

# 4K NEWSLETTER • COMMUNITY CONNECTIONS



Learning  
through  
play, every  
student,  
every day!

## A Message from the Director of 4-Year-Old Kindergarten!

Issue 3  
November 2023

Early Literacy and Language Development are critical learning objectives in our Appleton Community 4K curriculum. The variety and size of a child's vocabulary when they enter Kindergarten is a significant predictor in later reading development. On average, children will know the meaning of, and be able to use when speaking, between 2,500 and 4,500 words by the time they reach kindergarten.

As we strive to provide language rich environments in our 4K classrooms, our 4K teachers continue to use methods to support early writing efforts in our play-based instructional strategies. By incorporating book making and interactive writing activities, as well as journals and other techniques, our students are provided many opportunities throughout their class, learning about the process of writing. Children this age are developmentally at different emerging stages of writing development. Their beginning writing may look like drawings and circles, dashes and mock letters. Watch for your child's writing through the year to look more like letters and perhaps even reach writing their name by the end of 4K.

Research shows that when parents include talking, reading and singing as part of routine everyday actions, they can help build children's brains and set them up for success in school and beyond. On page 4 of this newsletter you will find our Literacy Corner which features several ideas for families to incorporate supporting language development in their everyday routines.

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### Did You Know?

According to the Vision Council of America, 80% of all learning in a child's first twelve years of life is obtained through vision. Many children under the age of five experience vision difficulties and do not recognize them because they have "always seen this way" or because vision changes are often gradual. The Appleton Community 4K will be partnering with the Appleton Noon Lions Club to offer vision screening for all 4K students in December. While a vision screening is not a substitute for a comprehensive eye exam, it can assist in identifying for families a need for further evaluation. Please watch for more information and parent permission slips to come home with your child.

### Important Dates:

**No School (Conference Compensation)**— November 22  
**No School (Thanksgiving Break)**— November 23 and 24  
**No School (Professional Development)**— November 27  
**No School (Professional Development)**— December 11



### Upcoming Events

- Learning Through Play Playgroups sponsored by Birth to Five Outreach: join on Thursdays each month from 9:30-10:30 AM. Registration is required, see below for more information.
- Play with Purpose: join on Tuesdays each month from 9:00-10:00 AM or 10:30-11:30 AM. Registration is required, see below for more information.

**For more information OR to register for any of these events, please contact:**

**(920)832-6470**

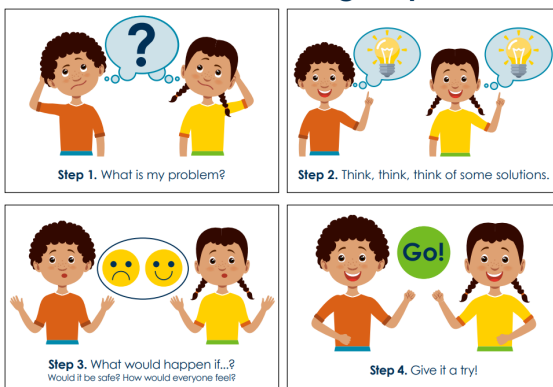


# Tucker's Corner



One of the important social emotional skills that children in 4K are learning and practicing is problem solving. The problem solving boy and girl visual is used to prompt children to solve their problems using the following steps.

## Problem Solving Steps



**Step 1:** Identify the problem.

**Step 2:** Think of solutions.

**Step 3:** Consider the consequences...

**Step 4:** Give it a try!

The problem solving process is taught and modeled with children in 4K. They can practice and use the Solution Cards as they interact with others during their play or work time. Children are encouraged to solve their own problems and are continually guided and supported by an adult throughout the learning process. Some of the solution choices are ask nicely, share, take turns, say "please stop," play together, ignore, say "please," get a timer, and get a teacher. You can encourage your child(ren) to solve the problems they encounter at home by using and practicing these strategies. Problem solving can be a difficult task for children. However, when they are taught and supported, it is an important skill that they will be able to use for the rest of their lives.



**Solution Cards available to all students in 4K.**

Visit the NCPMI website to find the "*We Can Be Problem Solvers at Home*" Book:

<https://challengingbehavior.cbcs.usf.edu/>



## When Your Child Has a Cold

All children get colds which are caused by a virus.

Since cold symptoms vary and there is no one best medicine, the best management is to relieve the symptoms:

- **FEVER:** Acetaminophen, drinking extra fluids.
- **RUNNY NOSE:** Antihistamines or decongestants may help but should be used with caution, especially for young children.
- **STUFFY NOSE:** Same advice as for a runny nose. Nasal spray may help.
- **COUGH:** This is a frustrating and difficult symptom to control. Over-the-counter cough medicines and a cool mist vaporizer may provide some relief. Children can have a cough for a few weeks while they are back at school.
- **SORE THROAT:** Most are caused by a virus, few by strep infection. Throat lozenges and sprays, a cool mist vaporizer, and drinking cool liquids will help relieve the discomfort.

Colds usually last 7-10 days. **CALL YOUR CHILD'S DOCTOR** if your child

- ✓ Has a cold lasting longer than 10 days.
- ✓ Has severe pain in the face or forehead.
- ✓ Has ear pain or drainage.
- ✓ The fever persists for more than 3 days (72 hours) in a child 2 years or older.
- ✓ Has shortness of breath.
- ✓ Has a cough or wheezing that won't go away.
- ✓ Has an underlying health condition

**Fever:** A fever of 100.0 degrees or more signals an illness that is probably going to make a student uncomfortable and unable to function well in class. Your child should stay home until his or her temperature is less than 100 degrees (without the use of fever reducing medication) for 24 hours and he/she is feeling better.

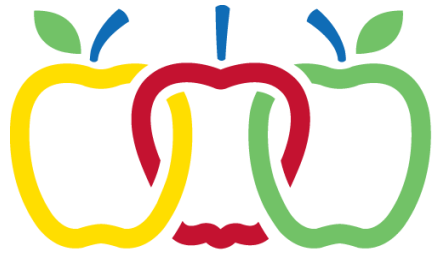
**Vomiting, Diarrhea or Severe Nausea:** These are symptoms that require a student to remain at home until a normal diet is tolerated for 24 hours.

People need to get plenty of sleep and physical activity, drink water and eat healthy food to help them stay healthy in the winter and all year. Be proactive in protecting your health! Discuss the flu vaccine with your health care provider to determine if it is right for you and your family. For more information, please go to <https://www.cdc.gov/flu/#> or contact your healthcare provider.

If you have any questions, please feel free to reach out to me via email at [forsvictoria@asds.k12.wi.us](mailto:forsvictoria@asds.k12.wi.us)

Most Sincerely,

Victoria Fors, RN, BSN, AASD School Nurse



# APPLETON AREA SCHOOL DISTRICT

HEALTH SERVICES \* P.O. Box 2019, Appleton, WI 54911 \* 920-852-5344

## Does Good Attendance Matter?



School success starts  
with attendance

### Success Starts with Attendance

If a student misses 10 days per year for the lifetime of their school career, that adds up to 140 days... almost a full school year. Research and experience teach us that students with poor attendance are at greater risk for school difficulty. Making up missed schoolwork is very helpful, but missed classroom instruction cannot be made up.

We try to impress upon students that there is a difference between “not feeling well” and being truly sick. We all know there are times when we do not feel 100%, but still try to make it through the day. Students understand that parents do this in order to keep their jobs. This is a real “life skill” that employers look for when hiring. They want employees they can count on to come to work. For students, school is their job.

Common sense can guide parents in deciding when a child is sick enough to be at home. If you are uncertain about sending your child to school, please reference [Is Your Child Well Enough to Go to School](#) from our district website or please call us. Sometimes a second opinion can be of help! Not only is school attendance a legal requirement, it encourages behavior that will help your child be successful in life. So while the goal of “perfect attendance” may not be realistic for all, great school attendance is something to work towards!

Here are some helpful tips:

- Schedule appointments outside of school hours
- Request beginning or end of day appointments
- If appropriate, consider having child return for ½ day if feeling better.
- Ask your provider to write a letter for the time they missed from school

# Appleton Community 4K Literacy Corner—November

## Building Your Child's Vocabulary

Reading aloud and discussing stories with your child are two great ways to build your child's vocabulary. When picking a book to read aloud, read it first yourself, noting any words that might be new to your child. Always consider the words your child already knows. A book should not have too many new words and it helps if the pictures support the vocabulary in the story.

Reading the same book multiple times helps your child become more and more familiar with the new vocabulary and therefore more likely that they will use the new words during conversations.

Poems and songs are very appealing to young children and aid in their ability to remember and use some of the language in everyday talk.

Along with reading aloud, be sure to use new vocabulary words while having meaningful conversations about topics that interest your child.

*"Knowledgeable teachers recognize the value of expanding children's vocabulary in the course of studying topics of interest, and by reading aloud high-quality books with rich vocabulary."*

*-Heather Biggar Tomlinson and Marilou Hyson-*

## This Month's Book Recommendations Focus on Cumulative Stories and Rhymes:

Silly Sally by Audrey Wood

Let's Go Visiting by Sue Williams

Good Night Owl by Pat Hutchins

The House in the Night by Marie Susan Swanson



### **4K OFFICE CONTACT INFORMATION:**

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Kids who play more, pursue more.  
100 W. College Avenue  
Appleton, WI 54911  
(920)734-3226



**Brrrr! It's getting cold out there!**

Join us inside where it's warm- at the Building for Kids for a very special Appleton Community 4K -and their 5K Friends- Family Event!

**WHEN:** Saturday, January 27th, 2024

**WHERE:** Building for Kids

**TIME:** 5:00-8:00 PM

**WHO:** AASD Appleton Community 4K students & their families AND AASD Kindergarten students, & their families

**COST:** FREE!

**RSVP:** [community-4K@aad.k12.wi.us](mailto:community-4K@aad.k12.wi.us)

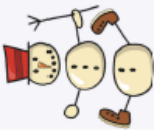





OR (920)852-5600, option 1

\*Please include the name of your 4K site & the number of people expected to attend.



# December Play Ideas Calendar Preschoolers



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Go to the library and find books about winter to read with your child</p> <p>3</p>	 <p>National Cookie Day! Read: If you give a mouse a cookie!</p> <p>4</p> <p><b>If You Give A ...</b></p>	 <p>Bathtub Party Day! Fill the tub with toys, or try this recipe for <u>bath tub paints</u>.</p> <p>5</p>	 <p>Scan here for more information about Birth-Five Outreach</p> <p>No Snow? Try this Snow Dough recipe! <a href="#">How to Make Snow Dough that Tastes Safe - Only 2 Ingredients!</a></p> <p>6</p>	<p>Are you registered for our playgroups on Thursdays? Call TODAY!! (920) 832-6470</p> <p>Learning Through Play at CELC from 9-10 &amp; 10:30-11:30: <i>Arctic Animals</i> (Registration required)</p> <p>7</p>	<p>National Eat a Red Apple Day! Enjoy an apple while reading: <b>The Biggest...</b></p> <p>8</p> <p>Sing and or dance to a favorite song or music</p>	<p>NATIONAL PLAY OUTSIDE DAY! Dress up warm, go for a walk or play in the yard!</p> <p>2</p>
<p>Use marshmallows dipped in white paint to make a snow picture</p> <p>10</p>	<p>Fill a spray bottle with colored water. Spray snow outside for colorful fun</p> <p>11</p>	<p>National Gingerbread House Day! Make a gingerbread house (see recipe below)</p> <p>Sing: <b>The Gingerbread...</b></p> <p>12</p>	<p>National Cocoa Day! Try one of these Hot Cocoa <u>Sensory Bins</u></p> <p>13</p>	<p>Learning Through Play at CELC from 9-10 &amp; 10:30-11:30: <i>Mittens &amp; Hats</i> (Registration required)</p> <p>14</p>	<p>National Cupcake Day! Make cupcakes with your child, read: <b>If You Give A...</b></p> <p>15</p>	<p>String beads or cereal on a piece of yarn</p> <p>16</p> 
<p>Make a healthy snack with your child of fruit &amp; cheese</p> <p>17</p> 	<p>Fill a container of ice cubes. Have your child scoop cubes from one container to another</p> <p>18</p>	<p>Make a homemade bird feeder with your child</p> <p><u>Homemade Bird Feeders</u></p> <p>19</p>	<p>Is it cold out today? Heat up a container of bubbles and blow them outside</p> <p>20</p>	<p>Learning Through Play at CELC from 9-10 &amp; 10:30-11:30: <i>Gingerbread Man</i> (Registration required)</p> <p>21</p>	<p>Make a paper chain, use more than one color paper; can you make a pattern</p> <p>22</p>	<p>Make an indoor fort out of blankets, chairs and pillows</p> <p>23</p>
<p>Visit, call a grandparent/elderly friend; encourage child to tell about their day. Draw or color a picture, send in the mail</p> <p>24/30</p> 	<p>Use tape to make snowflakes, paint over the tape</p> <p>25</p>	<p>Create a sensory bin with shaving cream or whipping cream; hide items for child to find</p> <p>26</p>	<p>Do a snowball toss with rolled up socks or cotton balls</p> <p>27</p>	<p>Take a walk at a nature center how many winter animals do you see or hear</p> <p>28</p>	<p>Have a picnic in your living room; have child help to set up the dishes and food</p> <p>29</p>	<p>Make some maple syrup snow candy</p> <p><u>How To Make Maple Syrup Snow Candy</u></p> <p>30</p>

AASD  
**Birth-Five**  
OUTREACH

PLEASE JOIN AASD BIRTH-FIVE  
OUTREACH AND APPLETON  
COMMUNITY 4K FOR

Appleton  
COMMUNITY 4K

# WINTER WONDERLAND

**December 14th,  
2023**

**6:00-7:00 PM**

313 S. State St.,  
Appleton

**Activities:**  
**WINTER THEMED  
GAMES, CRAFTS,  
STORIES AND MORE!**

**Registration  
is required for this event by  
Dec. 11th.**

OPEN TO FAMILIES  
WITH CHILDREN  
AGES BIRTH TO  
FIVE! SIBLINGS  
ARE WELCOME!

Please contact Danielle  
Tzakais at (920) 832-6470 #1  
or  
[tzakaisdaniell@aasd.k12.wi.us](mailto:tzakaisdaniell@aasd.k12.wi.us)

