



Meadowood Child Development Center

3333 S. Norfolk Way · Aurora, CO 80013

NOVEMBER NEWS-LETTER

Preschool News



Office Hours

Monday-Friday
7:30—4:30

Phone: 303-400-0863
Fax: 303-326-1231

Calendar of

- Nov. 6.—Family Lit. Night
- Nov. 12 & 13— Parent Teacher Conferences
- Nov. 13 EPR Day (NO SCHOOL)
- Nov. 26—Conference Exchange Day (NO SCHOOL)
- Nov. 27-28— Thanksgiving Break (NO SCHOOL)

School Resumes
Dec. 1st

Nurse's News

CHILDREN'S MENTAL HEALTH: Tips For Parents
Create a sense of belonging: Helping your children to feel connected and valued is essential to promoting their positive self-esteem and their sense of trust in others and in themselves.
Promote resilience: Being resilient (the ability to bounce back) is important to overcoming challenges and good mental health.
Develop competencies: Children need to know that they can overcome challenges and accomplish goals through their actions. Promote your children's success in school, their individual talents, and their friendships.
Teach and reinforce positive behaviors and decision making: Provide consistent expectations and support. Acknowledge children being successful.

Positive Behavioral Support

The approach of Thanksgiving provides a wonderful opportunity to talk with our children about gratitude and being thankful for the little moments in our lives. Acknowledging the many relationships and opportunities we experience each day can be an antidote to the gimmes that sometimes overwhelm our children as we move through the holidays.

Be a model for your children by practicing gratitude out loud together. This can look different for each family. Some ideas are:

- * Sharing one thing each person is grateful for at the dinner table (be sure to model this, so your children know what you expect.)
- * Expressing something you are grateful for in each other one on one, such as at bedtime.
- * Making a poster together listing things for which your family is grateful. Add to the list throughout the month.
- * Writing notes or letters or drawing pictures and sending or giving them to people for whom you are grateful.

Planting the seeds of gratefulness helps us and our children recognize the abundance we have in our lives each day.

Lisa Vratny-Smith, MSW /Early Childhood School Social Worker

Encourage helping others: Children need to know that they can make a difference. Helping others and getting involved reinforces being part of their community.

Keep a gratitude journal: Come together once a week to talk about and write down, five things that your family is grateful for. This helps children learn to think positively and also helps the entire family focus on the positive things that are happening.

Linda Lee Wood, RN, BSN /
School Nurse (303)400-0863 ext.
23104

School Weather Closure Reminder

If Aurora Public Schools closes schools or delays start times, the news will be shared via the following:

- Local television and radio stations
- Automated phone calls to parents and staff
- Facebook and Twitter
- APS website
- APS Emergency Line (303-326-1080)
- APS app

Weather Conditions

When inclement weather hits Aurora, APS staff members assess conditions beginning just after midnight to determine the impact on operations. If there is a need to close schools or delay the start of the school day, Superintendent Rico Munn and staff would make the decision as early as possible.

Delayed Start Times

Should APS staff make the decision to delay school, the school day would begin one hour later than normal. APS buses would pick up students one hour later than normal. Staff members are expected to arrive at school as close to their regular start time as is safely possible.

Please note: A delayed start does not change regular pick-up times at the end of the school day.

For additional information, visit auro-rak12.org/schools/weather-closures.

Parent Tips:

Important early language development

- Talk to your child often
- Narrate your day
- Read daily with expression