



Preschool Newsletter
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October 1, 2008

**Important Dates
for Preschool**

October 2
Thursday
First Thursday @ FSH
8:30am

October 7
Tuesday
FCO Meeting
8:15am

October 10
Friday
PUPIL HOLIDAY

October 13
Monday
SCHOOL HOLIDAY

October 16
Thursday
FSH Community Book Club
7:00pm

October 21
Tuesday
Picture Day

October 23
Thursday
Quaker Fest

October 24
Friday
Parent/Teacher Conferences
PUPIL HOLIDAY

October 25
Saturday
Footsteps for Friends
Fit with Friends
7:30am

October 28
Tuesday
School House Parents
Invite Heritage House Families
To Learn About 1st Grade and
Beyond
7:00pm

October 31
Halloween Parade
Friday
8:30am



Apple Betty

- 4 cups thinly sliced apples
- 1/4 cup orange juice
- 3/4 cup all-purpose flour
- 1 cup white sugar
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1 pinch salt
- 1/2 cup butter

Preheat oven to 375 degrees F.
Lightly grease a 9-inch pie plate
Sprinkle with orange juice

Mix flour, sugar, cinnamon, nutmeg, and salt.
Cut in butter until the mixture resembles coarse crumbs and scatter over
apples.
Bake in preheated oven for 45 minutes. Serve warm with home-made
whipped cream and enjoy with some friends.

Whipped Cream

- 1/2 pint whipping cream
- 1 Tbsp. powdered sugar

Pour cream into a bowl and beat with
a whisk or with an electric mixer on low
adding the sugar along the way until
light and fluffy.



Integrated Curriculum: music, listening, movement, spatial awareness, directionality, articulation (blowing through a straw)

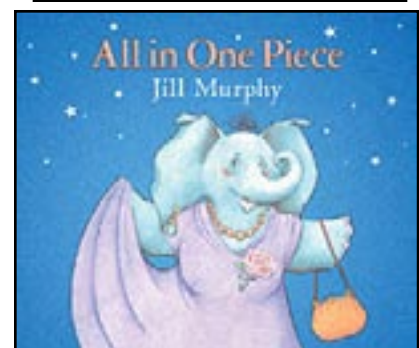
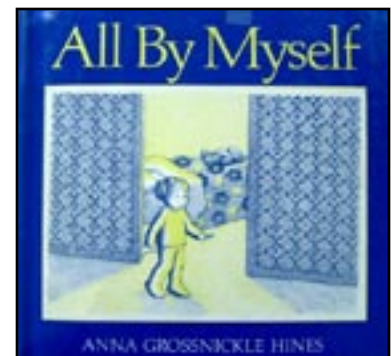
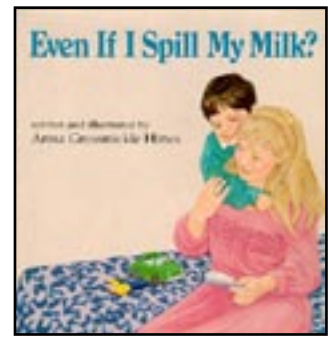
Two electric fans and some colorful scarves make the song, *My Lady Wind*, come to life. Friday's windy weather was the force behind the gales of laughter in preschool. (Listen to *My Lady Wind*)

Children also discovered the force of air as they blew bubbles in soapy water. For extra effect, on cloudy days we turn off the lights and illuminate the bubble table with clamp lamps fitted with colored bulbs.



Books we have read recently include:

Even if I Spill My Milk?, Anna Hines
Knuffle Bunny, Mo Willems
Goose, Molly Bang
All By Myself, Anna Grossnickle Hines
All in One Piece, Jill Murphy





The classroom ribbon wands made their way up to the gym to enhance the gross motor play of the children. On this occasion, Caribbean music played in the background.



Got Math?

Spotted during free-play:

- sorting,
- stacking,
- counting,
- adding on,
- measuring



Non-standard units of measure were used to look at the length of the elephant chain.



A teachable moment... (or, when “Swoop and Rescue” just won’t do!)

Picture this: A child is in the cubby room struggling with a sweater full of stubborn buttons.
What would YOU do?

Scenario one:

The teacher goes up to the child, unbuttons the sweater and the child goes off to play. Fast and efficient. A perfect example of “Swoop and Rescue”. Lesson learned: teachers are powerful.

Scenario two:

The teacher greets the child. “Those buttons look kind of hard. Would you like a friend to help you?” The child nods.

“Cate (or any child who is nearby) would you come and see if you can help Wyatt with these buttons?”

“Sure!”, she replies. Cate tries to coax the buttons from their holes and in time (this part takes lots of patience on the adult’s part) both children have worked diligently to undo the buttons. Both children run off to play, a little more confident, a little more competent.

The process in *Scenario Two* looks painful, takes more time and seems hard-hearted on the teacher’s part.

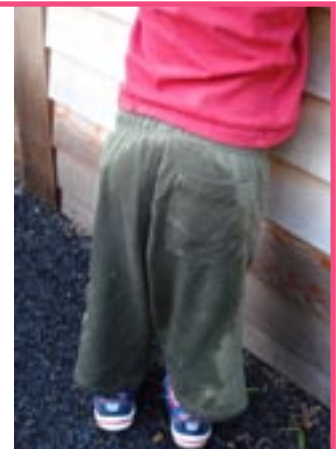
In fact, in the second option, the lessons are clear and abundant. Children are powerful, children are capable, children are helpful, children do hard things, and, in this case, unbuttoning a sweater is added to a child’s growing repertoire of self-help skills.



You’ve heard of painters’ pants and peddle pushers but have you heard of **PUDDLE PANTS**? They are what you get when you just can’t wait to go down the slides first thing in the morning after an overnight rainfall or on an especially dewy morning. Rather than getting upset, children delight in being the first to have **PUDDLE PANTS**!

Children learn lessons in absorption and evaporation as well as doing a public service in drying the slides for the next person.

As the weather gets cooler the children will use a squeegee and a chamois, rather than their bottoms, to dry off the playground.





Parent/Teacher Conference Day Friday, October 24, 2008

7:00am ROMAN
7:30am CHRISTIAN
8:00am RYAN
8:30am CATE
9:00am WYATT
9:30am MEGAN
10:00am BLAISE
10:30am LEO
11:00am EVAN
11:30am MILES
12:00pm LINDSAY
12:30pm EBAAD

[Check Here for Homework](#)

Picture taken behind Heritage House, 9/29/08

Partners

Tomorrow the children will be introduced to their third grade partners. Preschool/Grade III Partners will meet each week for 30 minutes. Initially, the mixed-age pairs will get to know each other while the older children read picture books with the younger.

Each year, it is lovely to watch as the butterflies of the new relationships in October evolve into warm friendships during the year.

BLAISE: MICHAEL
CATE: GIGI, HANNAH
CHRISTIAN: KEILAN, CAMERON
EBAAD: ALIYA, OLIVIA
EVAN: MOLLY
LINDSAY: TOM, ALEX
MEGAN: LABRIA
MILES: SOPHIE G., GIANLUCA
ROMAN: ANITA
RYAN: SOPHIE S., JEREMY
WYATT: PARKER



Picture taken on "Beach Day" with partners, May 2008



The following is a collection of articles and thoughts that I have come across while reflecting on, researching and dialoguing with colleagues about the ubiquitous sippy cup.

What piqued the curiosity was the increasing numbers over the years of children in preschool who:

- 1) Choke while drinking from a cup, and/or
- 2) Are experiencing articulation difficulties.

-- Tina Thompson

Sippy Cups Alert

The increased caries risk for toddlers who use the duck-billed cups, often carrying with them and sip-ping throughout the day can cause cavities. Spill-proof cups are more like a bottle than a cup. These cups are an effective tool for shifting children from baby bottles to regular cups, but parents should use the cups only as a transitional device because tooth decay remains the most common chronic childhood disease-five times as common as asthma. Prolonged use of the cup also inhibits the development of muscles needed for proper speech. You should not to allow your child to suck on the cups throughout the day. "Sippy cups are great; however a traditional cup is even better."

In response to the "sippy cup dilemma"..... As a licensed practicing Speech Language Pathologist, I have observed the damaging impact on oral-motor musculature, swallowing patterns, dentition, and speech/articulation development as a result of chronic sippy cup use. This is especially true with the "new" totally spill proof sippy cups that have a stopper and the only way to drink is to suck. Maintaining a sucking pattern while drinking interferes with the development of adult swallow patterns and directly impacts on oral-motor muscle development, speech, and articulation development. Sippy cups were/are meant to TRANSITION a child from bottle to regular cup. A child is transitioned from a bottle at a certain age to encourage proper oral-motor musculature development and development of an adult swallow pattern. In my opinion, chronic use of a pacifier, bottle, and/or sippy cup during this time FREQUENTLY results in oral-motor and/or speech disorders, malocclusion, and "tongue thrust" swallowing patterns. I also agree that chronic use of a sippy cup may be one of several contributing factors for a particular child with speech/articulation delays. Once a child has been identified as having oral-motor/speech/articulation deficits, removing pacifiers, sippy cups, and/or thumbs will at least contribute to increased rate of progress in therapy. Many parents continue chronic use of sippy cups until age 3 to 4 (or later). It is not the sippy cup that is the problem, but in how it is used, and how parents are not informed as to the dangers and risks of not using it properly: as a transitioning tool rather than as a "pacifier for the carpet or car".

Lori Johnston, M.A., CCC-SLP; Licensed Speech Language Pathologist
New Jersey, USA

Can speech problems develop due to overuse of a sippy cup?

I am not aware of an association of sippy cups or straw cups with speech problems. Chronic sucking, whether of a thumb, finger or pacifier may promote a habitual tongue thrust which may cause a child to have difficulty with the "s", "ch", "sh" and "z" sounds. This means the tongue goes between the teeth rather than staying behind them with these sounds. Although a tongue thrust is not uncommon in children who were not "suckers." Children with enlarged adenoids and possibly repeated ear infections may be more likely to have a tongue thrust.

Permitting a child to use a pacifier for much of the waking hours may be associated with speech problems and delay not to mention problems with poor alignment of the teeth. I encourage parents to limit pacifier use to bedtime and stressful situations after twelve months.

What's Next? Blankie? Sippy Cups Draw Fire for Speech Slurs, Cavities (JONATHAN EIG / Wall Street Journal 12Feb 02)

Beware the sippy cup.

That modest conveyor of liquids, protector of carpets, friend to parents of small children, is suddenly under attack.

A sippy cup, as virtually every modern parent knows, is a plastic cup equipped with a tight lid and a protruding bill-shaped spout. Children can toss it, drop it and turn it upside down, but they can't spill its contents. That's thanks to a valve in the lid that releases liquid only when a child puts his lips around the bill and sucks.

The sippy cup is the toddler's equivalent of the cell phone, essential equipment for the kid on the go. Many parents view it as the most extraordinary invention since the disposable diaper. But in products made for children, popularity often fosters worry. Now, it's the sippy cup's turn.

Warnings are coming from two fronts: First, some speech pathologists say children are using sippy cups long after they should have made the transition to a traditional, lidless cup. They're still sucking and slurping when they ought to be swilling and gulping. The consequence: a lazy tongue that produces sloppy "th" and "st" sounds, at least temporarily.

Nursery-school teachers were among the first to raise concerns.

"What we've noticed in the past five or six years is that articulation for young children has totally disappeared," says Gail Smith, director of the Gingham Giraffe Preschool in Chatham, N.J. "And I directly attribute it to the use of sippy cups."

Ms. Smith first heard about the concerns from a speech therapist. Before warning parents at her nursery school to ditch the cups, she took one home and drank from it herself for a weekend. She became concerned that sucking a sippy cup was a lot like sucking a thumb. "You do tend to leave your tongue under the cup," she says.

Second, some pediatric dentists say they are beginning to see more cavities among children who use sippy cups as if they were baby bottles -- sucking milk, juice and other sugary drinks for hours at time, sometimes even while they sleep.

The issue emerged last year after a group of German dentists published an article in the *Journal of Dentistry for Children* entitled "Nursing-bottle Syndrome Caused by Prolonged Drinking from Vessels with Bill-Shaped Extensions."

When Cindi Sherman, a dentist in Independence, Kansas, read the article, she experienced a moment of revelation. "I hadn't made the connection," says Dr. Sherman. Now, she says, she quizzes all her patients about their children's drinking habits.

Playtex, the market leader in spill-proof cups, says the complaints are without merit. The Westport, Conn., company notes that there is no scientific evidence suggesting that sippy cups affect speech. And as for the published research on tooth decay, the company says sugary drinks, not the cups that carry them, cause cavities. Novartis's Gerber Products Co., another big sippy-cup manufacturer, declines to comment.



Sippy-cup warnings leave parents torn between concerns about their toddlers and concerns about their car seats. "You can't put a kid in a car seat and drive to preschool with an open glass of orange juice," says Kirby Adams, mother of two small children and a television news reporter in Louisville, Ky.

Sippy cups, designed to help parents teach their children how to drink without spilling, have been around in one form or another for at least 50 years. But during most of their early history they were infrequently used.

Kids on the Go

By the time Playtex began marketing the plastic version of the product in 1994, American culture had changed. Cup-holders had sprouted in cars, movie theaters and on treadmills. People seemed to be carrying Big Gulps and bottles of water everywhere. The phrase "multi-tasking," a term that originally referred to computers, now applied to humans, too. Parents were eager to embrace a spill-proof container that let them hydrate their children without breaking stride.

Americans spent more than \$30 million last year on spill-proof cups, which usually sell for less than \$5 each, according to ACNielsen, which tracks product sales in grocery stores, drug stores and some of the big mass-merchandising outlets. ACNielsen doesn't count sales at Wal-Mart, Toys "R" Us or specialty shops for children, so sales are probably much higher.

Some speech pathologists worry about overindulgence. When children drink from a bottle or breast, they perform something speech therapists refer to as a suckle-swallow. The tongue lays flat and moves mostly in a back-and-forth pattern.

Drinking from a regular cup, however, requires a more complicated swallow. The cheeks and lips suck the liquid onto the tongue, then the tongue squeezes, lifts and propels the water down the throat. That action helps build the muscles required for proper speech -- at least according to one school of experts.

'Wreaking Havoc'

But with a sippy cup, according to its critics, the tongue doesn't get enough action. "It's wreaking havoc on that tongue position," says Charlotte A. Boshart, a speech pathologist in Temecula, Calif.

"It's just like sucking your thumb all the way up until you're five or six years old," says Sara Rosenfeld-Johnson, a speech pathologist in Tucson, Arizona. In seminars that she conducts nationwide, she has become one of the most outspoken critics of the sippy cup.

Most children who develop speech difficulties after drinking from sippy cups are easily cured, says Ms. Johnson. Their speech usually improves as soon as they begin drinking from other vessels.

But for children with Down Syndrome or other illnesses that weaken the facial muscles, these problems can be longer lasting. In those cases, she prescribes a series of exercises in which children gradually switch from sippy cups to straws to regular cups.

Yet while Ms. Johnson spreads the word, others in the field of speech maintain that the sippy-cup debate is a lot of crying over unspilled milk.

"I can't imagine how they could be a problem," says Christopher A. Moore, professor of speech and hearing sciences at the University of Washington. "It's an anecdotal observation that's not supported by research."

In fact, says Dr. Moore, children are so good at learning to speak that almost nothing gets in their way. Learning to speak is far more complicated than learning to walk, yet almost every child figures it out.



Even if a child is four years old and incomprehensible to all but his parents, Dr. Moore counsels patience.

"Parents have so much other stuff to worry about," he says.

Laura Goepfert, a speech therapist in Chatham, N.J., says sippy cups could be one factor among many, but she doubts the cups are a significant problem. Some speech therapists and school teachers "have kind of gone on a crusade," she says

Dentists are engaged in their own discussions on the subject. Next month, the Academy of General Dentistry plans to print an article in its quarterly newsletter addressing the concerns. The article says in part "that the long-term and regular use of sippy cups puts children's growing teeth at increased risk for decay." And it warns parents not to put sugary drinks in the cups.

Meanwhile, Ms. Adams, the television news reporter in Louisville, recently launched an investigation of her own into another hazard of the sippy cup. A toddler may pick up a sippy cup left for days in a toy box and start sucking, while the sealed lid makes it impossible for his parents to see or smell the condition of the drink inside. Ms. Adams collected sippy cups from various parents' homes as well as from her own car and had them tested in a lab. Her report, aired recently on WHAS, revealed that the cups were teeming with germs.



HALLOWEEN REMINDERS FOR PARENTS OF PRESCHOOLERS

Friday, October 31, Halloween Parade, 8:30am

If your child wishes to wear a costume in the School Halloween Parade we ask that you be guided by the following:

By 8:15am all children come in costume to the classroom with a safety at the usual time. This includes those children who do not usually attend school on Friday who wish to join the parade.

8:15am-8:30am parents will assemble outdoors or the gym, depending on weather.

Parents, please resist the temptation to come to the classroom before or after the parade. It is important that we keep the arrival and morning routine as normal as possible for the youngest children.

Keep it simple. At the last moment your child may choose not to wear a costume or march in the parade; teachers will respect the child's wishes.

Masks are not safe for young children. Negotiating stairs and sitting for long periods are not compatible with wearing a mask. Consider face painting as a safe and comfortable alternative.

Dangerous weapons or props may not come to school. Please refer to page 30 of the *Parent Handbook*.

Preschoolers will sit together as a class. Parents and family members will stand along the perimeter. If it is wet, we will sit as a class in the gym.

Shouting your child's name can be upsetting to everyone. There will be a huge crowd of people at the parade. Please imagine yourself a young child in a sea of children and adults dressed up in weird costumes! Taking candid shots quietly from a safe distance will keep all of the children comfortable.

Hold on to younger siblings. The area becomes quite congested with adult bodies and scary costumes.

DO send warm play clothes and jacket for your child to change into. At the conclusion of the parade, the teachers and children will rush into the classroom to change clothes and to resume a normal day. We ask that parents leave directly from the parade site.

Thank you for keeping it simple, safe, and as stress-free as possible. This should be a happy time for your child. Do speak with the teacher if you have questions.

[CLICK HERE](#) to read notes from Curriculum Night, 9/23/08