

SEPTEMBER
2016



KTK News of the Day

Notes from Our Feathered Friends

Baby Chicks: Did you know kids use two times more brain energy than adults? Isn't that fascinating! The babies sure show us this fact by always being on the move and taking in their surroundings. We have been enjoying the great outdoors, getting fresh air, and soaking up nature. The babies had fun splish-splashing during their water exploration.

Have you checked out our family board lately? It is a fun way for the babies to see familiar faces throughout the day. Feel free to bring in pictures if you have not done so.

This month we welcome Otto, Duncan's brother, to our baby family. Hugo became a Penguin at the end of August and is having a blast exploring. Dalton will begin visiting the Penguins this month to see what Hugo has been babbling about. We hope you enjoyed some family time, with a s'more or two, over the Labor Day weekend.

Penguins: Welcome to September, with the start of slightly cooler temperatures and brisk air! We will be getting outside at least twice a day to enjoy the fresh air and nature's beauty. Please bring light jackets for your children to wear on cooler days.

This month we will have a full class with all eight children in attendance. Martin has returned from his summer off, and Hugo has officially started as a Penguin!

We will be talking about and observing light and shadows this month along with our usual activities. We will also be practicing some specific fine motor skills using paper (tearing) and tape (pulling). We, of course, will continue to work on large motor skills by honing ways of getting around, whether it be by crawling or walking. Many of us have also become good at climbing! We will continue practicing gentle touches, turn-taking, and sharing. Many of us are using signs and gestures to communicate. If you listen in, sometimes you will hear a word or two, such as bubbles or ball. We hope the start of the new school year and season brings lots of new learning experiences.

Parrots: The Parrots have had a blast learning about the different types of trucks in our neighborhood. We especially enjoyed our walk to the fire station where we got to see the fire truck and meet some firefighters. Our themes

for September are All About Me, Community Helpers, Apples, and Pets. Toward the end of September, we will bid farewell to Violet who will be joining the Peacocks.

Peacocks: Say it isn't so, where did summer go? Welcome back old and new friends to the Peacock classroom! Ms. Sheila and Ms. Linda are thrilled to have everyone back. It's only fitting to start this month with an All About Me theme. Some activities we have planned include: graphing height, hair colors, and eye colors; making family books; and measuring height, feet, and hands using different materials. As the weather gets cooler, remember to have a lightweight coat here for the early mornings.

Starlings: The Starlings have had a very busy summer. Last month's highlights were lots of water play, making and using our own mini-golf course, a trip to the ice cream shop, creating our own carnival, face painting, making tie-dye creations, and making popsicles. No wonder it is September already....

This month we are talking about autumn. We made a new learning web and have started basing activities off things on our web. You will see and hear us learning about apples, trees, what animals do in autumn, weather and environmental changes, changes in how we dress, and the alphabet. Our activities will include cooking, practicing writing letters and our names, and learning letter sounds. We also have some experiments in mind, some beautiful art to create, and some nature walks to take.

A few announcements: We would like to officially welcome our new friend Sriman to the Starling family. Our friend Sawyer moved on to 4K and Kristi brought in her new lizard, Anello. We welcome parents and other family members to share hobbies or talents with our class, such as teaching us a craft, dance or game, playing a musical instrument or singing, etc. Our friends LOVE guests! You are also welcome to participate in floor books by coming to the blue table by the door.

Finally, please keep a sweatshirt in your child's cubby, as this is when the weather starts to get unpredictable. In the mornings it is often chilly on our playground due to lots of shade and wind. Thanks for all you do! You're the best.

A Note from the Director

Dear Parents,

What a great summer we had here at KTK, and we are looking forward to an even better fall season. Thank you to everyone for the kind words and encouragement as I officially stepped into the role of director. I am so grateful for this opportunity and beyond excited for this new adventure. It is no secret to us that Koala-T-Kare is one of the best centers in Madison, but now the word is out and we have the opportunity to share it with the rest of the city. Koala T Kare has been nominated for Best of Madison 2017. So cool!! Look for an email with a link to vote for KTK – the poll is open September 15 through October 20. Please share the link with your family, friends, neighbors, or anyone who knows just how awesome KTK is!

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Out of the Mouths of Babes

Ms. Kristi asked Ms. Sue if she knew why the lakes in the area were closed. A child responded that it was because of SHARKS!!

A preschool boy went to the dentist for the first time. When he got back, he asked the teachers whether they wanted to see his "new teeth."



Upcoming Events

- Sep. 1 - Oct. 28: Gleam: Art in a New Light, Olbrich Botanical Gardens
- Sep. 18: Walk for Wishes, McKee Farms Park, 8:30a
- Sept. 22: First Day of Autumn
- Sep. 22: Morning Play Date, DreamBank, 10a
- Sep. 25: Fiesta Hispana! Centro Hispano of Dane County, 10a

September Birthday

Sep. 21: Violet



Building Social and Emotional Skills at Home

Source: families.naeyc.org

School classrooms are busy places where young children learn all sorts of things, including social and emotional skills such as how to express feelings and how to work together with friends on a project. Here are some suggestions for helping your child develop social and emotional skills at home.

Puppets. Teachers sometimes talk with children about conflicts and help them think about solutions while using puppets and families can try this technique at home. Puppets are a great way to introduce children to feeling words like *happy*, *sad*, *angry*, and children will sometimes talk to puppets about their feelings. Puppets can also help in discussions about challenging topics, like getting to bed on time.

Think out loud. When your child hears your thinking process, it helps her understand how to cope with frustration and solve problems: "Whoops. My favorite shopping bag has a hole in it. I'd better take another one with me to the grocery store."

Read bedtime stories. There is something magical about this end-of-the-day routine that makes it the ideal time for talking about feelings. Discuss the characters and events in the story. Invite your child to share her thoughts and feelings by asking questions: "What do you think he should do? How do you think she feels? What would you do if you were this character?"

Do a job together. Instead of asking your child to do a chore alone, do it with her. The two of you might fold laundry, set the table, rake leaves, or paint a wall. Help your child join in by shortening

the handle of a broom to make it child-size or providing a small paintbrush or roller.

Play games. Card and board games and outdoor games such as tag or hop-scotch offer built-in opportunities for helping children learn to take turns, cooperate, handle frustration, and more. While playing games together, focus on fun instead of winning or losing.

Prevent potential problems. Before a friend comes to play, help your child put away toys he does not want to share. Before taking a bus to the zoo, provide a step-by-step explanation of what you will do: "We will wait at the bus stop for 5 minutes, then get on the bus and sit together and watch the sights go by for about 30 minutes [explain this as the length of one episode of a favorite TV show]. Then we will walk three blocks to the zoo and tour the lion house before anything else!" During the trip, remind your preschooler of what will happen next.



Change of Season - Autumn!



News from the Kitchen

Happy September, everybody! (How is it September?!? It doesn't seem possible that there are only four months left in this year.)

September is one of my favorite months. You still get to enjoy some late-summer weather, but there is a hint of fall in the air. You can start leaving the windows open for fresh air and, of course, the kiddos go back to school. For those of you with school-age kids, it's time to start thinking about packing lunches, preparing quick breakfasts, and coming up with healthy afternoon snack ideas. I have the most trouble with snacks. It's tough to figure out good choices that kids will want to eat but that will also keep their bellies full until dinner.

I came across this simple idea that works for either breakfast or an afternoon snack: toast.

It sounds like such a boring food, but if you have a few extra minutes to chop fruit, it can become an exciting snack. Kids will want to eat it and they can have fun creating their own masterpieces. All you need is some whole grain wheat bread, spreadable toppings like cream cheese, nut butters, or fruit spreads, and bite-size pieces of fruit. Then, let your kids get creative!

Here are a few ideas:



Blueberry Banana Bear Toast with Nut Butter



Raspberry Orange Toast with Nut Butter

Find more suggestions at super-healthykids.com/20-toast-toppings-for-a-healthy-breakfast; with so many possibilities, you'll have quick and delicious snacks throughout the school year!



Make-Your-Own Face Toast with Cream Cheese and Fruit