



January 2024

Ludington Area Schools Early Childhood Center



I hope you enjoyed your holiday break! As we get back into the swing of things it is easy to forget our routines that make the day go smoothly, for students, parents and staff! To help transition back into the school routine it is important to re-teach or remind students of their schedules, expectations,

and routines. Research shows the longer the break, the harder to pick back up!

Winter is finally here. Ludington Area School district uses a power announcer to announce inclement weather days. Please be sure the school has up to date contact information for you and your family to receive these calls. If you do not receive a call, please contact the office to make changes. You can also find information on the Ludington Area Schools Facebook page, your teacher's personal communications, and our local radio/television stations.

We have a lot of fun and learning in store these next few months and they are going to come up quickly! Please remember to check out your teacher's communications for upcoming events. Be sure to join us here at the elementary school for our January 10th Parent Meeting at 7 p.m. in the cafeteria!

As always, reach out if you have any questions, comments, or concerns.

Happy New Year!

Ashela Trevino
Preschool Director

Send an email to atrevino@lasd.net with the subject line JANUARY NEWSLETTER for a chance to win a Free Single Scoop of Culver's CUSTARD for your whole family! No email? No problem! Leave a voicemail with your name and your child's name to 231.845.3850 to be entered to win!

A Note from Miss Trish:

Happy New Year! The beginning of every new year bring so many changes. Children may be experiencing a mixture of feelings. Some children may be really excited to come back to school and others may be sad or hesitant to leave your side. Continue to have patience with your child and recognize that changes in their behavior or emotions are very normal after a break. Talk with your child about all the exciting things they did during their school day, validate their feelings, and offer reassurance if you need to. This adjustment may take time but your child has so many amazing educational experiences ahead. Just a helpful reminder from December: we all need to get back into our normal routines as quickly as possible. For preschoolers, it is very important that they get a good night's sleep every night. Most preschoolers should be in bed by 7:30 pm in order to get a good night's rest and be ready for a busy school day. ~Miss Trish



Communication Corner

That's why... reading aloud is so important!

A, B, C easy as 1, 2, 3. Your child may be starting to recognize letters and numbers.



Finding focus. Your child may now sit still longer for stories and have the ability to turn pages one at a time.

Rhyme time! Rhyming is a fun way to build language skills.

Yay! It's story time! Your local library has so much to offer — from a variety of terrific picture books, to story times, and other children's programs.

That's why... Books about counting and the alphabet are good choices. While reading, point to the letters, move your finger under words, and talk about pictures and words that begin with the same sound. Display the alphabet where your child can see and interact with the letters — and remember to sing the alphabet song together!

That's why... It's great to encourage your child to be actively involved in your read aloud sessions. Have your child choose the book, hold it, and turn its pages. Let him take the lead in telling a familiar story or talking about the pictures.

That's why... You should read nursery rhymes or books with rhyming words and repeated phrases. Pause the story to give your child a chance to finish a familiar line.

That's why... You should check out your local library! Get a library card if you don't have one. Ask your child to pick out a few books. She may even find a new favorite!



This message is meant to be cut out, photocopied, and sent home with children as a resource for parents. It is also available online at NAEYC.org/tyc.

naeyc[®]

MESSAGE IN A BACKPACK™

Things Every Parent Should Know about Play

Laurel Bongiorno

Play supports children's learning in so many ways. Make sure your child has time to play to promote cognitive, language and literacy, physical, social, and emotional development.

Children learn through their play

Never underestimate the value of play! While playing, children learn and develop

- **Cognitive skills**—like choosing the blocks to build a tower as high as possible
- **Language skills**—like learning the vocabulary words they need for different play scenarios
- **Literacy skills**—like writing an appointment in a pretend dentist's office
- **Physical abilities**—like gluing a collage and running on the playground
- **Social skills**—like playing together in a pretend car wash with workers and customers
- **Emotional skills**—like waiting for a turn to be the pretend bus driver

Play is healthy

Play helps children grow strong and healthy. It also can help prevent child obesity through its active nature.

Play reduces stress

Play helps children grow emotionally. It is joyful and provides an outlet for anxiety and stress.



Play outside

Think about your own outdoor experiences of building forts, sledding in the winter, or playing with other children in the neighborhood. Make sure your children create outdoor memories, too.

Play and learning go hand in hand

Play and learning are not separate activities but are closely connected. Think about them as a science lecture with a lab—play is a child's lab.

Play is a child's context for learning

Children practice and reinforce their learning in multiple areas during play. For example, in playing restaurant, children write and draw menus, set prices, take orders, and play out roles. Play provides rich learning opportunities and leads to children's success and growth in self-esteem.

LAUREL BONGIORNO, PhD, is dean of the Division of Education and Human Studies at Champlain College, in Burlington, Vermont, and oversees the MEd in Early Childhood Education.

Message in a Backpack™ is available online in Spanish. Visit NAEYC.org/tyc to start reading now!

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