

Hello parents!

The start of a new school year is always busy and this year was no exception. Despite the hectic nature of this time of year, I would say we are off to a great start! Thank you for your cooperation in following our policies and procedures, keeping your sick children at home, following the parking guidelines, and getting your health and immunization forms submitted in a timely manner. All of these things make a difference.

Below is your information for the month; as always, please contact me if you have any questions.

#### September information:

1. **Welcome** to our new families! We have one opening in the PK3 class and one in the PK2 class; please help spread the word so we can be fully enrolled.
2. **GroupMe** groups are up and running. If you are not connected to your child's classroom, you are missing out on updates from the teachers, photos of their day and announcements that impact your child's day and schedule. Please let me know if you are having any trouble with the app.
3. We are excited to welcome back the staff and students from FSU who will be on hand to conduct **Speech and Hearing** Screenings for children in the PK2, PK3, and VPK classrooms. They will conduct the screenings on October 18-19; parent permission forms will be distributed closer to those dates.
4. Please reach out to Jessica Thompson at [jessica@dancinglittlestarsnwfl.com](mailto:jessica@dancinglittlestarsnwfl.com) or 850-591-1747 for information on the **Dancing** Little Stars program.
5. Please reach out to [tallahassee@soccershots.com](mailto:tallahassee@soccershots.com) for information on the **Soccer Shots** program.
6. The attached flyer, 101 **Calm Down Strategies** For Kids has some great tips for helping your child calm down; they work for adults too!
7. The Department of Children and Families requires that we remind parents twice a year about the dangers of being distracted when kids are in your care. Please see their "**Distracted Adult**" flyer attached and PLEASE sign the note outside your child's classroom indicating that you have been presented with this information.
8. The Department of Children and Families requires that we remind parents about the dangers of flu season. Please see their "**Influenza Virus Brochure**" attached and PLEASE sign the note outside your child's classroom indicating that you have been presented with this information.
9. Welcome **new staff** members Jada Brown (afternoons in the VPK classroom) and Dyan Scotti (some mornings with PK2 and some afternoons in PK3).
10. The church is looking for **nursery workers** for Sunday mornings and Wednesday afternoons; please reach out to Candace Duclos if you are interested at [cduclos@tumct.org](mailto:cduclos@tumct.org). The church is also looking for a part-time financial assistant; please reach out to Laurie Atteberry if you are interested at [latteberry@tumct.org](mailto:latteberry@tumct.org).
11. Please see the pdf attachment of this month's church newsletter, **The Tidings**.

#### Learning Through Play

So much of what we do in preschool is perceived as "play". Do you know how important play is to your child's development? Each month, I will highlight an area that defines the benefits of play. This month, we will discuss **sensory play**; please see the attached flyer.

#### Dates to note:

September	5	Labor Day Holiday (School is closed)
	26	Fall Holiday (School is closed)
October	10-24	Lucky Goat Fundraiser
	12	Individual and class photo day with Nicole Myhre (all students)
	17	Teacher Training Day (School is closed)
	18-19	Speech and Hearing screening with FSU Faculty/Staff (PK2, PK3, VPK)
November	31	Costume Party (PK2, PK3, VPK)
	11	Veterans Day Holiday (School is closed)
	18	Thanksgiving Feast (By invitation)
	21-25	Thanksgiving Holiday (School is closed)

#### **Stacey S. Duggar**

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<https://www.tumct.org/grow/preschool/>  
DCF CO2LEO294





# 101 Calm Down Strategies For Kids

Hug a pillow or stuffed animal

Draw

COLOR

Squeeze A Stress Ball

Get or give a **HIGH FIVE**

Cuddle up with a cozy blanket

Look at a picture of a peaceful place

ask for **HELP** if you need it

Talk to **SOMEONE**

You **TRUST**

Jump up and down for a minute

Rock back and forth

**DANCE**

Go To a **PARK**

Practice **Yoga**

**BLOW BUBBLES**

Use a weighted blanket

Run in Place

Take a Bubble Bath

Blow a Pinwheel

Exercise

Look at animal pictures

**PLAY**

"I SPY"

Do Origami

Look at **Photos**

Tense and relax your muscles

Write down three things you are grateful for

Watch a movie

Write a Story

Write in a journal

Go For a Walk

Take a Nap

Clean or Organize your room

Yell Into a Pillow

Go to a quiet place

Square breathing

Do a **Puzzle**

Take a Break

Get a drink of water

Pet an animal

Tell yourself :

- Relax it's okay
- Be calm, be calm
- I'm strong I can handle this
- I got this
- I won't let this problem get me down
- I'm in control of myself
- I'm letting this one go
- I can deal with this
- I can get help if I need it
- Time out I'm taking a walk
- I am cool, calm, and under control

Read jokes or

**COMICS**

Listen to an Audio Book

Smell your favorite scents

Spend Time In Nature

Play music On an Instrument

Read a Book

Rip up Newspaper

Listen to **MUSIC**

**PAINT**

SEARCH

Listen to a guided meditation for kids

Think **HAPPY** thoughts

"Look Out The window"

PLAY a card game

PLAY a Sport

PLAY a Board game with Legos

look at **STARS**

Get a back scratch

Visualize yourself calming down

Count to 10 or 100

Close your eyes and breathe deep

Watch the clouds go by

50, 49, 48, ...  
Count backwards from 50

Squeeze clay or Play-doh

write a list of your **TOP 10** Coping Skills

**SWING**

Take a warm bath or shower

Go Swimming

Do **50** Arm Circles

**STRETCH**

Write down your feelings

Ride a Bike

feel your **PULSE**

Eat a Healthy SNACK

TAKE A BREAK FROM ELECTRONICS

**DOODLE ON PAPER**

Ask a friend to **PLAY**

Do a wall sit for as long as you can

Take 3 deep belly breaths

Think of something **FUNNY**

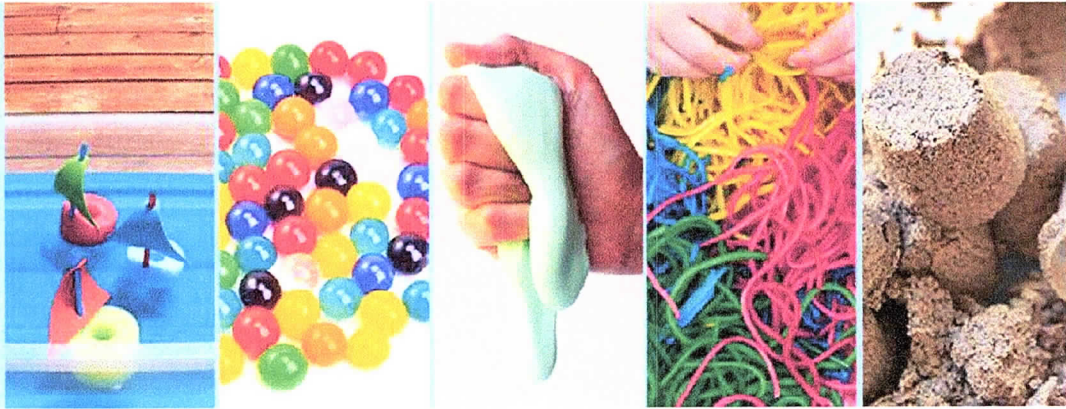


# 101 Calm Down Strategies For Kids

- 1) Ask a friend to play
- 2) Ask for help if you need it
- 3) Blow a pinwheel
- 4) Blow bubbles
- 5) Build something
- 6) Clean or organize your room
- 7) Close your eyes and breathe deep
- 8) Color
- 9) Count backwards from 50
- 10) Count to 10 or 100
- 11) Cuddle up with a cozy blanket
- 12) Dance
- 13) Do a puzzle
- 14) Do a wall sit for as long as you can
- 15) Do a word search
- 16) Do fifty arm circles
- 17) Doodle on paper
- 18) Do origami
- 19) Draw
- 20) Eat a healthy snack
- 21) Exercise
- 22) Feel your pulse
- 23) Get a back scratch
- 24) Get a drink of water
- 25) Get or give a hug
- 26) Get up and move around
- 27) Go for a walk
- 28) Go swimming
- 29) Go to a park
- 30) Go to a quiet place
- 31) Hug a pillow or stuffed animal
- 32) Jump up and down for a minute
- 33) Listen to a guided meditation for kids
- 34) Listen to an audio book
- 35) Listen to music
- 36) List five things you can see
- 37) List four things you can feel
- 38) List one thing you like to taste
- 39) List three things you can hear
- 40) List two things you can smell
- 41) Look at animal pictures
- 42) Look at a picture of a peaceful place
- 43) Look at photos
- 44) Look at stars
- 45) Look out the window
- 46) Paint
- 47) Pet an animal
- 48) Play a board game
- 49) Play a card game
- 50) Play a sport
- 51) Play "I Spy"
- 52) Play music on an instrument
- 53) Play with Legos
- 54) Practice Yoga
- 55) Push your palms together
- 56) Read a book
- 57) Read jokes or comics
- 58) Ride a bike
- 59) Rip up newspaper
- 60) Rock back and forth
- 61) Run around outside
- 62) Run in place
- 63) Sing a song
- 64) Smell your favorite scents
- 65) Spend time in nature
- 66) Square breathing
- 67) Squeeze a stress ball
- 68) Squeeze clay or play-doh
- 69) Stretch
- 70) Swing
- 71) Take a break
- 72) Take a break from electronics
- 73) Take a bubble bath
- 74) Take a nap
- 75) Take a warm bath or shower
- 76) Take three deep belly breaths
- 77) Talk to someone you trust
- 78) Tell yourself Be calm, be calm
- 79) Tell yourself I am cool and calm
- 80) Tell yourself I can deal with this
- 81) Tell yourself I can get help if I need it
- 82) Tell yourself I got this
- 83) Tell yourself I'm in control of myself
- 84) Tell yourself I'm letting this one go
- 85) Tell yourself I'm strong I can handle this
- 86) Tell yourself I won't let this problem get me down
- 87) Tell yourself Relax it's okay
- 88) Tell yourself Time out I'm taking a walk
- 89) Tense and relax your muscles
- 90) Think happy thoughts
- 91) Think of something funny
- 92) Use a weighted blanket
- 93) Visualize yourself calming down
- 94) Watch a movie
- 95) Watch the clouds go by
- 96) Write a list of your top ten coping skills
- 97) Write a story
- 98) Write down three things you are grateful for
- 99) Write down your feelings
- 100) Write in a journal
- 101) Yell into a pillow

# Learning Through Play

## Sensory Play



- Sensory play allows children to gain confidence and involvement in learning using all five of their senses.
- Sensory play strengthens children's muscles.
- Sensory play allows children to broaden their concentration, creativity and social skills by interacting in a group experience.
- Children are able to use their imagination to create their own objects and experiences.
- Sensory play enables children to learn concepts such as volume, capacity, heavy, light, wet, and dry.
- Sensory play enhances vocabulary by encouraging the children to express what they feel, smell, see, taste, hear, and touch.

**Theorist Link:** This learning experience can be linked to Piaget's theories. He believes that children need to be able to see, touch, taste, smell, move, and hear the things they are learning about. This is called 'concrete learning'.





## FACTS ABOUT HEATSTROKE:

It only takes a car **10 minutes to heat up 20** degrees and become deadly.

Even with a **window cracked**, the temperature inside a vehicle can cause heatstroke.

The body temperature of a child increases **3 to 5 times faster** than an adult's body.



## ! PREVENTION TIPS:

- Never leave your child alone in a car and call 911 if you see any child locked in a car!
- Make a habit of checking the front and back seat of the car before you walk away.
- Be especially mindful during hectic or busy times, schedule or route changes, and periods of emotional stress or chaos.
- Create reminders by putting something in the back seat that you will need at work, school or home such as a briefcase, purse, cell phone or your left shoe.
- Keep a stuffed animal in the baby's car seat and place it on the front seat as a reminder when the baby is in the back seat.
- Set a calendar reminder on your electronic device to make sure you dropped your child off at child care.
- Make it a routine to always notify your child's child care provider in advance if your child is going to be late or absent; ask them to contact you if your child hasn't arrived as scheduled.

**During the 2018 legislative session,** a new law was passed that requires child care facilities, family day care homes and large family child care homes to provide parents, during the months of April and September each year, with information regarding the potential for distracted adults to fail to drop off a child at the facility/home and instead leave them in the adult's vehicle upon arrival at the adult's destination.



**My signature below verifies receipt  
of the Distracted Adult brochure**

Parent/Guardian:

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Child's Name:

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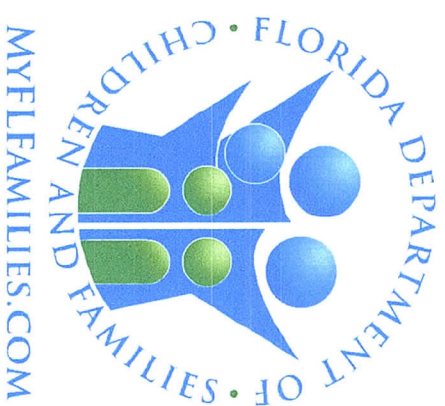
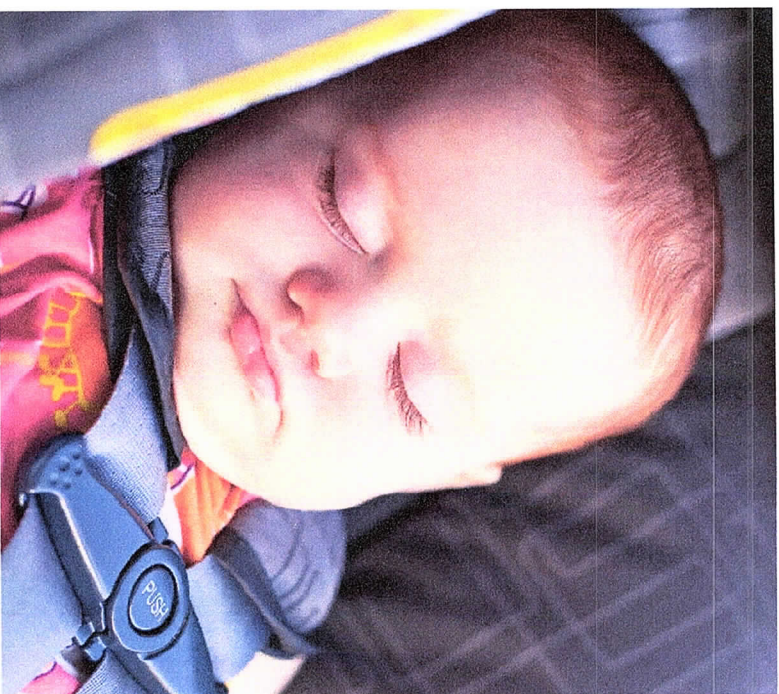
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Please complete and return this portion of the brochure to your child care provider, to maintain the receipt in their records.



**A change in daily routine,** lack of sleep, stress, fatigue, cell phone use, and simple distractions are some things parents experience and can be contributing factors as to why children have been left unknowingly in vehicles...

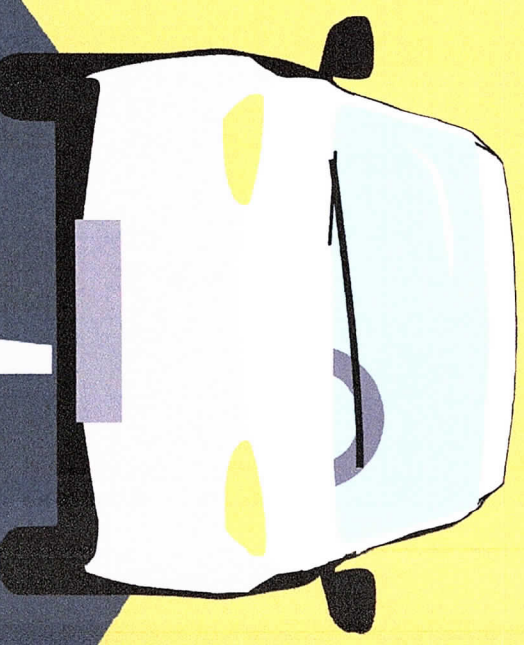


Developed by:

The Office of Child Care Regulation

[www.myflfamilies.com/childcare](http://www.myflfamilies.com/childcare)  
CF/PI 175-12, May 2019

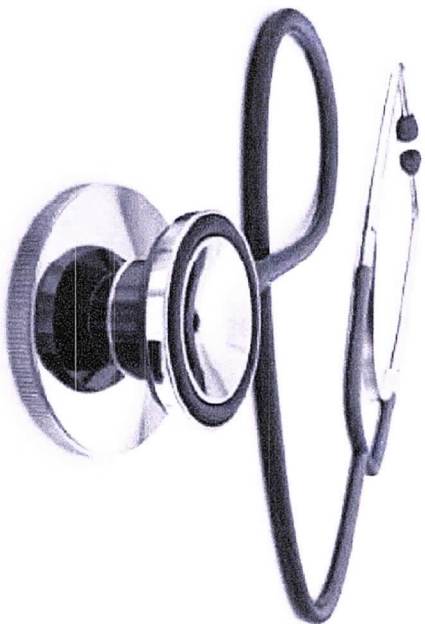
When life happens... Don't be a  
**DISTRACTED  
ADULT**





## What is the influenza (flu) virus?

Influenza ("the flu") is caused by a virus which infects the nose, throat, and lungs. According to the US Center for Disease Control and Prevention (CDC), the flu is more dangerous than the common cold for children. Unlike the common cold, the flu can cause severe illness and life threatening complications in many people. Children under 5 who have the flu commonly need medical care. Severe flu complications are most common in children younger than 2 years old. Flu season can begin as early as October and last as late as May.



## How can I tell if my child has a cold, or the flu?

Most people with the flu feel tired and have fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. Because the flu and colds have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.



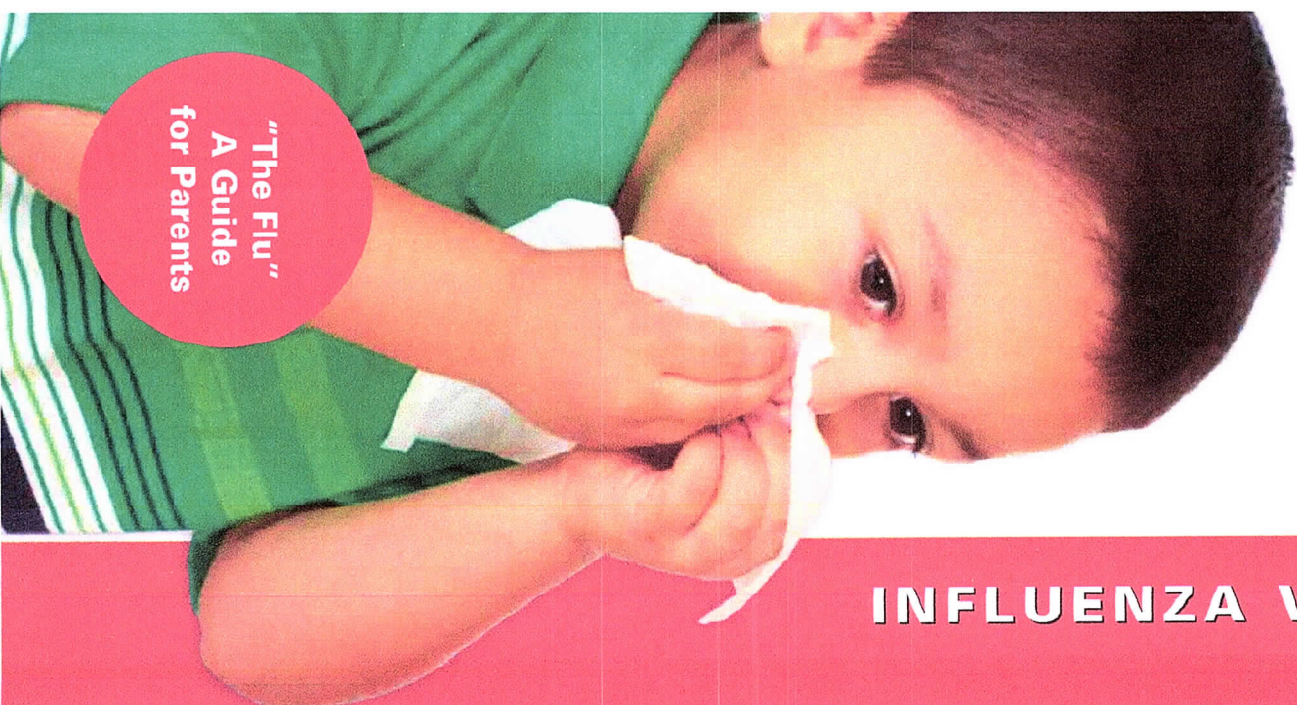
For additional information, please visit  
[www.myflorida.com/childcare](http://www.myflorida.com/childcare) or contact your  
local licensing office below:

CF/PI 175-70, June 2009

This brochure was created by the Department of Children and Families in consultation with the Department of Health.

# INFLUENZA VIRUS

"The Flu"  
A Guide  
for Parents





**During the 2009 legislative session, a new law was passed that requires child care facilities, family day care homes and large family child care homes provide parents with information detailing the causes, symptoms, and transmission of the influenza virus (the flu) every year during August and September.**

**My signature below verifies receipt of the brochure on Influenza Virus, The Flu, A Guide to Parents:**

**Name:** \_\_\_\_\_

**Child's Name:** \_\_\_\_\_

**Date Received:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Please complete and return this portion of the brochure to your child care provider, in order for them to maintain it in their records.**



## **What should I do if my child gets sick?**

Consult your doctor and make sure your child gets plenty of rest and drinks a lot of fluids. Never give aspirin or medicine that has aspirin in it to children or teenagers who may have the flu.

### **CALL OR TAKE YOUR CHILD TO A DOCTOR RIGHT AWAY IF YOUR CHILD:**

- Has a high fever or fever that lasts a long time
- Has trouble breathing or breathes fast
- Has skin that looks blue
- Is not drinking enough
- Seems confused, will not wake up, does not want to be held, or has seizures (uncontrolled shaking)
- Gets better but then worse again
- Has other conditions (like heart or lung disease, diabetes) that get worse



## **How can I protect my child from the flu?**

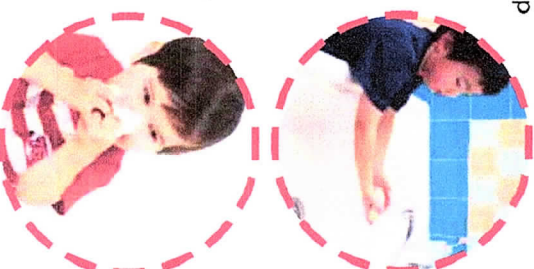
A flu vaccine is the best way to protect against the flu. Because the flu virus changes year to year, annual vaccination against the flu is recommended. The CDC recommends that all children from the ages of 6 months up to their 19th birthday receive a flu vaccine every fall or winter (children receiving a vaccine for the first time require two doses). You also can protect your child by receiving a flu vaccine yourself.

**For additional helpful information about the dangers of the flu and how to protect your child, visit: <http://www.cdc.gov/flu/> or <http://www.immunizeflorida.org/>**

## **What can I do to prevent the spread of germs?**

The main way that the flu spreads is in respiratory droplets from coughing and sneezing. This can happen when droplets from a cough or sneeze of an infected person are propelled through the air and infect someone nearby. Though much less frequent, the flu may also spread through indirect contact with contaminated hands and articles soiled with nose and throat secretions. To prevent the spread of germs:

- Wash hands often with soap and water.
- Cover mouth/nose during coughs and sneezes. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Limit contact with people who show signs of illness.
- Keep hands away from the face. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.



## **When should my child stay home from child care?**

A person may be contagious and able to spread the virus from 1 day before showing symptoms to up to 5 days after getting sick. The time frame could be longer in children and in people who don't fight disease well (people with weakened immune systems). When sick, your child should stay at home to rest and to avoid giving the flu to other children and should not return to child care or other group setting until his or her temperature has been normal and has been sign and symptom free for a period of 24 hours.



# WE ARE HIRING

## NURSERY WORKERS

We are looking for someone who...

- Enjoys working with infants and toddlers
- Wants to be a part of a growing church ministry
- Loves sharing God's love with little ones



Please contact Candace Duclos at  
[cduclos@tumct.org](mailto:cduclos@tumct.org) or 850-222-1120  
if you are a great candidate!

