

4K NEWSLETTER • COMMUNITY CONNECTIONS



Learning
through
play, every
student,
every day!

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

Issue 4
December 2023

Winter break is almost here! It seems everywhere we look are eager young faces looking forward to being home and spending time with family and friends.

This time of year feels magical for many of our students, eager for snow, anticipation for the coming holidays, and sometimes just the joy of sleeping in. As adults we watch with amazement at their excitement and energy.

For some of our students, winter break can also be a time of stress. There are often changes to routine, travel and spending time with family or friends that they aren't as familiar with. Sometimes it is cabin fever that sets in, spending multiple days at home.

The good news is whether your child is full of energy or cabin fever has set in, as families we can use some common strategies to help us all enjoy our time together.

- ◆ Plan on keeping your child in their daily routine of meals and bedtime.
- ◆ Snuggle together to read a book or play a game.
- ◆ Spend time together outside to enjoy the weather and go for a walk.
- ◆ Have a Plan B, weather can be unpredictable and so can children.

Whatever your plans are for this winter break, I wish you much joy as you create wonderful family memories of Winter Break 2023.

Important Dates:

No School (Winter Break)—
December 22nd through January 1st
(Classes resume January 2nd)

No School (Martin Luther King Jr. Day)—
January 15th

No School (Professional Development)—
January 22nd

No School (Progress Report Work Day)—
January 31st



Inside this issue:

Health Services Note	2
Literacy Corner	3
Tucker's Corner	4
Kindergarten Immunizations	5
Building For Kids Event with Appleton Community	6
January Activity Calendar	7
AASD Birth-Five Event	8

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

Have a great winter break. We look forward to seeing you back in school on January 2nd!



APPLETON AREA

SCHOOL DISTRICT

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

HAND WASHING CAN SAVE LIVES!



Hand washing is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and illnesses are spread by not washing hands with soap and water. It is best to wash your hands with soap and clean running water for 20 seconds. Although soap and water are more effective at removing germs, alcohol-based hand rubs significantly reduce the number of germs on skin and are fast acting.

Per the CDC, handwashing:

- Reduces the number of people who get sick with diarrhea by 23-40%
- Reduces diarrheal illness in people with weakened immune systems by 58%
- Reduces respiratory illnesses, like colds, in the general population by 16-21%
- Reduces absenteeism due to gastrointestinal illness in schoolchildren by 29-57%

When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces, making sure to clean in between fingers, thumbs, the back of your hand and your wrists
- Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice to a friend!
- Rinse hands well under running water
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet

Remember: If soap and water are not available, use alcohol-based hand sanitizer to clean hands.

When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand
- Rub hands together
- Rub the product over all surfaces of hands and fingers until hands are dry.

When should you wash your hands?

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning up a child who has gone to the bathroom
- Before and after tending to someone who is sick
- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Anytime your hands are visibly dirty
- Before and after treating a cut or wound

Appleton Community 4K Literacy Corner—December

The Sounds of Language

As 4K students begin to learn about letters and words, they are also developing an awareness of the **sounds** in letters and words. Your child will become aware of the sounds of language when they hear and say rhymes and songs. Your child's teacher is creating an environment in which children are exposed to the sounds of language throughout the day. Teachers provide shared experiences in reading and writing helping children to hear the beginning sounds in words. They engage students in oral language experience through songs, chants, and rhymes. The activities are playful and enjoyable.

Ways that families can nurture the sounds of language at home...

- Help your child think of words that start with a beginning sound.
- Make up silly sentences with words that begin with the same sound, such as "Nobody was nice to Nancy's neighbor."
- Play simple rhyming games with your child, such as taking turns coming up with words that rhyme (go – no).
- Read books with rhymes.
- Teach your child rhymes, short poems, and songs.
- Practice the alphabet by pointing out letters wherever you see them and by reading alphabet books.

This month's book recommendations focus on Songs, Chants, & Rhymes:



Silly Sally by Audrey Wood

Cat in the Hat by Dr. Seuss

Sheep in a Jeep by Nancy Shaw

One Duck Stuck by Phyllis Root

Rhyming Dust Bunnies by Jan Thomas

There Was an Old Lady Who Swallowed a Fly by Simms Taback

Who Took the Cookies from the Cookie Jar by Bonnie Lass

Chicka Chicka Boom Boom by Bill Martin Jr.

Phonological and phonemic awareness. Reading Rockets. (2022, October 3). Retrieved December 12, 2022, from <https://www.readingrockets.org/helping/target/phonologicalphonemic>

Tucker's Corner



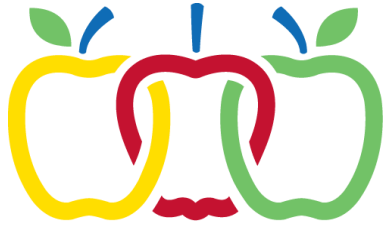
Children get **angry, sad, frustrated, nervous, happy, or embarrassed**, but they often do not have the words to talk about how they are feeling. Children are experiencing so many new and exciting things for the first time. It can be overwhelming! Being able to sense and understand the emotions of self and others is a big part of a child's overall development and social success.

Parents and other adults can help children understand, validate, and express their emotions in the following ways:

- Build an **emotional vocabulary**. An emotional vocabulary is the collection of words your child uses to express their feelings and reactions to events. Giving your child a label for their emotions enables them to develop a vocabulary for talking about feelings.
 - ◊ When your child breaks a favorite toy and begins to cry, "I understand that you're **upset**."
- Give children many opportunities to identify feelings in themselves and others.
 - ◊ For example, you might say to your child, "Riding your bike is so much fun. I see you smiling. Are you **happy**?"
- Show children what their face looks like in a mirror, or on your face, and name the emotion.
- Read!

Books about Emotions:

Glad Monster, Sad Monster: A Book About Feelings by Anne Miranda & Ed Emberley
Don't Feed the Monster on Tuesdays! by Adolph Moser
Today I Feel Silly: And Other Moods that Make My Day by Jamie Lee Curtis
My Many Colored Days by Dr. Seuss
When Sophie Gets Angry-Really, Really Angry by Molly Bang
If You're Angry and You Know It by Cecily Kaiser
The Way I Feel by Janan Cain



APPLETON AREA SCHOOL DISTRICT

HEALTH SERVICES * P.O. Box 2019, Appleton, WI 54911 * 920-997-1399 x2106

TO: Parents of Incoming Kindergarten Students
RE: Required Immunizations

Just a reminder: All students are required to receive the kindergarten series vaccines upon entrance to Kindergarten. Please make arrangements for your child to receive these vaccinations prior to the start of kindergarten. Community healthcare providers are typically very busy in the weeks leading to the start of fall classes, so you are encouraged to have your child immunized well in advance of school beginning.

Vaccine	Dose
DTaP	At least 4 doses (unless the 3 rd dose was received after the 4 th birthday)
Polio	At least 4 doses (unless the 3 rd dose was received after the 4 th birthday)
Hepatitis B	3 doses
MMR	2 doses
Varicella (chicken pox)	2 doses

If your child has already received these immunizations: please complete the student immunization record form* with the dates received, SIGN at the bottom, and return to your child's school.

If your child has *not* yet received the above immunizations: please schedule an appointment with your health care provider. Immunizations are available free of charge through the Appleton Health Department (for children living in the city of Appleton; call 832-6429 to schedule an appointment) or through the Outagamie County Health Department (for children living outside the city limits of Appleton; call 832-5100 to schedule an appointment). Once the vaccinations have been received, please complete the dates on the student immunization record form, SIGN at the bottom, and return to your child's school.

If you do not wish to have your child immunized: please select the waiver option at the bottom of the student immunization record form, SIGN, and return to your child's school.

*The student immunization record forms are available from the District website (aasd.k12.wi.us) or from the elementary school office.

Important notes:

- If you already completed a waiver for your child in 4K, you will need to complete a new waiver for kindergarten as these immunizations are a new requirement
- Per Wisconsin state statute, all students are required to be fully immunized or have a waiver on file by the 30th day of school.

Please feel free to contact the school nurse at your child's school for further information.



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






OR (920)852-5600, option 1

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





January Play Ideas Calendar Preschoolers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Are you registered for our playgroups on Thursdays? Call TODAY!! 920-832-6470</p>	<p>1 Make a Memory Jar</p> 	<p>2 Make an ice cream snack with your child. Allow them to scoop and add toppings!</p>	<p>3 National Drinking Straw Day! Use straws to blow cotton balls on a table. Have a race with your child</p>	<p>4 Learning Through Play at CELC from 9-10 & 10:30-11:30: Llama Llama Red Pajama (Registration required)</p>	<p>5 Snow Paint 1 Cup Salt 1 Cup Flour 1 Cup Water</p> 	<p>6 National Play Outside Day! Take a walk and/or visit a park! Bundle UP!</p>	
<p>7 Make paper snowflakes out of coffee filters and paint with watercolors or water with food dye</p>	<p>8 National Bubble Bath Day! Fill a tub full of water, add bubble bath or use mild shampoo</p>	<p>9 Make an arctic animal with your child. See ideas on the back side of this calendar</p>	<p>10 Tape uppercase letters to the wall. Have your child throw pretend snowballs (cotton balls) at them, saying the letter the snowball hits.</p>	<p>11 Learning Through Play at CELC from 9-10 & 10:30-11:30: Mouse Shapes & Colors (Registration required)</p>	<p>12 Take your child sledding at Reid Golf Course or Erb Park!</p>	<p>13 National Rubber Ducky Day! Make a water sensory bin with rubber ducks or use them in the bath.</p>	
<p>14 Play "freeze" dance by starting/stopping a favorite song - freeze when it stops, dance when its playing</p>	<p>15 National Martin Luther King Jr. Day! Read a book or watch: MARTIN LUTHE...</p>	<p>16 Blow bubbles outside and watch them freeze!</p>	<p>17 Read a book about arctic animals. Here are some ideas you can get at the library: Books about arctic animals</p>	<p>18 Learning Through Play at CELC from 9-10 & 10:30-11:30: Wild West (Registration required)</p>	<p>19 National Popcorn Day! Enjoy a popcorn snack. Use leftovers to make a popcorn winter tree picture - see back for idea</p>	<p>20 Paint with frozen paint. Pour paint in ice cube trays and put sticks or paint brushes in before putting in freezer</p>	
<p>21 National Hugging Day! Hug a special friend or toy!</p>	<p>22 Make an iceberg hop for child to jump from one to another</p> 	<p>23 Go to the library and find books about winter to read with your child</p>	<p>24 Make some sparkly play dough. Easy recipe on the back side of this calendar</p>	<p>25 Take a pretend trip to the Zoo. Use stuffed animals around the room to view and make a train with chains to view your animals!</p> 	<p>26 Hide small objects in ice. Allow child to use scoops and spoons of warm water to discover what's inside when melted</p>	<p>27 Go outside and build a snowman, snow animals or snow fort; or create a path to follow in the snow!</p>	
<p>28 National Blueberry Pancake Day! Make some blueberry pancakes with your child. Enjoy!</p>	<p>29 National Puzzle Day! Put together a favorite puzzle with your child or you can make a puzzle by cutting a picture or cereal box into shapes.</p>	<p>30 Make a snowman picture with cotton balls or paper plates.</p>	<p>31 National Hot Chocolate Day! Grab a mug, marshmallows & dice. Have your child roll a number and add that many marshmallows to the mug of cocoa.</p>	 <p>Scan here for more information about Birth-Five Outreach</p>			

AASD
Birth-Five
OUTREACH

**BIRTH-FIVE
OUTREACH &
APPLETON
COMMUNITY 4K
INVITE YOU TO**



DINO-ROAR!

**January 11th,
2024
6:00-7:00
313 S. State St.,
Appleton**

**STOMP YOUR
WAY INTO
DINOSAUR-
THEMED GAMES,
CRAFTS, STORIES,
AND MORE!**

**REGISTRATION
IS REQUIRED
FOR THIS
EVENT BY
January 8th**

**FREE & OPEN TO
CHILDREN AGES
BIRTH TO FIVE.
SIBLINGS
WELCOME!**

**PLEASE CONTACT
DANIELLE TZAKAIS AT
(920) 832-6470 #1
OR**

tzakaisdaniell@asd.k12.wi.us

