



Preschool News

RBCPC Early Childhood Ministries is committed to sharing God's love through developmentally appropriate programs that encourage active relationships and celebrate the uniqueness of the individual child while strengthening and supporting families in our community.

RBCPC Early Childhood Education Programs * Patti Hunter, Director - phunter@rbpc.org *

April 2008

Director's Message

"In every neighborhood, all across our country, there are good people insisting on a good start for the young, and doing something about it." Fred Rogers

Each year in April, the National Association for the Education of Young Children (NAEYC) sponsors a "Week of the Young Child". This year the Week of the Young Child is April 13 -19. The purpose of this week is to bring focus to the needs of young children and their families and to recognize early childhood programs and services across our country. This week celebrates childhood as a time of enormous opportunities ~ a time when children grow, learn, experiment, explore, create, discover, strive, dream and build foundations for their futures. Every moment of a young child's life is a chance to learn more about the world around them, to develop social skills, and gain critical knowledge and skills. As our staff celebrates this week, we take this as an opportunity to renew our commitment to ensuring that each child we serve receives a quality early learning experience in an environment which fosters their individual development and supports next steps in their growth and development.

This Newsletter announces two summer opportunities we have planned for your child and family:

For children who are four or five prior to December 2, 2008, we offer our **"Kick off the Summer"** Summer School June 17, 18, 19, & 24, 25, 26. Summer fun at preschool offers opportunities for your child to enjoy their preschool friends while participating in creative learning experiences, lots of water fun, music, dramatic play and so much more!

For children and their families who are entering our preschool program in the Fall we are offering **Preschool 101**. Preschool 101 is June 20 & 27. This introductory parent and child activity class offers you and your child an opportunity to get acquainted with our preschool staff, philosophy, routines and activities. We highly recommend this class for new children who will be entering our program in the Fall.

Finally, we hope you will mark your calendars and join us for:

Preschool Chapel on Wednesday, April 2 and Thursday April 3 at 11:00 & 12:30.

Dad's Nights ~ April 21 for M/W/F and M-Th morning classes

April 22 for T/Th morning classes

April 28 for M/W/F and M-Th afternoon classes

April 29 for T/Th afternoon classes

All evenings meet from 6:00-7:00 in your child's classroom.

-Patti

Each person in the world is a unique human being, and each has unique human potential. One of the important tasks of growing is the discovery of this uniqueness: the discovery of "who I am" in each of us ~ "who I am" in relation to all those I meet. Fred Rogers

*17010 Pomerado Road, San Diego, CA 92128
Preschool 858-487-0824 Church 858-487-0811*

Early Years are Learning Years

By: Patti Hunter, Preschool Director

The Changing Nature of Play

**When one tugs at a single thing in nature;
he finds it attached to the rest of the world—*John Muir***

In an excellent segment on National Public Radio yesterday, Howard Chudacoff, a cultural historian at Brown University, discussed how play has changed. Up until recently children played outdoors, unsupervised engaged in freewheeling and imaginative play. However, today, children's play is more scripted by their toys, more directed by the media, and more protected by anxious parents. In the NPR interview, Chudacoff talked about how these changes in how children play also results in changes in their cognitive and emotional development...

"It turns out that all that time spent playing make-believe actually helped children develop a critical cognitive skill called executive function. Executive function has a number of different elements, but a central one is the ability to self-regulate. Kids with good self-regulation are able to control their emotions and behavior, resist impulses, and exert self-control and discipline.

"We know that children's capacity for self-regulation has diminished. A recent study replicated a study of self-regulation first done in the late 1940s, in which psychological researchers asked kids ages 3, 5, and 7 to do a number of exercises. One of those exercises included standing perfectly still without moving. The 3-year-olds couldn't stand still at all, the 5-year-olds could do it for about three minutes, and the 7 year-olds could stand pretty much as long as the researchers asked. In 2001, researchers repeated this experiment. But, psychologist Elena Bodrova at the National Institute for Early Education Research says, the results were very different.

"Today's 5-year-olds were acting at the level of 3-year-olds 60 years ago, and today's 7-year-olds were barely approaching the level of a 5-year-old 60 years ago,' Bodrova explains. 'So the results were very sad'".

"Sad because self-regulation is incredibly important. Poor executive function is associated with high dropout rates, drug use, and crime. In fact, good executive function is a better predictor of success in school than a child's IQ. Children who are able to manage their feelings and pay attention are better able to learn. As executive function researcher Laura Berk explains, 'Self-regulation predicts effective development in virtually every domain'."

-This article was taken from "[ExchangeEveryDay](#)"

RBCPC PRESCHOOL KIT GRANT RECIPIENT

Did you know that our Preschool is the recipient of a Kid's Included Together (KIT) Grant?

Our preschool receives KIT grant funds to support our inclusive classrooms. KIT is a non-profit organization that was established in 1997 to provide training and support to community based programs who embrace inclusion. Our program shares KIT's core belief that ***all persons have the right to belong and should be recognized and valued; regardless of differences in ability.*** KIT has provided funding and training to our staff over this past year.

You can learn more about KIT at www.kitonline.org

Get a Jump on Fall - Mark Your Calendar!

DATE

EVENT

September 3rd

Program Orientation for Parents from 7:00 to 8:30 p.m.

September 3rd, 4th, 5th

Parent/Child Visits

September 8th

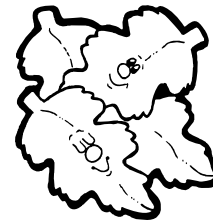
Preschool Begins

October 17th & 18th

Craft Fair

December 2nd, 3rd, 4th

Dessert Nights



(Above dates are subject to change, if necessary.)



Parent Resource Library Book Corner *The Parent's Guide to Food Allergies* By Marianne S. Barber

The team of authors behind this invaluable book – the mother of a child with food 8i98p allergies, a board-certified allergist, and a psychologist – will take you through every step of life with a child with food allergies.

The Kid-Friendly Food Allergy Cookbook

By Leslie Hammond & Lynne Marie Rominger

Feeding your kids well when they have food allergies can be a struggle at best – and a nightmare at worst. But with this book, those mealtime battles are over. Whether your children suffer from a mild allergy to wheat, severe allergies to peanuts or soy, or must limit their sugar intake, they'll love those snacks, main courses, and desserts.

It Takes Two to Talk

By Jan Pepper & Elaine Weitzman

...A book for parents and caregivers of young children who need extra support in their speech and language development. It is a book that will teach you skills and strategies that you can use on a daily basis, in almost every interaction you have with your child.

These books are available for check out from the Parent Resource Library, in the preschool office!

Spring Break Safety Tips

Spring Break is a great time for the family to get away from the cold, dark days of winter and have some fun in the sun. Keep you family safe while on your trip following these tips form the Academy of Pediatrics (AAP).

Sun Safety for Babies

✦ Babies under 6 months of age should be kept out of out of direct sunlight. Move your baby to the shade under a tree, umbrella or stroller canopy. It is okay to apply a small amount of sunscreen on infants under 6 months if there is no way to avoid the sun.

Dress babies in lightweight clothing that covers the arms and legs and use brimmed hats.

Sun Safety for Kids

✦ Choose sunscreen that is made for children, preferably waterproof. Before covering your child, test the sunscreen on your child's back for an allergic reaction. Apply carefully around the eyes, avoiding eyelids. If a rash develops, talk with your pediatrician.

✦ Select clothes made of tightly woven fabrics. Cotton clothing is both cool and protective.

✦ When using a cap with a bill, make sure the bill is facing forward to shield your child's face. Sunglasses with UV protection are also a good idea for protecting your child's eyes.

If your child gets sunburn that results in blistering, pain or fever, contact your pediatrician.

Sun Safety for the Family

✦ The sun's rays are the strongest between 10 a.m. and 4 p.m. Try to keep out of the sun during those hours.

✦ The sun's damaging UV rays can bounce back from sand, snow or concrete; so be particularly careful of these areas.

✦ Most of the sun's rays can come through the clouds on an overcast day; so use sun protection even on cloudy days.

✦ When choosing a sunscreen, look for the words "broad-spectrum" on the label - it means that the sunscreen will screen out both ultraviolet B (UVB) and ultraviolet A (UVA) rays. Choose a water-resistant or waterproof sunscreen and reapply every two hours.

✦ Zinc oxide, a very effective sunblock, can be used as extra protection on the nose, cheeks, tips of the ears, and on the shoulders.

✦ Use a sun protection factor (SPF) of at least 15.

✦ Rub sunscreen in well, making sure to cover all exposed areas, especially the face, nose, ears, feet and hands, and even the backs of knees.

✦ Put on sunscreen 30 minutes before going outdoors – it needs time to work on the skin.

Sunscreens should be used for sun protection and not as a reason to stay in the sun longer.

© American Academy of Pediatrics 2/08

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Preschool Parking Lot - Safety First

When dropping off or picking up your child at preschool, we wanted to remind you to please be extra careful when driving through the parking lot. We ask that adults hold children's hands and not let them run across the parking lot. We also want to remind you not to leave any child unattended in the car when you are dropping off or picking up your child. If you have a sleeping child and need some help, please call the office 487-0824 and one of the office staff will gladly help you watch your sleeping child or go get your preschooler for you!

Poway Unified School District
Preschool/Extended Student Services
Kindergarten Readiness

A	Alphabet Knowledge	Identifies some letters, uses some letter-sound associations, and may begin to recognize that letters make up words
B	Books	Enjoys begin read to, explores and discusses books, draws pictures related to story and talks about drawing
C	Concepts	Knows concepts like over, under, through, etc.
D	Draws	Copies vertical and horizontal lines, cross, square, circle; draws a person with five parts
E	Environmental Print	Recognizes signs, billboards, labels, business logos
F	Fine Motor Skills	Grasps small objects, correctly (crayon, pencil, paintbrush), strings beads, works puzzles, cuts with scissors
G	Gross Motor Skills	Climbs, walks, jumps, hops, kicks and catches a large ball, pedals a tricycle
H	Healthy Habits	Practices personal hygiene routines; knows what foods are good for him/her
I	Independence	Shows confidence, is not fearful, cleans up after self
J	Jobs	Understands that people work in jobs; names community helpers
K	Knowledge about Community	Discusses weather, plant and animal life, vehicles, and sounds heard in the environment
L	Listening	Follows two-step directions; responds when others speak, waits for own turn; is able to sit up for 10 minutes
M	Money	Identifies penny, nickel, and dollar bill; understand that money buys things
N	Numbers	Understands that numbers represent quantity (quantities to 5); counts to 20

O	Oral Communication	Asks for help when needed, uses appropriate volume, is coherent, uses complete sentences
P	Phonological Awareness	Recognizes sounds in language, some sounds at beginning of words; nursery rhymes, rhyming words
Q	Questions	Answers "who", "what", "when", "where", "why" questions
R	Respect for Others	Plays with others and accepts others, their cultures, special needs, property; uses social and classroom behaviors; shows community responsibility; fairness
S	Self-Help	Cares for own things; eats with little assistance; manipulates zippers, buttons, and other fasteners
T	Technology	Identifies technology used in daily life; shows positive attitude about computers, uses mouse appropriately
U	Unite	Parents unite with school and support school by volunteering in child's class; joining PTA, and participating in Parent Education
V	Vocabulary	Uses and understands many words; identifies and sorts pictures in categories
W	Writes	Explores writing some upper- and lower-case letters, numerals, own name, exploratory writing (pretend writing during play) and/or invented spelling
X	Xylophone	Appreciates music and performs rhythmic movements, uses instruments
Y	Youthful Enthusiasm	Shows awareness of the feelings of others, initiates interactions with peers
Z	Zest for Learning	Explores new interest; seeks assistance in solving problems; shows pride in performance or products created; eager to learn new things

"Childhood should be a journey, not a race."

This informal list represents desirable readiness skills that will help children get off to a good start when they begin school. Not every skill must be acquired before entering kindergarten. This list is not designed as a sole source for making decisions about kindergarten entry. It is a guide to help reassure parents that their institutions and experiences with their own children give them valuable insight about readiness for kindergarten.

Kathlyn M. Roberts, Director

PUSD, Extended Student Services

(858) 748-0010, ext. 2075



Mission Collection

Birthday Boxes

For abused, neglected or abandoned kids

40 boxes to be filled- 20 for girls and 20 for boys

FIRST COME, FIRST TO GET the chance to participate!

starting April 24th boxes signed out at Preschool front gate

May 7th filled boxes returned to Preschool office

Summer 2008- Birthday party- kids at Royal Family Kids' Camps



Gift Ideas for boxes for kids aged 8-11:

If possible for every box:

A watch (approximately \$8) and

Hand-held computer game- "20 questions" (at Wal Mart, etc.) **plus** items for 8-11 years olds such as:

Colored markers Colored pencils Note pads/stationery

Games- like Uno Crayons Pen

Solar calculators Flashlight with batteries

Hand held games-yahtzee, tic tac toe

Puzzles	Hats
Small cars	Barrettes/ribbons
Jewelry Balls	Stuffed animals
Dolls	Coloring books
Yoyo's	Comb/Brush

Books

Activity books- mazes, crossword puzzles

*****PLEASE: no candy, gum or guns**

Ideas for additional "givers" if all boxes are taken:

Also needed are Birthday party items: Paper products – 70 Birthday paper plates, 70-100+ Napkins, 40 gift tags for birthday boxes

Checks for example for \$20.00 (or any amount you desire) made out to "SDFA- Royal Family Birthday" to be used for such items as wrapping paper, cakes, balloons, towards sponsoring a campership or petting zoo, pony rides or Astro jumper

Make a Birthday card for a child:

"Happy Birthday to my Royal Family Friend"

From (your child's name)

For questions: contact Shannon Rowson

(760) 744-8348 or 795shannon @roadrunner.com



RBCPC Preschool Summer Program

June 17, 18, 19, 24, 25, 26

Tuesdays, Wednesdays & Thursdays

9:00 AM to Noon Cost \$140.00

For children ages three (as of 12/02/07) through six years old.

Please note: 5 & 6 year-olds who attended **preschool** in 2007/2008 only.

Registration will begin Wednesday, April 30th in the preschool office.

This program is open to the community. Class size is limited; therefore each family may register only their own children! Please note that fees are non-refundable after June 1st, 2008. There are no make-ups or refunds for missed classes. Please contact the preschool office at (858) 487-0824 or

E-mail at ddevolder@rbpc.org for further information.

RBCPC 2008 *Summer Program* Registration Form

Child's Name: _____

M _____ F _____ Date of Birth _____

Parent's Name(s) _____

Address _____ City and Zip _____

Phone # _____ E-mail _____

Allergies/Medical _____

Parent Signature _____ Date _____

For office use only: Registration Fee \$140.00 _____ Forms Packet required _____
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Rancho Bernardo Community Presbyterian Church

Early Childhood Education Ministries presents:

Preschool 101



An introductory parent & child activity class for children entering our program for the first time in the fall of 2008.

Class Dates: Fridays, June 20th & 27th 9:00-11:00 am

Cost: \$40.00

Join us for two mornings of preschool fun! Parent and child will enjoy inside and outside activities designed to introduce the child to our preschool. Please wear play clothes, as many of the activities can be messy!

Childcare is available for siblings with reservation for a cost of \$20.00

Child's Name: _____ d.o.b. _____

Attending Parent's Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____ E-mail: _____

Childcare: (Will be offered based on a minimum enrollment)

I would like to reserve childcare for the above dates and times:

Name: _____ d.o.b. _____

Parent Signature: _____ Date: _____

*Please note that fees are non-refundable after June 1, 2008. No make-ups or refunds for missed classes.

For office use only: _____ cash/check

APRIL 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Chapel for MWF and M-TH classes @ 11am & 12:30	3 Chapel for T-Th @ 11am & 12:30	4 Teachers Professional Growth Day - Staff gone to CAEYC in Long Beach - No School All Families	5
6	7	8	9	10	11	12
Spring Break—No School						
13	14	15	16	17	18	19
	Week of the Young Child					
20	21 Dad's Night M/W/F, M-TH (AM)	22 Dad's Night T/TH (AM)	23	24	25	26
27	28 Dad's Night M/W/F, M-TH (PM)	29 Dad's Night T/TH (PM)	30 Summer School Registration sign-ups: 9:00			

MAY 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 Mother's Day Teas M-TH classes	8 Mother's Day Teas T/TH classes	9 <i>Childrens's Art Show May9-May 30</i> Mother's Day Teas M/W/F class	10
11 <i>Childrens's Art Show May9-May 30</i>	12	13	14 Chapel for MWF and M-TH classes @ 11am &12:30	15 Chapel for T-Th @ 11am & 12:30	16	17
		TEACHER APPRECIATION				
18 <i>Childrens's Art Show May9-May 30</i>	19	20	21	22	23 Information and forms our web for: RBCPC Family Camp	24 Informa- tion and forms our web for: RBCPC Family Camp
25 <i>Childrens's Art Show May9-May 30</i> RBCPC Family Camp	26 Memorial Day— No School RBCPC Family Camp	27	28	29	30 <i>Childrens's Art Show May9-May 30</i>	31