

Colts Neck Reformed Church Nursery School Newsletter

From The Director's Desk

As I was rushing around the house the other day, getting ready for school one of my kids asked if they could help make the pancakes. My initial reaction was "NO" as I'm thinking to myself, I have not built in time for your help and we are on a schedule. The morning ended with me making the pancakes, my kids eating them and all of us rushing out the door to get to work and school. No harm done, we all got out of the house on time, or was there? I started to think about my morning routine and what it was doing to my family and almost as if someone knew I needed a reminder this article popped into my in box. It's the reminder I think we all need to the old adage to stop and smell the roses.

11 Ways Your Child Loses When You Rush Him Through Life

"Why do you want your child to hurry up? Because you're done and figure he's had long enough to finish? Because you have something else to do? If so, can that wait so that you can give your child the time he needs? Because you've promised to be somewhere? ... If you are constantly rushing from one place to the next (doctor's appointment, haircut, playgroup, music lessons) have you taken on too much? Should you plan more downtime in your schedule so you have more time to be patient? More time for play and cuddles?" -

Now that kids are back in school and activities, are you noticing that life is too busy? Most of us take it for granted that we're always rushing from one thing to the next. That we have a never-ending to-do list that keeps us from catching our breath, never mind catching a sunset together. But it costs us. And it costs our kids even more, most don't acknowledge the high price our children pay for our life-style. Rushing our children through life:

1. Influences the developing brain. Your child's brain is being built every day, and the shape it takes depends on his daily experience. Some neurologists hypothesize that reinforcing neural pathways in a daily context of stressful hyper-stimulation creates a brain with a life-long tendency to anxiety.
2. Increases the levels of stress hormones in kids' bodies, which contributes to crankiness, difficulty falling asleep, weight gain, and immune suppression.
3. Makes them feel pushed and controlled, which triggers power struggles. Studies show this feeling--in adults who work at jobs where they're at someone else's beck and call--sends stress hormones skyrocketing.
4. Overstimulates them so they can't process everything coming at them, which undermines learning.
5. Habituates them to busyness, so they become easily bored, craving electronic stimulation.
6. Keeps them from discovering and pursuing their own passions, which is necessarily a slow, organic process of experimentation and dabbling.
7. Creates a chronic feeling of incompleteness, which steals the joy of mastery.
8. Keeps children from attending to their emotions throughout the day, so in the evening they have a full backpack of feelings pressing for escape. That triggers meltdowns. (ever hear of the "witching hour"?)
9. Constantly interrupts their developmental work of exploring the world, so they lose their curiosity.
10. Forces them out of the roundedness of the present moment, into the breathlessness of scrambling to keep up, which undermines their authenticity and connection to deeper meaning.
11. Overrides their natural inclination to "do it myself," sabotaging the development of competence.

Not to mention, rushing makes us less patient and less nurturing with our children, so it's impossible to parent well.

This week, notice how often you rush yourself and your child. Notice the price you both pay.

•What can you change to slow life down?

•How can you build more time into transitions so you aren't always rushing?

•What small daily rituals can your family use so that everyone has a chance to connect to deeper meaning, rather than just hustling through each day?

(FULL DISCLOSURE THIS WAS A FEW YEARS BACK< BUT STILL HOLDS TRUE!))

Off To A Great Start!!!

Volume 8 Issue 2

September 28, 2018

Important Dates

- ☺ 10/3 Back to School Night
 - ☺ 10/3 NEW!!! Playgroup lunch bunch begins!!!!
 - ☺ 10/9 Science begins
 - ☺ 10/8 School closed
 - ☺ 10/13 Geography for all registered students
 - ☺ 10/23 3's & 4's trip to Cheesquake Farm
- (NOTE SCHEDULE CHANGE)
- ☺ 10/25 Spooky Science Night 5:30-7



News From Mrs. Mayrose & Mrs. Mazzucca's 4 Year Old Classroom

We started our week continuing to learn about what it means to be a good friend. Students learned a friendship song, practiced shaking new friends hands & created a class 'circle of friends.' We read the book Chrysanthemum by Kevin Henkes, which ties in being unique and making new friends. We counted letters in all of our unique names and students completed their own name puzzles. Students practiced rainbow tracing with their names to work with their fine motor skills. We started to review colors and shapes starting with red & circles. Today we had fun with Pete the Cat focusing on the colors blue and yellow. We even had a special snack to go along with our day. Ask your child about it! Next week we're excited to start our Apple unit.

News From Mrs. Tucker's 3 Year Old Classroom

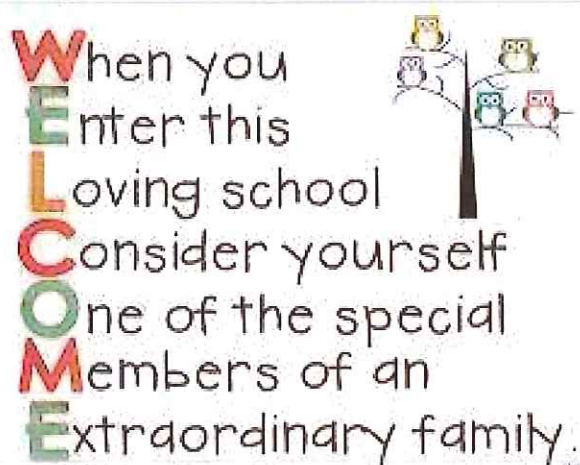
The wide-eyed owl high in the tree has been all over our classroom this week. Owls are smaller than they appear because they have so many fluffy feathers. We played with lots of colorful feathers, sorted them and counted them. We read several books about owls and recreated the cover of Three Little Owls, showing Sarah, Percy and Bill sitting on a branch in the night time. The art engaged fine motor skill to rip paper, grip the paint pouncer and q tip. We also counted the stars in our night sky. Hoot is another book we read about a group of owls that let us practice our numbers and colors. Our owl puppet is very popular as a fun way to reinforce learning each others names.

News From Mrs. Willis' Playgroup

It's been a very exciting week in Playgroup! We have a new class pet, a fish named Dory that the children were so happy to meet. We had our second fire drill of the month this week and the children did great! We started our Clifford the dog project which the children made out of a square, triangle, oval and circle, and reinforced the color of the month which is red. We will be focusing on green in the next few weeks as we start teaching about apples and leaves. The children decorated their own picture frame for the bulletin board in our classroom and they were able to pick out their own color. We have continued playing name games and songs to help the children learn the names of their new friends and teachers in the classroom

News From Mrs. Scher's Transitional Kindergarten

This week we focused on Apples and the letter Ff. We learned about the colors of apples and the different parts of apples. We created an apple picture graph and compared which apples we had the most of and the least. Then we took that information and put it on a circle(pie) graph. Our class loved the folktale "The House With No Doors, No Windows, and a Star Inside". After listening to the story we cut open an apple and saw the star for ourselves! At the end of the week, we tasted apples and recorded our favorites. In Literacy, for the letter Ff, we read Finklehopper Frog" and made frog puppets. We also focused on the sound that the letter Ff makes. In our handwriting books we focused on writing capital F. In math, we worked on one to one correspondence, same and different, positions, and counting. In Geography, we started our program with a focus on map skills.



NEW!!!!

Starting Next Wednesday October 3rd playgroup children will have the option to stay for an extra hour and 15 minutes for a special playgroup only lunch bunch! Playgroup children (Wednesday only) will have the opportunity to pack their own lunch and stay and play for the extended time. Pick up will be at 1:00 p.m. Please sign up on the board outside the science room. We will need a minimum of 3 children to run this extra lunch bunch. Playgroup lunch bunch rate is \$15.00 and will be billed to you. Please see Mrs. Savage with any questions.