

# The Park Ridge Reporter

Spring Newsletter 2021

## Important Dates and Reminders:



**3/14 Daylight Savings Time-Turn your clocks ahead!**



**3/17 Happy St Patrick's Day!  
Wear green to school if you choose!**



**3/20 Happy Spring!**

**April is Week of the Young Child!  
(WOYC)**



**We will have a weeklong celebration for the MOTYC! Week of April 12-16**

**3/29-4/2 Greece Central School District Spring Recess**



**3/27 Passover Begins**



**4/4 Happy Easter!**



**Happy Earth Day  
4/22 Earth Day**



**4/7 School Picture Day!**



**5/9 Mother's Day... We wish all of our mommies and grandmas a very special, and relaxing day!**



**5/10-5/14 Outdoor Scholastic Book Fair!**



**5/31 Memorial Day – the center is CLOSED in Observance of the holiday.  
Enjoy your 3 day weekend!**

## **Director's Notes:**

Dear Families,  
We can't believe that it has been a year since the

pandemic started. The children are adjusting very well. We know people are ready to get out and travel more. If you do travel outside New York State, you will need to follow the New York State Guidelines.

For any traveler to New York State from a noncontiguous state, US territory or CDC level 2 and higher country, the new guidelines for travelers to test-out of the mandatory 10-day quarantine are below:

**For travelers who were out-of-state for more than 24 hours:**

- Travelers must obtain a test within three days of departure, prior to arrival in New York.
- The traveler must, upon arrival in New York, quarantine for three days.
- On day 4 of their quarantine, the traveler must obtain another COVID test. If both tests comes back negative, the traveler may exit quarantine early upon receipt of the second negative diagnostic test.
- For general inquires contact the call the Hotline: [1-888-364-3065](tel:1-888-364-3065) or [Ask a Question](#).
- Here is the link to the travel guidelines <https://coronavirus.health.ny.gov/covid-19-travel-advisory>

In order for your child to return to care you will need to show the office both negative test or your child will need to be quarantine for 10 days. Please keep checking the guidelines as we will be following the most updated NYS Travel guidelines.

Thank you for your understanding!

We are so excited about spring! We can't wait for the weather to break and to be able to utilize our outdoor spaces! We look forward to using our infant play area in the very near future. We will also start to take buggy rides! The babies love getting outside in the fresh air and really enjoy all the new sensations and experiences that go along with it. So please make sure your baby has all he or she needs to go outside and enjoy the nicer weather (probably closer to April).

Have you ever noticed how babies are always craning their necks to see what is happening on the other side of the room? Or when they refuse a bottle or turn their head while eating in order to see what is happening behind them? There is a good explanation for this- Babies are curious! Babies are born learners, with a natural curiosity to figure out how the world works. Curiosity is the desire to learn. It is an eagerness to explore, discover and figure things out. Nurturing your baby's curiosity is one of the most important ways you can help her become a lifelong learner. In the Tiny Turtle room we are always nurturing our babies curiosity. There are many ways we do this.

One way we nurture the babies curiosity is to rotate toys within the classroom. We do this to keep the toys "fresh and exciting". If the babies are offered the same toys every day they will become bored and their curiosity will not be peaked. We use the toys in a different way or in a different part of the room to help keep the babies interested.

Another way we nurture the babies curiosity is to allow them to explore their environment. As the babies begin to start moving they are able to explore where and what they want to. It becomes a balance of allowing them to explore and making sure they are safe while doing it. Of course, the Tiny Turtle room is baby proofed and the babies are able to explore the room with minimal dangers.



**Tiny Turtles**



We also do new activities with them as much as possible. They seem to know when we are doing something different whether it's an art project or a sensory activity. They will crawl (or roll) right on over to check it out.

Allow your baby the freedom to explore their curiosity, while keeping them safe, at home too! Watch how your baby manipulates the toys. You can almost see their wheels turning as they learn about the toy. If possible give them a change of scenery and allow them to explore different rooms within your house. You will have so much fun watching and joining in on your baby's curiosity.

Jamie, Jessica, & Yasmene



Whether your child is already a toddler or well on their way to 'Toddlerhood', you might see yourself wondering how you can guide your child's behavior without squashing their natural curiosities or inhibit their need to try new things. There are a number of positive guidance techniques you can use in response to your child's behavior. No single approach works for every child or in every situation. Try to keep the guidance as positive as possible and realize many times your child is merely being curious and exploring in ways that only they can understand. Our experience has taught us to acknowledge feelings of joy, happiness and surprise as well as frustration, anxiety and sadness to name a few. A reassuring hug and a kiss can go a long way in helping to solve most problems that might come along.

One of our philosophies is: The best possible learning environment is one that encourages curiosity and applauds discovery in all its forms. Keeping that in mind, having a sound, trusting relationship paired with a predictable yet stimulating environment is helpful in keeping the

children calm as they navigate through their day. Below are some of the things we do to promote a healthy social-emotional environment in our classroom.

1. Foremost, build nurturing ,trusting relationships
2. Create a safe peaceful environment
3. Spend quality time every day talking and listening to each child
4. Give children the same respect as adults
5. Set realistic expectations for children. This is always a work in progress. Children learn routines by example and will follow and accept them when they are ready.
6. Build a classroom environment that promotes independence and engagement. Learning centers are organized so that children can easily access and choose what they want to play with.
7. Watch for causes of behavioral challenges such as fatigue, confusion or frustration. Watch and allow children to problem solve safely and help solve problems if needed.
8. Model positive communications and social interactions. Teach and encourage social skills.

When all else fails and a kiss and a hug does not seem to work here are some thoughts and tips:  
**-Look for reasons behind behavior.** Remember, behavior is communication. Children's challenging behavior is usually caused by their lack of knowledge or experience, a need for attention, physical triggers like tiredness or hunger, or emotional triggers like boredom or fear. If you can find and alleviate the cause, the behavior typically stops.

**-Tell your child specifically what to do.** At this stage showing by example is very helpful.

**-Point out positive behavior.** Let your child know when they get it right. "You put all your books in the basket. Thank you"

**-Try the 'when/Then' strategy.** "When we put away the books then we can go outside". Early on you can offer to help pick up the books and give

encouragement for a job well done.-**Head off a behavioral issue by offering two choices that are both ok with you.** For example, perhaps your child runs away from you in the store. You could say, “You can walk next to me or I can hold your hand. Which would you like to do?” If your child refuses to comply, you gently but firmly make the choice. “Okay, I will help you. I am going to hold your hand.”

I hope the above information is helpful and maybe thought provoking as well. I’m sure with advice from family and friends and by just knowing your baby best, entering ‘toddlerhood’, will be a grand adventure filled with many stories and memories of when your baby did the most amazing things! I want to thank everyone who signed up for the Classtag app. Given that we are still having drop-offs and pick-ups with our greeters, seeing your children in their classroom setting alongside their friends through our pictures must be reassuring that they are busy and happy when they are here. Please feel free to call at any time, send a message through the app or email me at [Deborah.koo@rochesterregional.org](mailto:Deborah.koo@rochesterregional.org). We love hearing from you!

Bring on Spring!!  
Deb, Emily and Des



### The Age of Exploration

Most of us are ready for spring so that we can get away from the snow. Although, we have this “new norm” we are getting adjusted to, there is a lot more to be excited about besides the snow leaving. For instance, opening the windows and getting fresh air is a plus. Getting to enjoy some nice walks and hearing the birds chirping are absolutely two things that I am missing also. But, let’s take a moment to think about the benefits for all the

littles in our homes. What can the new season do for them? What or how can spring be used to help them?

Well, besides the fact that it begins to get warmer outside, spring has so many amazing benefits for curious little brains. It gives us a chance to use all of our senses. It helps stimulate their minds to try and figure out what they are taking in. It helps create a chance for language development. It also is very useful when they need a distraction or a reset.

For example, take a rainy day and the benefits it has to offer:

- Open the window and listen to the rain. Ask your child if they can hear the rain. Mimic the sound of the rain and see if they do it in return.
- Take a moment and smell the rain outside. Ask them if they like the way it smells. Does it smell good or bad?
- Feel the rain. It’s okay to go dancing in the rain, have a race to the door in the rain or even splash in the puddles.
- Talk about the rain. Ask them if they see the rain falling. Do they like the rain? Does it feel nice? Is it cold or warm?
- Try and catch a rain drop in their mouth. What does it taste like?

Take advantage of spring and everything it has to offer. Enjoy the memories it will help you create. The sceneries you can explore. The new flowers growing, birds chirping and all the great new activities you can have. Your littles are so ready and eager to learn. Friendly Fish is ready for this spring with as much outdoor learning as possible.



## Little Wonders



Hello families,

This year has been different not being able to see parents walking into our classroom each day and having those daily face to face conversations, but we assure you that we have kept the same safe and loving environment we have always had. That will never change.

In order to keep communication, open with families, we have had to get creative in addition to the typical ways. Some ways we have communicated with families in Little Wonders is by phone, email, zoom meets, notes, daily sheets, kindness tickets (little notes sent home that communicate something nice a child did for someone else in the class) and now the class tag app. Which by the way has been great! We are getting so many great comments and feedback from the parents. We want to thank all of our wonderful families for your patients with us as we have tried to navigate the best ways to communicate and as we continue to find more ways to keep in touch.

Little Wonders are having a blast this year! We have such a well-rounded class when it comes to interest of developmental areas. Usually I have a class that seems to focus more on certain areas of interest, but I have to say our class this year seems to love it all. Reading books, writing, singing songs, listening to music, dancing, puzzles, building with blocks, manipulatives of all types, art and sensory, large motor inside and out, dramatic play. The list could go on and on. You name it, they love it! We have had such great feedback from parents telling us how much their child talked about all the fun things they did at school as well as saying how excited they are for what we have planned next. It is also important to

us that they facilitate what they want their day to look like. If a child makes a suggestion of what they want to do, we do our best to make it happen. After all, this is their learning environment and we want them to have a voice and an opinion on what they want to focus on during their day at school. They have learned to do this well. Thank you for sharing your wonderful kiddos with us.

Jen, Ashley & Thalia



## Dancing Dinos:



We have shared pictures recently through our class app of the children participating in several different sensory play activities which they all very much enjoy! We thought we'd share some details and benefits of Sensory Play. Sensory play is essentially an activity that stimulates a child's sense of touch, taste, smell, sight or hearing. Children learn primarily hands on and through play activities so sensory play where they are able to touch, taste smell etc. is very beneficial. There are many benefits that come from allowing children to utilize Sensory Play:

1. Research shows that sensory play builds nerve connections in the brain's pathways, which lead to the child's ability to complete more complex learning tasks.
2. Sensory play supports language development, cognitive growth, fine and gross motor skills, problem solving skills, and social interaction.
3. This type of play aids in developing and enhancing memory
4. Sensory play is great for calming an anxious or frustrated child

5. This helps children learn sensory attributes (hot, cold, sticky, dry)

Currently we are only able to utilize our big sensory table for water or snow and the kids really enjoy splashing in the water, washing toys with bubble bath as well as pouring and dumping. It's also fun to bring the snow inside when it's too chilly to go outside. This took up almost an entire morning not too long ago. They scooped the snow with spoons, made snowmen and buried our little people and cars.

For all of our other sensory activities each child has their own sensory bin to use. We used these when we did our sensory construction play with the cocoa pebbles and little vehicles. We'll also use the individual bins with colored rice, pasta (both cooked and uncooked), sand, oats and beans. Sometimes we get messy with Oobleck, which is cornstarch and water or Cloud dough, which is a combination of flour and vegetable oil. You can even add some food coloring to these to make the play more colorful! Another messy activities that is always a hit is sensory play with Cool Whip. Since part of sensory play is learning through the sense of taste we always use items or ingredients that are ok to taste!

One of the classic, tried and true sensory play activities is playdough! Our Dinos love rolling, pounding, smashing and beginning recently cutting playdough! There are lots of recipes out there for homemade playdough and we thought we'd share one with you:

#### Nesquik Playdough

- 3 tablespoons [Nesquik Chocolate Powder](#)
- 1 cup of water
- 1 cup of flour
- 1 teaspoon cream of tartar
- 4 tablespoons salt

#### Directions:

Place all your ingredients into a medium sauce pan. Cook on low heat while continuously stirring so it doesn't burn. Once it comes together to form a ball, remove the play dough and place on a piece of wax or parchment paper to cool. If it's a little too sticky, add a little extra flour. Once cool enough, kneed it a bit.

We have always believed and told families the messier the kiddos are when they get home, the more fun they had at school and sensory fun is a big part of that!

Kristen, Natalie & Reina



Dear Families,

I am amazed every day at how much your children are growing. They have been learning numbers, letters, and counting higher than ten! We will continue working on academics, fine and gross motor skills, and social skills. We are going to have a great rest of the year!

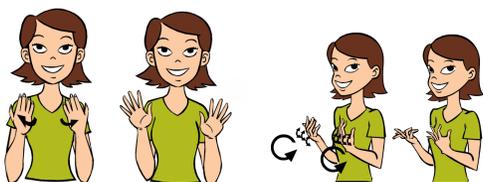
Once spring comes along, we will be spending a lot more time outside and learn about nature and animals. The weather is getting warmer but it is still Rochester so we can still have some cold days.. Please remember to send your child to school each day dress for the weather. We will be going outside as much as possible. In the Winter we go outside as long as the temperature is above 30 degrees. The kids have been doing a great job keeping their masks on. Thank you all for sending in extra masks for your children, it is much appreciated!

#### Second Languages at Home

There are many benefits to teaching children more than one language. Using two or

more languages at home can help with a child's literacy and vocabulary. Every week in the All Star room during circle time, we teach the children words in sign language. Encourage your children to show you the signs that they have learned! Here are some simple signs that you can use at home. There are also many great online resources to learn sign language such as

<https://www.handspeak.com/word/>



Sincerely,  
The All Star team



### Magical Mouseketeers:



Happy Spring! I get so excited during this time of the year! Spring is such a happy time! Snow is melting, you can see buds on trees and new flowers popping up out of the ground. You can hear birds chirping and will soon be able to hear the peeps of new baby birds. Do you know what is happening in our classroom? A new, almost revived love of books! The children are not only sitting for longer during story time, they are asking

for more books to be read! They are following along all by themselves to books on CD. They are reading stories to each other and becoming more motivated to read books on their own.

When you read aloud to children, you are giving them background knowledge. This helps them make sense of what they see and hear around them. Reading aloud to children introduces them to the more descriptive language of books. This is different than the language heard in daily conversations, on TV or in movies. Reading aloud to children helps them use their imaginations to explore people, places and events beyond their own experiences. Children who learn to value books are motivated to read on their own when they get older.

When should you read aloud to children???

Read aloud at a predictable, scheduled time that fits with daily routines at home. And read aloud spontaneously—when you are in the mood for a story ☺ Have older sibling read to the little ones, or ask Grandma or Grandpa to read a story when they are visiting. Take books with you on trips or to Dr. offices or while waiting in long lines. I keep favorite books in our “go” bag, so if we are taking a walk, or having an extra-long fire drill, I always have the opportunity to read a good book!

How should you read to your child?

- Talk about what you are reading—before, during, and after a read-aloud session
- Use the text to discuss real-life experiences and issues.
- Stories and books can be springboards to meaningful discussions about many different topics.
- Make the book come alive. Vary your expressions and tone of voice to fit the plot.
- Use a different voice for each character. Pause when appropriate to create suspense.

- Read for as long as children can pay attention. Gradually read for longer periods of time as their attention spans grow.
- Follow up after reading a book. Offer materials for art projects and dramatic play. Look for more books by the author or on the same topic. Plan an activity that builds on what you have read.



### Lucky Ducks:

Hello everyone and welcome to the spring season!

I know we are all hoping for warm weather and more outside time! We have had a long winter season, but we have been trying to make things fun and educational for the children. One of the things we have been doing every week is Science experiments! The children have really enjoyed them each week, and look forward to learning something new with each experiment. They do not always go as planned, but we use those times as teachable moments.

Science is so important for kids because it teaches them to make observations, collect information, and think about things to draw conclusions. These are important skills for all people to have in everyday life. Science can also make children more curious, and provide them with ideas and skills for life.

Science can be a great way to connect at home as well. You can pick a topic, research it, and look for the answers together. You can pick something simple, or get really creative and involved. In our class, we talk about the experiment, and then make predictions on what we think will happen. Sometimes the children are spot on, and other times they are very surprised with the outcome! Either way, they love what they are learning, and really look forward to the next experiment. There are many places to look for simple experiments. Google them, take a book from the library, find a Science website, or simply make up

an experiment to do with your children at home. Their faces light up, and they have so much fun doing them!

Science has been a lot of fun for our class, and we hope you take the time to try some at home with your children!

Happy spring!  
Erin, Joan, and Imari



### Busy Bees:

Spring is here! The birds are chirping and the busy bees are cheering. The children are just thrilled that it is getting warmer outside and that there will be no more snow.

Parent-Teacher conferences were in March and I enjoyed meeting all of my parents and discuss your child's progress. Do not forget to look at our class app for weekly updates and pictures. You can also text me on our class app, if needed.

I know that kindergarten is just around the corner. Below is a list of skills that kindergarten teachers like to see their student at the beginning of the school year. Do not panic if your child has not mastered everything on the list - he or she will learn a lot in kindergarten!

- Identify the letters of the alphabet.
- Count to ten.
- Use scissors, glue, paint, and other basic art supplies.
- Write his or her first name in uppercase and lower case letters.
- Classify objects according to size, shape, and quantity.
- Speak in complete sentences.
- Recognize some common sight words. For example, "stop" and "the".
- Play indently or focus on one activity with a friend for ten minutes.
- Manage personal needs like bathroom breaks, cleaning up, and getting dressed.

Also, check your child's book bag for extra

clothes. Make sure that they have everything they will need for the spring season.

SPRING IS HERE  
Busy Bee Team

We will focus on growth through the scope of the environment. We will be preparing and planting flowers in the garden on the playground, we believe this will foster an understanding of the environment and the needs of living things.

As the weather gets warmer we will try to be outside as much as possible. The activities that we normally do inside such as reading and painting we will try to have them do it outside to give them a new perspective and fresh air.

Our outside time we will have weekly physical activities/ sports and long walks.

Happy Spring!

Tahmina & Bradyn



**School Age:**

