

From: Cynthia Latimer
Sent: Friday, November 07, 2014 3:36 PM
To: Joan Campbell
Subject: September Newsletter



Meadowood Child Development Center

3333 S. Norfolk Way · Aurora, CO 80013

SEPTEMBER NEWS-LETTER

Preschool News

Positive Behavioral Support

Office Hours

Monday -Friday
7:30—4:30

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

Calendar of Events:

- Sept. 12** : School Picture Day
- Sept. 19** : Parent Coffee (9:45am)
- Sept. 22** : Dental Visit

- Oct. 7** : Parent Day
- Oct. 14** : Picture Re-Takes
- Oct 19** : Parent Coffee
- Oct 27—31** : Fall Break

By now most students have adjusted to separating from parents and being at school. If your child is still struggling with this, here are some ideas to help them adapt to school.

Develop a good-bye routine. For example, a hug, kiss, and high five or a good bye saying like "See you later, alligator".

Let your child know who will be picking her up.

Show your child that new people are okay. Greet a new person in a friendly way, with smiles and a positive tone of voice.

Try to remain calm when your child is experiencing separation anxiety as children take their emotional cues from us.

Plan something special after preschool such as going to the library, park, taking a walk, or playing a game.



Community News

GED Testing takes place at the APS GED Testing Center, Aurora Technical College, 500 A. Blvd. Sep 12, 2014 9am-12pm. (Visit <http://aurorak12.com/community/ged> for more information.)

Denver Housing Authority

The DHA is opening its 2014 Housing Choice Voucher 8 Lottery on Thursday, September 25, 2014. (www.denverhousing.org)

Nurse's News

Many of you have been hearing about a new respiratory illness here in Colorado (and 9 other states).

- It can cause intense cold-like symptoms
- In most children, this virus will not require hospitalization and simply run its course.
- It is important for children with asthma to be extra careful to take their control medications.

The **Best Defense** against the virus is **frequent good hand washing and proper respiratory hygiene** which includes:

- Covering your mouth with your elbow when coughing and sneezing
- Dispose of tissues in the nearest trash receptacle, wash hands afterwards.

Questions? Please contact your school nurse: Linda Lee Wood RN, 303-400-0863, ext. 23104

Promoting Independence

Kids are typically able to do more than many of us give them credit for. Here's how you can encourage them:

- Expect More!
 - Let them Solve Small Problems
 - Don't fix what your child can accomplish
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