAFETY

The Roseville Fire Department visited the Dooley Center!

We Learned how and when to call 911; stop, drop & roll if our clothes catch on fire; fall & crawl to get out of a house fire; never play with matches or lighters; and that we should change our smoke detector batteries every 6 month.

Best of all, we learned that fire fighters are our friends and we should never hide from them. They want to help us!

## Looking Ahead



### OCTOBER:

- 11<sup>th</sup>-24<sup>th</sup> Yankee Candle Fundraiser  
29<sup>th</sup>-31<sup>st</sup> Halloween Parades-look for more information from your Teacher  
31<sup>st</sup> DK Early Release (1:30), ECSE Early Release

### November:

- 4<sup>th</sup>-8<sup>th</sup> Focus Four No School-Conferences  
5<sup>th</sup> No School - All levels  
19<sup>th</sup> Picture Retake Day  
20<sup>th</sup> DK Early Release (1:30), ECSE Early Release  
Picture Retakes  
27<sup>th</sup> - 29<sup>th</sup> No School, Happy Thanksgiving

**\*\*PLEASE NOTE: HEARING AND VISION WILL BE HERE STARTING 10/21 - 11/12 CHECK WITH YOUR TEACHER TO FIND OUT YOUR CHILD'S TEST DATE\*\***

### ABSENCES



When your child is going to be absent due to an illness or other reason, please remember to call the office and report the absence.

**Our phone number is**

**439-7690**

Thank You!



## FUNDRAISER!!

Parents, the Holiday season is right around the corner, and what better way to prepare than to do a little one stop shopping with our **Yankee Candle Fundraiser!** **40%** of the funds raised will come right back here to Dooley to help our classrooms purchase materials. The sale will start, **Friday October 11<sup>th</sup>** and will close on, **Friday October 24<sup>th</sup>**. The latest we will be able to accept orders will be at the end of the day on the 24<sup>th</sup>. However, our Online shopping will remain open for the rest of the season and will close on January 8<sup>th</sup>, 2020.

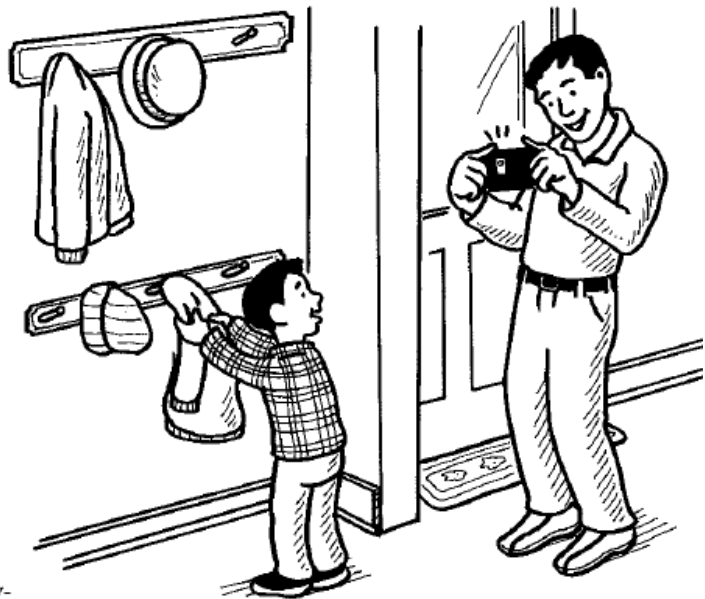
# Self-Control for Little Ones

*It's no secret that children who have good self-control behave better—even when grown-ups aren't watching. Use these strategies to help your child be in control of his behavior.*

## Be clear about boundaries

One of the first ways to improve your youngster's self-control is to be specific about what you expect. Routines and rules can keep him on track.

- **Create daily routines.** Take photos of your child doing tasks that you expect him to do without being reminded. Examples might include hanging up his jacket, putting away his backpack, and washing his hands. These tasks give your youngster everyday opportunities to be in charge of his behavior. To help him remember the routine, print the pictures, and let him glue them onto a poster to hang in his room.
- **Make a family rule book.** Together, think of rules and write each one on a page in a notebook. Try to keep the rules positive. For instance, if your child suggests, "Don't make a mess," you could write, "We clean up after ourselves." Let your youngster draw a picture for each page. She'll gain a solid understanding of what she is supposed to do.
- **Reap the rewards.** This caterpillar project shows your child the benefits of self-discipline. If he does a nice job of taking



charge of himself, help him write about his behavior—and the result—on a circle of colored paper. ("I got ready for bed all by myself. We had time to read an extra story!") On a bulletin board, hang the circles in a row to form a caterpillar. As he adds new circles and his caterpillar "grows," read the old ones together to celebrate his accomplishments.

## Set your child up for success

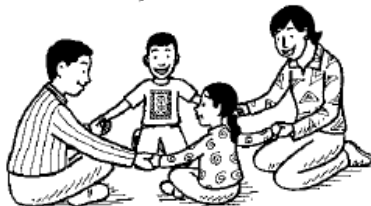
When children have a plan for staying in control, they are more likely to succeed. Here are tools your little one can use to exercise self-discipline in everyday life.

- **Give a sneak preview.** Before heading into a situation, let your youngster know what will happen. "We're going to the bakery to pick up your brother's birthday cake. We aren't buying anything else today." Knowing ahead of time that she won't get a cookie may make her less tempted to ask for one or to throw a fit when you say no.



## Pass the squeeze

Here's a fun game that teaches little ones to control their impulses. Hold hands in a circle—the more the merrier. One person gently squeezes the hand of the next player. That person squeezes the next player's hand, who squeezes the next person's hand, and so on...until the squeeze goes around and around the



circle. The trick, of course, is waiting until it's your turn to squeeze!

*continued*



● **Brainstorm “replacement” activities.** What could your child do in place of something that’s not allowed? For example, if you’re going to a museum, have a quick chat about ways to avoid touching the displays, such as putting his hands in his pockets or practicing counting on his fingers. Or if he has watched enough TV for the day, help him come up with alternatives like riding his bike or drawing a picture.

● **Teach self-talk.** Have you ever repeated a reminder to yourself to buy milk or lock the door? The same strategy can help your youngster remember to behave. If she’ll need to wait her turn to go down the slide, for instance, tell her to think of a can-do phrase to whisper. (“I can wait my turn. I can wait my turn.”) She may find that self-control pays off and she enjoys her turn on the slide more!



## Practice during playtime

Children learn many skills through play, and self-discipline can be one of them. Consider these ideas.



● **Let’s pretend.** During imaginary play, look for opportunities to encourage self-discipline. For instance, if you play house with your child, you could talk quietly while stuffed animals nap. On a pretend train ride, the passengers need to stay seated and wait to arrive at their stops. Or play

school, and the student has to raise his hand and speak only when the teacher calls on him.

● **Enjoy games.** It takes self-control to do well at games like Simon Says or Freeze Tag—your child must listen carefully and follow commands. During Simon Says, give instructions like “Simon says do a leap. Spin around.” Your youngster will have to keep herself from spinning around because Simon didn’t say to do that.

● **Try activities.** With these ideas, your youngster will build self-control without even knowing it! Get bubble solution and a wand, and challenge him to blow the biggest bubble possible. He’ll have to resist the urge to pop the bubbles so he can see how big they’ll get. Or ask him to count animals at the park—he can feel proud of himself for sitting quietly as the birds and squirrels come closer.

## Temper, temper

Getting angry or frustrated can cause big blow-ups for little ones. If your child has an outburst, wait until she is calm again, and then try these steps to help her keep her cool next time.

1. Talk about the physical signs that show a person is angry. You might point out characters in book illustrations—what does your youngster notice? *Examples:* clenched fists, narrowed eyes, gritted teeth.



2. Help your child name ways to calm down when she starts to feel mad. Her list might include taking a deep breath, counting to 10, or walking away. Now when she struggles with anger or frustration, she’ll have a plan for dealing with it.

3. Use puppets or stuffed animals to role-play being angry and trying out ideas from your youngster’s list.

## Early Years