

JANUARY  
2017



# KTK News of the Day

## Notes from Our Feathered Friends

**Baby Chicks:** We hope everyone enjoyed some relaxing family time over the holidays. The babies had a blast making Christmas gifts, holiday trees, reindeer, and snowflakes last month. They have all been working hard on their milestone goals. Some have mastered sitting with one boppy and are moving towards sitting without support. We have more kids joining the rolling-from-tummy-to-back club! We welcomed Meera (Sanjay's sister) to the Chicks family at the end of last month. This month we welcome another new face, Michael. Look for some exciting changes to the room coming during in-service day. Also, we noticed some more families joined the KTK website – let us know if you need help joining!

**Penguins:** We hope everyone had a wonderful and happy holiday season. We would like to thank everyone for the holiday gifts and cards that we received. Now that colder weather is upon us we won't be getting outside as much as before, please have appropriate outdoor gear just in case. We have been exploring upstairs in Kid Corner when we can't go outside and the kids enjoy the large open space. We are all practicing our motor skills on different levels. However, we are all mastering the art of vocabulary and communicating our wants and needs. Some friends are signing and some are using words to express themselves. Every day is a new and exciting adventure here in the Penguin room!

**Parrots:** Our highlights from December include making Christmas ornaments for parents as well as learning a little about Parrot families' holiday traditions. We loved exploring the snow, both outside and in the sensory table. We welcomed Camille, who has graduated from the Penguins, to our room, and we'll soon be welcoming Lincoln for visits. We will be bidding farewell to Emily, who will be turning two and joining the Peacocks. Our January themes are Shapes, The Three Little Pigs, Dinosaurs, and author Sandra Boynton.

**Peacocks:** Now that the holiday craziness is over, the Peacocks have some fun things to look forward to in the new year! Before we jump into what we have planned for January, we wanted to give a quick shout out to the amazing parents in our room. Thank you for always being so communicative, open, and helpful. We love each and every one of your children, and we love working with you to provide a fun and safe environment for them. Thanks for everything you do! In January, we plan to continue our winter theme moving past the winter holidays and focusing more on winter activities – snow and winter self-help skills (i.e., putting on our snow pants and boots all by ourselves).



**Starlings:** What a wonderful year 2016 has been. Thank you for participating in our program in so many ways, by sharing information, helping out, coming in to read or run an activity, or even just giving us feedback. All are key components to a quality program. We appreciate you! December was full of fun. Some of the highlights were creating in the art room, all the wonder and delight during storytelling week with the Three Pigs, experimenting with

pop rocks and balloons, making gifts, and having Ms. Linda share with us the excitement of being a race car driver. The new year is already off to a great start! The Starlings are exploring different kinds of dance as well as snow, more storytelling, arctic animals, and indoor fun. The Starlings will be practicing letter sounds and number recognition throughout January. Although the Starlings have come leaps and bounds, we will also continue practicing self-help, problem solving, and appropriate social skills. We are looking forward to Ruby joining our Starling group very soon.

## A Note from the Director

Dear Parents,

Happy 2017! We hope the holiday season was good to you and your family. We are excited to see what this year has in store for us. As a reminder, we will be closed Monday Jan. 16 for our first Teacher In-Service day of the year. We appreciate your support and understanding of these work days, as this time is so important to our teachers.

The classrooms are always looking for parent volunteers. If you have an extra 20 minutes here or there and would like to pop in to read a story, help with a project, or talk to the classrooms about your family's traditions or culture, please see your child's teacher.

Amanda Johnson  
Director  
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## Out of the Mouths of Babes

A child arrived in the morning with his mom. He was hiding behind her and she said she didn't bring him today. She continued her story by saying she thinks something is on her backside. We interjected that it must be a bug. After a moment, "whatever" was on her backside started talking. One of the girls turned to Ms Kristi and said, "I think I hear the bug talking..." "A bug talking -- THAT is so silly!"

A child was playing with the alligator puppet, pretending it was eating. Suddenly the "alligator" said, "I want some faghetti!"

Ms. Jess walked into the Peacock classroom wearing an apron, and one of the kiddos told her that they liked her "kitchen dress."



## Upcoming Events

- Jan. 14 – 11:00 am  
Brown Bear, Brown Bear & Other Treasured Stories  
(Overture Center)
- Jan. 16 – Martin Luther King, Jr. Day, **Teacher In-Service Day, KTK CLOSED**
- Jan. 20 – 6:00 pm  
Groove & Glide ice skating  
(Tenny Park)
- Jan. 22 – 1:30 pm  
Family Nature Program:  
Winter Animals (Arboretum)
- Jan. 27 – 6:00 pm  
Groove & Glide ice skating  
(Elver Park)
- Jan. 28 – Chinese New Year



## January Birthdays

- Jan. 11 – Ruby
- Jan. 11 – Emily T
- Jan. 25 – Felix



# 10 Things Every Parent Should Know about Play

By Laurel Bongiorno

## 1. Children learn through their play.

Don't underestimate the value of play. Children learn and develop:

cognitive skills – like math and problem solving in a pretend grocery store

physical abilities – like balancing blocks and running on the playground

new vocabulary – like the words they need to play with toy dinosaurs

social skills – like playing together in a pretend car wash

literacy skills – like creating a menu for a pretend restaurant

## 2. Play is healthy.

Play helps children grow strong and healthy. It also counteracts obesity issues facing many children today.

## 3. Play reduces stress.

Play helps your children grow emotionally. It is joyful and provides an outlet for anxiety and stress.

## 4. Play is more than meets the eye.

Play is simple and complex. There are many types of play: symbolic, sociodramatic, functional, and games with rules—to name just a few. Researchers study play's many aspects: how children learn through play, how outdoor play impacts children's health, the effects of screen time on play, to the need for recess in the school day.

## 5. Make time for play.

As parents, you are the biggest supporters of your children's learning. You can make sure they have as much time to play as possible during the day to promote cognitive, language, physical, social, and emotional development.

## 6. Play and learning go hand-in-hand.

They are not separate activities. They are intertwined. Think about them as a science lecture with a lab. Play is the child's lab.

## 7. Play outside.

Remember your own outdoor experiences of building forts, playing on

the beach, sledding in the winter, or playing with other children in the neighborhood. Make sure your children create outdoor memories too.

## 8. There's a lot to learn about play.

There's a lot written on children and play. Here are some NAEYC articles and books about play ([naeyc.org/play](http://naeyc.org/play)). David Elkind's *The Power of Play* (Da Capo, 2007 reprint) is also a great resource.

## 9. Trust your own playful instincts.

Remember as a child how play just came naturally? Give your children time for play and see all that they are capable of when given the opportunity.

## 10. Play is a child's context for learning.

Children practice and reinforce their learning in multiple areas during play. It gives them a place and a time for learning that cannot be achieved through completing a worksheet. For example, in playing restaurant, children write and draw menus, set prices, take orders, and make out checks. Play provides rich learning opportunities and leads to children's success and self-esteem.

*Laurel Bongiorno, PhD, is the director of Champlain College's graduate program in early childhood education, with specializations in teaching and administration, in Burlington, Vermont. She has taught preschool, directed early childhood programs, and studied parents' perceptions of preschoolers' learning through play.*

Source: [families.naeyc.org/learning-and-development/child-development/10-things-every-parent-should-know-about-play](http://families.naeyc.org/learning-and-development/child-development/10-things-every-parent-should-know-about-play)



# Happy New Year!



## News from the Kitchen

It is hard to believe we are at the start of a new year! With winter fully underway, a build-your-own pizza bar can be a fun way to get kids involved with making food and keep them entertained indoors during sleep overs or birthday parties. You do the set up, then show the kids how to create their own masterpieces and step back – unless building a pizza sounds like fun for the parents, too!

### Supplies:

- Mini pizza crusts (Make your own, buy ready-made crust, or use any bread you have on hand – English muffins, French bread, pitas or naan all make great pizza!)
- Silicone pastry brushes (Popsicle sticks or spoons also work.)
- Small plastic containers
- Toppings: pizza or Alfredo sauce, pesto, cheese, pepperoni, sausage, veggies, fruits, etc.

### Directions:

Have the kids “paint” on their pizza sauce with the pastry brushes, popsicle sticks or the back of a spoon and then top their pizza crusts however they want.

Bake the pizzas according to the pizza crust directions. If you’re using a bread of some kind, you only need to heat the pizzas through and melt the cheese.

While the pizzas are cooking or warming, let the kids run around and work up an appetite for their delicious creations!

ENJOY!

