

# 4K NEWSLETTER • COMMUNITY CONNECTIONS



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

Issue 5  
January 2024

Greeting Families!

It is hard to believe that we have reached the half way point of our 4K school year. I am sure that you have seen your children growing in many areas of their development and hope that you have enjoyed the take home activity bags with books and activities, and enjoyed some of our family engagement activities at your child's 4K site or at the Community Early Learning Center (CELC).

Our teachers are just completing their mid-year assessments of your children using the Teaching Strategies GOLD assessment system. GOLD is an observational assessment system for children designed to assess what young children know and can do, in relation to the widely held expectations for development at their age nationally. You will be receiving your child's first semester progress report soon. The report lists 4K curriculum learning standards and will identify your child's progress toward these standards as measured by GOLD. In addition to the progress report you will receive a rubric which will assist you in understanding the ratings used.

We know that children's performance of skills varies differently on different days and in different settings. These ratings provide us with just one piece of information about your child's progress, and we hope you will see that as well. As always, if you have any questions about your child's progress, or your child's progress report, please reach out to your child's teacher, they are always happy to talk about your child's strengths and next steps!

Do you know a child who will be 4 years old on or before September 1st?!

Appleton Community 4K enrollment for the 24-25 school year begins on Monday, February 12th, 2024!

Find more information on our 4K website:

[4k.aasd.k12.wi.us/our\\_school/enrollment](http://4k.aasd.k12.wi.us/our_school/enrollment)



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### 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

# Appleton Community 4K Literacy Corner—January

## Learning to Read

As a parent, you have probably discovered that even a child younger than one-year old can “respond” to stories that are read to them. They take plastic books into the bathtub, or spill juice on them during a meal. They cuddle up on your lap, pat the pictures, and make noises imitating your reading. Most of all, they want you to read the books over and over.

As your child learns to talk, they begin retelling the stories that are read to them. We call this behavior “talking like a book” (Clay, 1991). Your child is not reading the words; they are enjoying the pictures and pattern of the story by imitating your reading. As you choose books to read aloud, be sure that the story, language, and illustrations are highly engaging. The key is to make your child’s experiences with stories meaningful and memorable.

### **Here are some things that your child is learning even before they can read the words:**

The pictures have an important message, but you read the print.

You start with the cover of the book and turn the pages.

You read the left page before the right page

You read from the top of the page, downward.

The story is over when you reach the last page.

### **This month’s book recommendations focus on highly engaging books:**

Cock-a-Doodle Quack Quack by Ivor Baddiel

Dig Dig Digging by Margaret Mayo

Tacky the Penguin by Helen Lester

Little Blue Truck by Alice Schertle

Hurry, Hurry by Eve Bunting

Where is the Green Sheep by Mem Fox

Good Dog Carl by David Weisner



# Tucker's Corner



## How to Give Clear Directions to Children

Children are learning new skills that will help them to become more independent. Providing clear directions/expectations can help children to become more independent and helps to set limits on a child's behavior. A child may use challenging behavior to communicate a variety of messages. They may need help with a task, the task may be too difficult, they don't want to leave a preferred activity, and crying gets them what they want.

According to the Center for Disease Control and Prevention and The Center on the Social and Emotional Foundations for Early Learning below are some guidelines on ways to give directions, promote independence and support young children best.

1. Make sure you have your child's attention when you give a direction. Begin by getting down on your child's eye level and gaining his attention. (i.e., touch your child gently or make eye contact)
2. Be clear about what you want your child to do and when she needs to do it.
3. Ask your child to repeat the direction back to you to make sure he understands.
4. Avoid asking questions when you want your child to do something. Asking a question gives your child the chance to say, "No!"
5. Give one direction at a time.
6. Model good listening skills during special playtime and give your child positive attention for following direction. Be prepared to provide your child with reminders about what to do. As a child first learns a skill, it's common to forget a step and need assistance.

When we give children clear directions we are telling children exactly what is expected of them. Use directions that do not correct misbehaviors but instead promote expected behaviors. Try to stay away from phrases such as "Be a good Boy" or "Stop it". Use phrases such as "We use walking feet in the house" or "You need to sit on a chair at the table when you eat your snack." When we use this approach to giving directions we are setting the child up for success by defining exactly what the expectation is. This positive approach also builds their confidence and overall self-worth.

Center for Disease Control and Prevention (2008). Giving Directions. Retrieved from <https://www.cdc.gov/parents/essentials/directions/index.html>

Child Mind (2008). How to Give Kids Effective Instructions retrieved from <https://childmind.org/article/how-to-give-kids-effective-instructions/>

[https://cainclusion.org/resources/tp/materials/csefel/teaching\\_routines.pdf](https://cainclusion.org/resources/tp/materials/csefel/teaching_routines.pdf)



# APPLETON AREA SCHOOL DISTRICT

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

## Healthy Sleep



Like eating well and being physically active, getting a good night's sleep is essential to the well-being of students and staff. A number of vital tasks carried out during sleep help maintain good health and enable people to function at their best. Not getting enough sleep can be dangerous and contribute to poor health.

Both the amount and quality of sleep affect how well people learn and remember as well as perform tasks like problem-solving and staying focused. Insufficient sleep causes people to be irritable and adversely affects behavior. Poor quality sleep on a regular basis increases the risk of having high blood pressure, obesity, heart disease, and other medical conditions.

Here is the CDC's recommended hours of sleep:

Preschool	3–5 years	10–13 hours per 24 hours (including naps)
School Age	6–12 years	9–12 hours per 24 hours
Teen	13–18 years	8–10 hours per 24 hours
Adult	18–60 years	7 or more hours per night
	61–64 years	7–9 hours
	65 years and older	7–8 hours

Here are some of their suggestions to improve sleep health:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Remove electronic devices, such as TVs, computers, and smartphones, from the bedroom
- Avoid large meals, caffeine, and alcohol before bedtime
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.



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.



Please join AASD Birth-Five Outreach and Appleton Community 4K for

# How To Be A Superhero

We will have crafts, games, activities and snacks!

**February 8th, 2024**  
**6:00-7:00 pm**  
**313 S. State St.**  
**Appleton**

**FREE & open to children ages birth to five. Siblings welcome!**

Registration is required for this event by **February 6th**

Please Contact **Danielle Tzakais** at **(920) 832-6470 #1** or **tzakaisdaniell@aasd.k12.wi.us**

**See you there!**

AASD **Birth-Five** OUTREACH

Appleton COMMUNITY 4K



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### 411.2 Student Nondiscrimination

The Appleton Area School District does not discriminate against students on the basis of sex, race, color, religion, age, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, gender identity, gender expression or physical, cognitive, emotional or learning disability in its education programs or activities.

El Distrito Escolar del Área de Appleton no discrimina a los estudiantes por sexo, raza, color, religión, edad, origen nacional, ascendencia, credo, embarazo, estado civil o parental, orientación sexual, identidad de género, expresión de género o físico, cognitivo, discapacidad emocional o de aprendizaje en sus programas o actividades educativas.

Tsev kawm ntawv hauv Appleton tsis cais tawm menyuum kawm ntawv los ntawm qhov yog poj niam los txiv neej, haiv neeg, cev nqaij daim tawv txawv, kev teev hawm, lub hnuv nyoog, keeb tiv ntawm haiv neeg, poj koob yawm txwv, kev ntseeg, lub cev tsis tab seeb, muaj txij nkawm los yog leej niam leej txiv, hloov lub cev poj niam mus ua txiv neej hloov txiv neej lub cev mus ua poj niam, tus yam ntxwv poj niam los txiv neej, hais lus coj li poj niam los txiv neej los yog cev nqaij daim tawv, lub hlwb kev xav, tus xeeb ceem kev xav los yog muaj qhov ua rau kawm tsis tau ntawv nyob rau cov khoo ka kawm ntawv los yog tej kev ua ub ua no.

Amend Dates: 6/23/2014 and 04/22/2019

# February Play Ideas Calendar Preschoolers



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>4</b> National Thank a Mail Carrier Day!! Help your child draw/color a picture or write a special thank you note. Tape it to your mailbox	 Scan here for more information about Birth-Five Outreach	<b>5</b> Build with blocks, containers, or legos. How tall can you make your tower?	 <b>7</b> Color mixing with SNOW! <u>Color Mixing in the Snow - Views From a Step Stool</u>	<b>1</b> Learning Through Play at CELC from 9-10 & 10:30-11:30: Let's go Shopping (Registration required)	<b>2</b> National Groundhog's Day!! Read a book about Groundhogs:  Wake Up, Grou...	<b>3</b> National Play Outside Day! Take a walk or go sledding!
<b>11</b> National Make a Friend Day!! Model and discuss ways to be a good friend - watch the video below.  Teaching your P...	<b>12</b> Make tracks in the snow, encourage your child to follow the tracks. Can you find other animal tracks too?	<b>6</b> Play With Purpose at CELC from 9-10 & 10:30-11:30: Making Friends (Registration required)	<b>14</b> Conversation Heart Squish Bags! <u>Conversation Heart Squish Bag Science Activity</u>	<b>15</b> Learning Through Play at CELC from 9-10 & 10:30-11:30: Pete the Cat (Registration required)	<b>16</b> Play a matching game. Use a deck of cards, match socks or mittens, or create your own matching game with cut out pictures, blocks, or letters	<b>17</b> National Random Acts of Kindness Day! Try some of the ideas below! <u>25 Simple Random Acts of Kindness for Toddlers/Preschoolers</u>
<b>18</b> Play dress up and act out what your child is pretending to be	<b>19</b> Make a snowman or snow fort, encourage your child to roll the snow or make the walls	<b>20</b> Play With Purpose at CELC from 9-10 & 10:30-11:30: Safe & Secure (Registration required)	<b>21</b> Create scented art using paper, jello powders, white glue, and cookie cutters. <u>Scratch and Sniff Five Senses Art</u>	<b>22</b> Set the table for dinner. Talk about how many spoons, forks, plates, cups you need and count as you put items on the table	<b>23</b> Move to music, clapping to the rhythm and beat	<b>24</b> Snuggle and read a book with your child. Point to the pictures and repeat to encourage early literacy skills
<b>25</b> National Tell a Fairytale Day! Share a favorite fairytale with your child or get a book from the library	<b>26</b> Make a birdfeeder by stringing cereal on a pipe cleaner or string	<b>27</b> National Strawberry Day! Make chocolate dipped strawberries together and deliver some to friends! <a href="#">National Strawberry Day</a>	<b>28</b> Fill a ziploc bag full of snow and hide little toys in for your child to find	<b>29</b> National Leap Day! Cut 4 circles green paper (lily pads), number 1-4 and line them up. Do a frog leap to each one, counting to 4 (leap day is every 4 years!)		