



THE SOUTH SHORE NATURAL SCIENCE CENTER

September 2014



Nature Center Preschool News

Welcome to a new school year! We are pleased to welcome back families from last year and welcome new families to Nature Center Preschool. Teachers have been busy over the summer making plans for enhanced outdoor classroom activities as well as improvements to the indoor spaces. Nature Center Preschool was a recipient of a Grant this summer from the Department of Early Education and Care and the United Way as part of their Quality Rating Improvement System initiative.

In an effort to decrease our use of paper cups in Preschool and promote more reusable options, NCP is asking families to send their children to school with a water bottle each day.

Don't forget to bring a backpack with a full change of seasonal clothing each day. We go outside in many kinds of weather including rain! Please remember raincoats and boots!

Did you know?

Garden Volunteers

Thank you to the Corder, McCall, Ciocca and Medaglia-Grindle Families for helping us care for the garden over the summer!

Contact Melissa for information about volunteering in the Children's garden!
mkurkoski@ssymca.org



Swim

The NCP swim instruction program at the Emilson Branch of SSYMCA will begin in October with session one: October 6th to November 7th.



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Family Advisory Council News!

The Family Advisory Council (FAC) is an important group of parents and family members that work together with the NCP staff to support the mission of SSNSC and Nature Center Preschool, plan events and fundraisers, and provide helpful feedback, creating a cooperative climate that will make the NCP experience the best it can be for Families.

We welcome all families to participate on the FAC at our semi-monthly meetings or behind the scenes in supportive roles. If you would like to be a part of the FAC, let your classroom teachers know or email Diane dthureson@ssymca.org.

Dates in September

3rd Open House MWF AM 10-Noon

**4th Open House TuTh AM 10-Noon
TWTh PM 1-3**

8th First Day of school Mon-Wed-Fri AM

**9th First Day of School Tues-Thurs AM
First Day of School Tues-Wed-Thurs PM**

15th Extended Day begins

24th/25th Lunch Bunch begins

Nature Notes



No doubt you have been seeing, or more likely hearing, this pint sized bird near your home. The Carolina Wren's teakettle-teakettle! and other piercing exclamations can be heard throughout backyards or forests. This bird has rich cinnamon plumage, a white eyebrow stripe, and a long, upward-cocked tail and has been wintering farther and farther north in recent decades. For more information see:

http://www.allaboutbirds.org/guide/carolina_wren/id

A new Story Walk selection, *When Stella Was Very, Very Small* by Marie Louise Gay, is now available from the Story Walk Committee of the Family Advisory Council on one of the trails of SSNSC.

Come experience two favorite past times with your children; enjoy a fun nature walk while reading to your preschooler.

The story walk is updated quarterly and supported by the generous donation of Story Book Cove owner, Janet Bibeau. Please visit Story Book Cove's new location in the Hanover Mall, for more great children's book selections.

Big thanks to the story walk committee and Karen Lane for taking so much time to create this wonderful addition to the SSNSC experience!

September areas of Learning!

- **Science:** harvesting from the children's garden, life cycles, plant and animal growth
- **Gross motor:** Trail walks, field play, exploring the many outdoor areas Nature Center Preschool offers
- **Language:** Literature selections— *The Very Hungry Caterpillar*, *Chrysanthemum*, *Dot* and *Jabbers Great Acorn Mystery*
- **Math:** Measuring and weighing turtles, cooking measurement, life cycle sequencing
- **Music:** Introducing NCP songs and finger plays, songs that are part of the routine of the day: the flag song, the pickup time song, snack songs and poems



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Adjusting to Preschool-excerpted from:
<http://www.pbs.org/parents/daniel/fred-rogers-timeless-wisdom/adjusting-to-preschool/>

Children feel safe when they are with family or others they know well. So many children have a hard time when they start Preschool. Preschool is a new place with new people. It's not until the age of three that children begin to get a confident sense of their own separateness from everyone else. It's not surprising then that during the first three years, separation from parents (the people whom a child feel closest to and even feels part of) can be very upsetting for a child.

Creating Transition Routines

Some families use rituals and routines to help smooth transitions. Some have special ways of saying goodbye with certain "secret" family words, gestures or hugs. Many families create a routine of taking their children into the child care setting themselves, helping them take off their coats, getting them settled and giving them a hug and a reminder that they'll be back later in the day. When "goodbye" gets to mean "I'll be back later," it becomes a much better word.



Think about what's helped your child handle other comings and goings in the past. Even though each situation is different, the transition into child care or preschool is much like other separations your

child has already experienced, like going to bed at night or having a babysitter or playing at a friend's home. This new separation is also much like those that will happen in the future, going off to college and leaving home much later in life. The caring way you help your child adjust to child care or preschool is strengthening the foundation for the transitions your child will be dealing with in all the years to come.

Letting Go Is Hard for Families, Too

There can be many reasons why it's hard for families to let go. Sometimes it's even difficult to know who's having the greater problem saying goodbye, the child or the parent. If you talk about your concerns with your child's caregiver, you may find out that many other parents and families have those same feelings. Knowing that our feelings are natural and normal helps all of us feel more confident, which in turn helps our children manage better, too.

Helpful Hints

When Child Care or Preschool Starts:

- Plan to stay with your child a while for the first few days or more. It may help if you gradually stay a bit less each day. Of course, some children need a longer time before they feel comfortable in a new place.
- Some children like to bring along a stuffed animal, or their beloved "blanky." It's comforting to have something that's a part of home there, even if that toy has to stay in a "cubby."
- While it may seem easier at first just to slip out the door with no goodbye, that may make separation more difficult. Your child will likely have a harder time trusting when you will go and when you will come back.
- Remember that there are certain times that your child may need extra help with adjusting – after a weekend at home, holiday vacations or an illness, when there's a substitute teacher, or when the group moves on to another room – even if it's in the same center.



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