



Old Mill Preschool News



Week of September 11, 2017

This Week:

Our theme this week is All About Me. During large group, we will be talking about our commitments, routines, sharing, and making good choices. We will talk about what type of home we live in, our names and how many letters are in them, our bodies, and all about me game. Small groups will include recognizing numbers and counting, sorting shapes, and matching letters. We will be reading and listening to books such as When I Grow Up, Chrysanthemum, The Way I feel, and From Head to Toe.

Reminders:

- Any authorized adult, who is listed on the bus authorization form, **must have a photo I.D.** in order to pick up the child from school or from the bus stop. Thanks! ☺
- Parent and family volunteers are ALWAYS welcome to our classroom however you **must** have a criminal background check on file.
- Please remind to change out your child's extra clothes in their backpack for warmer clothes and dress your child according to the weather because we do still go outside. Thank you!

Special Days and Events:

- Fall Break October 2-6, 2017
- No School October 9, 2017
- October 12 Family Night 6-7pm (More to come soon!)
- No School November 6, 2017
- Thanksgiving Break November 22-24, 2017

NO PRESCHOOL ON FRIDAYS! ☺

Contact Information:

Please feel free to contact me through email, phone call, or by note in your child's folder. I will get back with you within 1 school day. ☺

- Mrs. Polson

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502-869-3200 (School Phone)

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Old Mill Elementary School

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Tips and Ideas: Conscious Discipline

In class we are focusing on our school family and forming relationships with one another by creating that school family which is what Conscious Discipline is all about. This week I would like to give you and your family some ideas of how to use Conscious Discipline at home.

How to Handle Temper Tantrums:

1. As the parent, first take three deep breaths to calm the stress response in your body.
2. Be encouraging. Get on eye level and say "You can handle this. Breathe with me. You're safe." Scoop them up and hold them and say breath with me.
3. When their body relaxes, say "There you go, you're calming down."
4. Tell them that they have a choice and give them two choices. This gives them control of what to do or how to do it but you, as the parent, are still getting what you want done. Ex: If you want the child to throw something away, you can say "Would you like to hop to the trash can or skip?"
5. Keep repeating the choice very calmly until they make the choice then celebrate! "You did it! You calmed yourself down and that's hard to do."