



# KTK News of the Day

## Employee of the Month



### Fun Facts about Ms. Sara

**Favorite Ice Cream:**  
Birthday Cake

**Favorite Children's Book:**  
*If You Give a Mouse a Cookie*

**Favorite Children's Toy:**  
Stuffed Animals

**Favorite Color:**  
Pink

**Favorite Holiday:**  
Christmas

## Upcoming Events

Sept. 7: Labor Day - KTK CLOSED  
Sept. 11: Patriot Day  
Sept. 13: Grandparents' Day,  
Rosh Hashanah begins  
Sept. 22: Yom Kippur begins  
Sept. 23: Autumn begins

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Packing lunches for your back-to-schoolers can be a bit challenging. It takes time and planning. Plus, just because you pack it, doesn't guarantee your kids will actually eat it. So what's the solution? Here are some tips for packing a nutritious lunch that your kids will look forward to eating, and you'll feel good about giving them.

### Get Your Kids Involved

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- Take them grocery shopping and let them pick out healthy foods from each food group they might want in their lunch.
- Set aside time every night for lunch packing. Let them pick foods from each group that they want to eat the next day.

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## A Note from the Director

Dear Parents,

I hope everyone is having a great month. The Grandparents' Day celebration is coming up this month on Friday, Sept. 11, and we hope many are able to join us. Watch for email updates from Ms. Amanda.

Now that schools are in session I thought I'd send a list of different things for families to do on the weekend. Madison has so many things to do in and around the area, but if you're like my husband and I, we tend to forget what all is out there. In addition to our many parks and beaches, the Children's Museum and Henry Vilas Zoo, there are also many free or low cost activities for families with young children.

Cave of the Mounds is a short drive down the road to Blue Mounds. Children under 3 are free with a paid adult admission of \$16.95. Studio You Pottery is great for a little bit older children who like to make their own creations. Vitense Golfland is both outdoor and indoor and varies in price. They also have many outdoor activities in addition to the mini-golf. Holiday Inn West has an indoor waterpark with a shipwreck play area that is open to the public. Adults are \$15 and children under 2 are free!

Then there are even more low cost or free things to do for those on a tight budget. Olbrich Gardens is a favorite family activity for all ages and the cost is only \$1 and children under 5 are free. Other free activities include taking a tour of our state capitol, walking through the Arboretum, or visiting the UW-Geology Museum to take a look at fossils of dinosaurs, fish, birds and reptiles.

Hope that helps fill your weekends and have a great fall!

Sue Schneider  
Koala-T-Kare Director

## Out of the Mouths of Babes

Ms. Amanda saw a little guy from the preschool that was at the writing center. He had a paper and pencil and was working intently. When he saw her, he came over and asked her, "What does LOL spell?" The teacher asked him, "What do you mean?" and he said "Well, I wrote it down and I see it a lot. So, what does LOL spell?" Ms. Amanda chuckled and said, "It means to laugh out loud." The boy looked very confused after that.

Ms. Kristi asked one of the preschool boys, "Well, how old are you?" The little boy responded, "I'm three to four quarters years old."

A little girl went to the doctor. She had to get a shot in each arm. When she came back to school she told all the teachers, "When I went to the doctor today they poked me with a sharp thing right into my stuffing."



## September Birthdays

Sept. 13: Aaron  
Sept. 21: Violet

**Babies Due:**  
Sept. 14:  
Baby Swanson



## 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, and 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. The National Association for the Education of Young Child (NAEYC) have many articles and books about play (visit [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.*

Find more resources at:  
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SEPTEMBER  
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