

Calvary Weekday School

131 West Second Street, Frederick, Maryland 21701

Director's Message by Laura Suguiyama

Minimizing Power Struggles - No matter how compliant a child, there will be times when he does not want to put on his socks or when she refuses to pick up her toys. As young children develop, they begin to understand that they can make their own decisions. And occasionally they make a power play at an inconvenient time.

While a power play can be frustrating for the adult who is trying to get the child to do something, it is a healthy part of children's social/emotional develop-

ment. These incidents help children develop a stronger sense of self and the capability to set their own limits.

We adults need to react appropriately. In many instances, trying to force the child to do what he has said he will not do escalates the situation into a full-blown power struggle.

Try offering assistance instead. For example, you might say, "You can put on your socks by yourself or I can help you this morning." Or, "I could help you put away your toys. Would you like

that?"

Or offer choices. "OK, you don't want to wear these socks today. Would you rather wear blue ones or green ones?" "Let's see. Which would be easier to start with: putting the blocks in this tub or putting the cars back in their case?"

Power plays are simply a part of growing up. When handled by adults in a calm manner, they offer opportunities for children to develop self-esteem and self-control.

Helping Homeless Children In Frederick

During December the parents of the Week-day School graciously donated a large amount of hats, mittens, gloves and coats for needy children within our Frederick community. We had the largest donated

collection ever! Thank you so much!!! Recently you received a brochure from FCPS describing education facts about homeless children. There are currently more than 600 homeless children in Fre-

derick County.

We would like to continue our support of these children through voluntary donations throughout the school year. Information will be coming home soon about how you can help.

January

2012

Important Dates

Jan. 1—New Year's Day

Jan. 2—In-Service—No

School

Jan. 3—Registration Begins

Jan. 9 - Calvary Alumni Register

Jan. 16—Martin Luther King, Jr. Day No School



Winter



Fluffy Flakes



Some people believe that the first snowfall of the season is the most special. There's something about the silent flakes making their way down from the heavens that transcends our thoughts, and it's easy to get lost in the magic of simply watching snow fall to the ground.

Bundle your wintry kids up and get outdoors to examine the wonder and art of nature in the form of snowflakes. Wear dark clothing (a dark coat, gloves, or scarf) if you can, or simply take an extra piece of dark cloth out with you. If the weather is

warm, the snow may be clumped into huge flakes (which are actually many smaller individual flakes stuck together). The chillier the weather, the better the chances to catch and observe individual flakes.

If the atmosphere is moist and cold enough, ice crystals will form. Crystals are six-sided and develop in the atmosphere with amazing symmetry. A snow crystal is a single crystal stuck together. Many believe that no two ice crystals are identical but they all share the same symmetry—six sides, often with intricate

branches and designs.

Hold out your dark cloth, be it your arm, your hand, or a piece of material, and catch ice crystals. Observe them closely, if you breathe on them, they may melt, so be careful as you study them. Compare the crystals and flakes you catch, noting their beauty, the intricate detail, and the amazing assortment of designs that nature has created.



Your Child Was Born To Learn!

When you support your child in the area of *physical development*, he will be more likely to do well when he starts school. Physical development has to do with two things:

- 1.) Muscle control and coordination, and
- 2.) Having basic physical needs met (food, clothing, shelter, and regular health and dental care).

You can support your child's physical development through things you do with him naturally during each day. What you do every day with your child from the time he is an infant until he starts school is important to help him be ready.

When your child starts school, she will be more likely to do well if she is able to:

- Coordinate her whole body by performing skills such as running, jumping, climbing, , skipping, and ball play.
- Develop good eye-hand coordination so that she can draw, trace, copy, write, cut with scissors, stack things, and fasten clothing (buttoning, zipping, tying, etc).

Spend time outdoors with your preschooler. Let him/her ride a tricycle, climb on safe playground equipment, run, and play with a ball. Practicing skills together such as hopping, galloping, and jumping is also a fun way to help your child to develop large muscle coordination. Give your child opportunities to draw, attempt to make letters, cut with children's scissors, and paint to help her develop eye-hand coordination. Also, encourage him/her to learn to zip, snap, button, and practice other self care activities.

Socially Strong, And Emotionally Secure

Parents may remember that in the October newsletter there was a section describing the topic of *Social And Emotional Foundations for Early Learning*. Many of the staff members have completed two sessions of training on; Building Relationships and Creating Supportive Environments, and Social Emotional Teaching Strategies.

One of the main goals and objectives for our staff this school year is to better support our young children in becoming social strong and emotionally secure. Take a moment to think about how a mighty oak tree grows. A seed grown in rich soil and develops roots. Rain waters the seed and the sun shines on it. Over time, the tree grows strong and tall.

Now consider how children grow, and in particular, how they develop socially and emotionally. When we plant healthy seeds and cultivate their roots properly, they grow up to be healthy socially and emotionally.

Children can grow, discover, and learn best when they develop social and emotional skills early in life. Promoting optimal development of these skills, particularly in the early years, is important.

Now more than ever, teaching must extend beyond the classroom.

The sooner we begin to make teaching these skills a priority, the better chance we have of helping children develop **resilience**.

What Is Social Development?

Social development involves learning to form and value relationships with others.

What Is Emotional Development?

Emotional development is closely related to social development and refers to how a child feels about himself or herself, about the people in his or her life, and about the environment in which he or she plays and lives.

What Is Resilience? Resilience is the ability to recover from or adjust to misfortune or change, bounce back, and overcome the odds. Resilient children often possess qualities that help them get along well with others and “go with the flow.”

Resilience is important for every child and adult, as we are all subject to the unknown; we cannot always anticipate when risk factors or stressful events will enter our lives. We think about resilience as having a “blanket in the back of your car.” You never know when you will use it, but it is good to know that it is there if you are ever faced with a situation or occurrence where you need it.

We believe every adult can help children build strong protective factors and strengthen resilience. Protective factors serve as buffers or supports that, when present, increase the well-being of children even when they are under stress.

Why Resilience Matters - It is up to adults to provide children with the skills necessary to navigate successfully through life. When the learning environment and home are safe, warm, and organized places with consistency in the care provided, children are set up for success. When children know where to go, what to do, and who will take care of them, they are free to focus on learning and having fun! Focusing on the factors related to resilience will not only significantly increase children’s resilience but also it will make them more socially and emotionally healthy, and they will be ready for today, tomorrow, and beyond.

Special Presentation For Calvary Parents

WHAT: Behavior Management Strategies Being Used In
The Classrooms And Tips For Parents

WHEN: Wed., Jan. 18th & Thurs., Jan. 19th
9:10 A.M.—10:00 A.M.

WHERE: Downstairs Activities Room

PRESENTED BY: Laura Suguiyama, Director

Parents are invited to this special presentation by Laura to learn more about the strategies and methods being used by the teaching staff in the classrooms, focusing on behavior management and to learn more about upcoming parent learning parties focusing on how parents can support our efforts to ensure that children have the seven skills for school success;

Confidence

Curiosity

Intentionality

Self-Control

Relating to Others

Communication

Cooperation

Please check calendars NOW, and make an effort to attend!
Please stop by the office and let either Laura or Colleen know if you plan on attending.

Refreshments will be served!
