

# The Dick Howser Center Post



3519 Easter Stanley Court  
Tallahassee, Florida 32308  
Phone: 850-921-KIDS(5437)  
Cell: 850-980-0619  
Fax: 850-921-4734

## Email

Kim Sineath, Director:  
ksineath@goodwillbigbend.com  
Amber Isaac, Center Coordinator:  
dhcassist@goodwillbigbend.com  
Kathryn Schmidt, Educational Coordinator:  
dhcne@goodwillbigbend.com  
Claire Ancheta, Accounting Clerk:  
dhcpaccounting@goodwillbigbend.com



**2nd QUARTER**  
**2015-16**

*July/August: Trees Study*  
*August/September: Beginning the Year*  
*September/October: Balls Study*

## Parent Reminders

### APRIL

#### **Spring Fling! ~ April 3, 2015 from 3:30 – 5pm**

Join us for an afternoon filled with Spring Fun. We'll have face painting, tattoos, activity tables and more. Everyone is invited! Look for sign-up sheets in the lobby to volunteer to bring snack food.

#### **Spring/Summer Menu ~ Monday, April 6, 2015**

In order to serve the freshest and most wholesome meals to our children, we modify our menus based on the seasons. Monday, April 6<sup>th</sup> will be the first day for implementation of our new menu. The menus are available for you to pick up at the front desk. Also, menus are always posted in classrooms and the lobby.

#### **Spirit Week ~ Monday, April 13 – Friday, April 17, 2015**

We're celebrating our school spirit this week. Encourage your child to participate. They and the teachers will have lots of fun dressing up in crazy and unique ways!

#### **Parent's Night Out Babysitting Service ~ Friday, April 17 from 6 – 11pm**

#### **Monthly Parent Meeting ~ Thursday, April 30, 2015 from 6 – 7pm**

We will be discussing VPK ~ How to qualify, how to enroll, what is VPK and more. This meeting is geared directly to parents of children who will be attending VPK in the Fall.

### MAY

#### **Teacher Appreciation Week ~ Monday, May 4 – Friday, May 8, 2015**

This is the week recognized nationally as Teacher Appreciation Week. Show your child's teacher how much you appreciate their hard work, dedication and love they give your child every day. See the Parent Information section for more information.

#### **VPK Graduation ~ Friday, May 15, 2015 ~ 7pm at Imagine School Cafeteria**

We can't believe that it's already graduation time! Our VPK students have learned so much. Everyone is invited to this event! Look for more information as the date approaches.

#### **Parent's Night Out Babysitting Service ~ Friday, May 22 from 6 – 11pm**

#### **Memorial Day ~ Monday, May 25, 2015 – PRESCHOOL CLOSED**

#### **Monthly Parent Meeting ~ Thursday, May 28, 2015 from 6 – 7pm**

#### **Last day for VPK ~ Friday, May 30, 2015 ~ PJ Day for the entire preschool**

Wear your favorite pajamas for the last day of VPK.

### JUNE

#### **Summer VPK Begins ~ Monday, June 1, 2015 (9am – 4pm)**

Do you know a child who didn't participate in VPK and will be going to kindergarten in August? If so, they qualify for SUMMER VPK! This program is an intensive VPK program that begins June 1 through August 10 from 9am – 4pm. There is no charge for participation, unless they enroll in "wrap around" services. And you get a referral credit of \$35 when their child completes the summer program.

#### **Parent's Night Out Babysitting Service ~ Friday, June 19 from 6 – 11pm**

#### **Monthly Parent Meeting ~ Thursday, June 25, 2015 from 6 – 7pm**

# Parent Information...



## Parent's Night Out Babysitting Service

This is your opportunity to have dinner and a movie, rest and relax at the house, run errands....basically whatever you want to do, while your child has a BLAST at preschool. We're serving dinner and have planned lots of fun arts & crafts, activities, and a G-rated movie. There is a sign-up sheet at the front desk. The cost is \$25 for the 1<sup>st</sup> child and \$15 for each additional child. Children from infants – school age who attend our school, their siblings, family members or friends of the family are welcome to attend.

Friday, April 17 – 6 – 11pm  
Friday, May 22 – 6 – 11pm  
Friday, June 19 – 6 – 11pm


## Spirit Week ~ Monday, April 13 – Friday, April 17, 2015

- Monday ~ School Spirit Day ~ Wear your school shirt.
- Tuesday ~ Favorite Hat or Tiara Day
- Wednesday ~ Favorite Character, Super Hero or Sports Team Day
- Thursday ~ Wacky Tacky Day ~ Wear your weirdest, mis-matchiest clothes
- Friday ~ Favorite PJ Day ~ Wear your most comfy, favorite pajamas to school

## Upcoming Holiday Closures - Everyone

APRIL  
NO SCHOOL CLOSURES

MAY  
Monday, May 25, 2015 ~ MEMORIAL DAY

 JUNE  
NO SCHOOL CLOSURES



## School T-Shirts

Please bring 1 white t-shirt by April 8<sup>th</sup>. The teachers will be "tie-dying" them. This is the "school shirt" your child can wear for Spirit Week ~ April 13<sup>th</sup>!

Pajama Day



**Last day for VPK ~ Friday, May 29, 2015 ~ PJ Day for the entire preschool**  
Wear your favorite pajamas for the last day of VPK.

## From the Suggestion Box

Reminder that there is a suggestion box located on the sign-in/out table. We hope that you use this box to give all types of input and feedback to the teachers, the Preschool and the PTO. The suggestion box is intended to open a door for communication, allowing you to provide comments, concerns, compliments, suggestions, pose questions, propose solutions or even just provide a teacher with an encouraging word.



## Fall 2015 VPK Parent Meeting

**Thursday, April 30, 2015 from 6 – 7pm**

Will your child be 4 years old by September 1<sup>st</sup>? If so, they qualify for the Florida Voluntary Pre-Kindergarten (VPK) program. During this meeting, we'll discuss the process for getting your child registered with The Early Learning Coalition, how our program works, fees and much more. Please plan to attend.

Child care will not be provided, however your child and other siblings are welcome to attend.



## School Lunch

## Spring/Summer Menu

We recently modified our 4-week rotational menu to reflect the warmer weather. If you'd like a copy, please send an email request or pick one up from the office. Calendars located at the end of this newsletter list which menu we'll use during each week.

## Monthly Parent Meeting

We have scheduled a monthly Parent Meeting for the last Thursday of every month. Each meeting is scheduled from 6 – 7pm. We will be discussing a variety of subjects, invite guest speakers, and more. We hope that you'll attend.

### April

Thursday, April 30, 2015 from 6 – 7pm  
Topics: Steps to Registering for VPK

### May

Thursday, May 28, 2015 from 6 – 7pm  
Topic: Positive Parenting and Conscious Discipline

### June

Thursday, June 25, 2015 from 6 – 7pm  
Topic: TBA

# Parent Information...

## Spring Fling

**Friday, April 3 from 3:30pm - 5:00pm**

Come out to help us celebrate the upcoming Spring season. Activities will include face painting, tattoos, and much more. Don't forget to invite other family members.

### Teacher Appreciation Week ~

**Monday, May 4- Friday, May 8, 2015**

We encourage you to find inexpensive ways for you and your child to show your appreciation to your child's teacher. Here are some suggestions to show your appreciation throughout the week:

Monday – Say "Thank You" with a card, a child-made card is the most direct way to a teacher's heart.

Tuesday–Say "I Love You" ~ Bring a flower for your teacher – cut one from your personal garden, buy one, make one or draw a picture of a flower.

Wednesday–"Sweets for Your Sweet Teacher" ~ give a few chocolates, bake some cookies or a muffin, or maybe a healthy alternative – fruit!

Thursday–Pamper Your Teacher – great smelling soaps and lotions are much appreciated.

Friday – Give "A Token of Your Appreciation" with a Gift Card - \$5 gift cards to Target, Walmart, Subway, Publix, Newberry, etc.

## HAPPY BIRTHDAY

### APRIL

Aubrey 4/6

Miyla 4/7

Jada 4/16

Isabella 4/22

Aaliyah 4/25

Isaiah 4/26

Emily 4/27

Ms. Christi 4/7

### MAY

Victor 5/2

Tyler 5/9

Manuel 5/18

Brady 5/22

Anthony 5/30

Ms. Gloria 5/6

### JUNE

Addisyn 6/2

Trey 6/19

Jackson 6/22

Ms. Becky 6/12

# Beyond Centers & Circle Time Curriculum

## April: Birds in my Neighborhood, Celebrating Spring, Gardening & Flowers



We'll focus on birds, particularly the ones children see every day. Young children are our best hope for protecting the environment. When young children are taught early to value the animals and plants that make their world interesting and beautiful, they are more likely to be environmentally sensitive and caring adults. The goal of this theme is to help children become more aware of the natural world around them. Vocabulary words will include names of birds, feathers, beak, insect, nectar, wings, egg, nest, predator, predatory, camouflage, male, female, fledge, fledglings, flock, etc.

### **Birds in My Neighborhood**

We'll be doing some bird watching using child-made binoculars. Did you know that we can observe many different types of birds from our playground. The children are always interested in the hawks that soar overhead, the flocks of birds that squawk as they fly or even the geese who take a walk through our neighborhood. Since some birds eat worms, we'll be making "edible worms in dirt cups" during our cooking center. For a great sensory experience, we'll play in bird seed, make bird feeders and create art using bird seed. In blocks, we'll make bird houses and wild bird habitats.

### **Celebrating Spring**

Spring time is all about the warmer weather and everything becoming green and blooming again. We'll make kites and try to fly them for art and gross motor skills. We'll make "edible bird nests" in cooking center and set up a bird-watching station in dramatic play.

### **Gardening and Flowers**

The preschool garden was planted in March, however, children will continue to take care of it – pulling weeds, harvesting, and looking for good and bad insects. In the classroom, we'll set up a "garden" with a flower and vegetable market, and more. Children will also get the opportunity to grow their own seedling using a lima bean.

### **Toddlers and Twos**

## **At Home Activities**

We've included a few activities that encourage creativity, self-help, number sense and critical thinking skills. Best of all, they are fun...enjoy spending time with your child while they learn about birds and have fun too!

#### **Feather Headbands**

Measure your child's head, and cut a piece of construction paper long enough to create a headband. Glue the paper together so the headband fits snugly on your child's head but is loose enough to take off easily. Glue the feathers to the headband.

#### **Feather Painting**

Provide each child with a feather, paint and paper. Ask the children paint a picture using the feather as a paint brush.

#### **Pine Cone Bird Feeder**

Cut a long piece of yarn or ribbon to hang the bird feeder. Tie the ribbon in a knot around the pine cone near the top. Spread peanut butter on the pine cone then sprinkle birdseed over the pine cone. Hang the bird feeder on the tree.

#### **Place the eggs in the nest**

Tape numbers one through six in the bottom of a muffin tin. Have the children place the appropriate number of eggs in each nest (the muffin holes)

#### **Lacing Cards**

Cut colored poster board into bird shapes and punch holes around the edges. Then let your child lace yarn or a shoestring into the cards.

### **Preschoolers and VPK**

**Tour Maclay Gardens.** Right now the flowers are in full bloom. Visit their website- [www.floridastateparks.org/maclaygardens](http://www.floridastateparks.org/maclaygardens)

**Go for a picnic.** You can go to a local park or your back yard. To really involve your child, let them help plan the menu, prepare the food and even make invitations for the Grandparents.

**Fly a kite.** Inexpensive kites can be purchased at Toys R Us, Wal-Mart and the Dollar Tree. However, you may want to invest in a more durable kite, as they usually fly better. Of course you can always make a kite with your child. Visit [www.howtomakeandflykites.com](http://www.howtomakeandflykites.com) for lots of kite making instructions and ideas.

**Visit Wakulla Springs.** You can walk the grounds, go swimming and take a boat tour. Be sure to look for animals in their wild habitat - especially birds. To find out more, visit their website - [www.floridastateparks.org/wakullasprings](http://www.floridastateparks.org/wakullasprings)



# Beyond Centers & Circle Time Curriculum

## May: Insects and Spiders: Not-So-Creepy Crawlers

The experiences planned during this month will focus on Insects and Spiders. Many people think that spiders are insects, but they are very different animals. Science for young children begins with interest in the natural world. How things move, what they eat, and why they do things. Children are curious about animals and adults often curtail this interest through the creation of unfounded fears. Teachers of young children must help them develop knowledge and understandings about the natural world that are based on scientific information and not unfounded fears.

### Lady Bugs, Stick Bugs and Beetles

For dramatic play throughout the month, children will get to dress up as different types of bugs, however, some children may decide to be entomologists (scientists who study bugs). We'll make paper plate ladybugs, make "stick bugs" using real sticks and other natural collectables, explore numbers by counting the spots on ladybugs and learn the different parts of a bug, how they live, what they eat and why bugs are so important.

### Butterflies and Caterpillars

We'll learn the difference between a cocoon and chrysalis, play matching games using butterflies and caterpillars, and create egg carton caterpillars. For a cooking activity, we'll make an "edible chrysalis". We'll even go on a "bug hunt" around the school, with our nets, so that we can explore bugs first hand.

### Colonizing Bugs (Bees and Ants)

We will learn the different roles that colonizing bugs take on, such as queen, worker and soldier. We'll act out some of these roles while in dramatic play. We'll explore geometric shapes, by building honeycombs using unit blocks and get to taste honey during our cooking activity.

### Spiders and Scorpions

Arachnids are very interesting creatures. We'll explore how they make webs and even create a web of our own. We'll create classroom spiders during art, where we'll learn that while most "bugs" have compound eyes, spiders and scorpions have between 8 – 12 eyes. Most arachnids are also venomous (but not to a dangerous level), so we should be careful, but not afraid.

### Toddlers and Twos

#### Song: Bringing Home a Baby Bumble Bee

I'm bringing home a baby bumble bee (cup hands as if there is a bee inside)

Won't my mommy be so proud of me.

I'm bringing home a baby bumble bee,

Ouch! He stung me! (shake hand as if you've been stung)

I'm squishing up my baby bumble bee,

Won't my mommy be so proud of me.

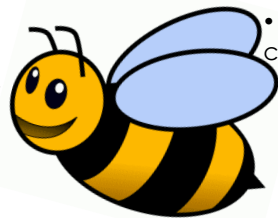
I'm squishing up my baby bumble bee,

Eel! Yucky! (hold out hands as if they are dirty) I'm wiping off my baby bumble bee, (wipe hands on pants)

Won't my mommy be so proud of me,

I'm wiping off my baby bumble bee,

All clean! (show hands and smile)



### At Home Activities

#### Supplies Needed for

#### Butterfly Activity Prop

- small craft stick
- fuzzy pom-poms
- wiggly eyes (2 sets)
- pipe cleaner (2 sets)
- hot glue gun & stick
- empty toilet paper roll
- clothes pin
- colorful tissue/ craft paper

#### Butterfly Lifecycle Activity with Props

(Tune: Itsy Bitsy Spider)

#### The fuzzy caterpillar

(hold up the craft stick caterpillar)

#### Curled up on a leaf,

(place in your hand)

#### Spun her little chrysalis

(hold up toilet paper roll)

#### And then fell fast asleep.

#### While she was sleeping

#### She dreamed that she could fly,

(push the caterpillar through the toilet paper roll and push out the butterfly)

#### And later when she woke up

#### She was a butterfly!

(pull out the butterfly and carefully straighten the wings and fly away)

### Preschoolers and VPK

#### Exploring Science - The Life Cycle of a Butterfly Mobile

Preschoolers will be exploring caterpillars and butterflies. Here is a fun and educational activity that you can do at home.

#### Directions

1. Draw a spiral on a paper plate. Cut along the line and decorate the paper plate using markers, crayons, or paint
3. Using green construction paper, draw a leaf and cut it out. Either draw tiny butterfly eggs on it or glue on tiny paper circles (either cut them out or use a hole punch to make some). A cluster of butterfly eggs are usually laid on the underside of a leaf; the eggs are white or yellow or greenish, and are circular to oval.
4. Draw and cut out a caterpillar (the egg hatches into a caterpillar, which spends its entire time eating leaves).
5. Draw and cut out a pupa (the stage during which the caterpillar makes a protective case around itself and turns into a butterfly). Decorate it.
6. To make butterfly wings, fold a small piece of paper in half, and draw half a butterfly along the fold line.
7. Using dark paper, make a body for your butterfly (it's basically a long oval with a circular head). Glue the body to the wings and decorate your butterfly.
8. Staple or tape the stages in the butterfly's life cycle to string and then to the paper plate. Attach another short length of string to the plate; it will be used to hang the mobile up. You now have a great butterfly life cycle mobile.



# Creative Curriculum

## June: Reduce, Reuse, Recycle

Trash and garbage are all around us. We find rubbish and waste in our homes, on the streets, and in places where we work and play. Children are fascinated by what is in garbage cans and often pick up trash against our wishes. This natural curiosity provides a good starting point for finding out what happens to trash after it's thrown away and exploring the concept of reducing, reusing, and recycling.

A study of reducing, reusing, and recycling not only offers opportunities for children to explore a topic that interests them, but allows them to gather information, become more aware of the world around them, and solve problems. In this study, children will observe, gather data, explore their community, interview experts, learn new information, and propose solutions to problems. They will use skills in mathematics, literacy, the arts, and technology to represent their understanding of important concepts related to science and social studies.

### Introduction to Reducing, Reusing and Recycling

We'll learn what can be recycled and how to reduce the amount of garbage we produce. We'll work on building a "classroom junk collection" (magazines, boxes, bags and bottles). We'll organize the garbage by attributes into different categories.

### What do People Throw Away?

In small groups, we'll walk around the building to see what other people around the building are throwing away or recycling. We'll learn where the school's recycling goes.

### Where does trash go? What do workers do there?

We're hoping to have someone from a recycling or waste collection company come out to the school to talk with the children about their job. Children will use art to explore what happens with trash. We'll work together to create a map of where the preschool's garbage and recycling goes after it leaves the classroom.



## At Home Activities

### Trash Talk

Talk with your child about trash and garbage. Help raise your child's awareness of the kinds of trash and garbage your family creates each day.

Walk around your neighborhood or while you're out running errands and look for trash. Ask questions, such as, "I wonder why that is on the ground?; Where did it come from?; Why did someone throw it there?; Where should it go?"

Get up early to watch the garbage truck and waste collectors pick up your garbage.

### Trash Art

Collect interesting items you've collected to throw away or recycle (cardboard boxes, plastic containers, wrapping paper, paper towel rolls, etc). Use these items to create a sculpture. Use modeling clay, tape, glue, string or a stapler to hold the "art" together.

Don't forget to take a picture for our social media!



### Trash/Recycle Can Toss

Use items you've collected to throw away or recycle and encourage your child to toss them into containers. Your neighbors might think you're crazy, but your child

will think you're amazingly creative!

Don't forget to take pictures. Send them to us, so we can post them to our website or other social media.

### A Visit to the Library

Check out some books related to garbage and recycling from the library. They don't have to be "kids" books. Sometimes "coffee table" books make the best visual resources for young children.

Did you know that a library card is free in Leon County? Also, you can go online and reserve books to be picked up at your local branch.

### Take a Field Trip to a Recycling center or Waste Collection facility

Solid Waste Management  
7550 Apalachee Parkway  
850-606-1800

Leon Iron & Metal  
1351 Aenon Church Road  
850-575-5000

Creative Recycling Systems  
4716 Capital Circle SE  
850-656-2778



### Musical Recycling

Use plastic bottles to create musical instruments. Simply place items into plastic bottles that have been emptied. Sand or rice can be used for quiet sounds, while coins, old nuts & bolts will create a very loud sound.

Hot glue the top on, so that this new musical instrument is safe for your child to use.



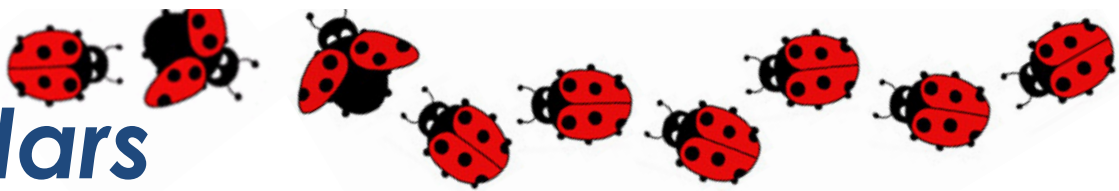
# Calendars



## APRIL

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
			1	2	3 Spring Fling! 3:30 – 5pm	4	
<b>MENU: Week 2</b>							
5	6	7	8 Staff Meeting 6 – 7pm  Bring in a new white t-shirt for your child to tie-dye as their “school shirt” to be worn on 4/13.	9	10 All teachers will be tie-dying t-shirts and send them home to be washed.	11	
<b>MENU: Week 1: Begin Spring/Summer Menu</b>							
12	13 School Shirt Day	14 Favorite Hat or Tiara Day  On-Site Field Trip – St. Francis Wildlife (Birds) 10am	15 SCHOOL SPRIT WEEK		16 Wacky Tacky Day	17 Favorite PJ Day  Parent’s Night Out 6 – 11pm	18
<b>MENU: Week 2</b>							
19	20	21	22	23	24	25	
<b>MENU: Week 3</b>							
26	27	28	29	30 Parent Meeting 6 – 7pm VPK Focus: Enrollment/Registration			
<b>MENU: Week 4</b>							

# Calendars



## MAY

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
					1	2	
<b>MENU: Week 4</b>							
3	4	5	6	7	8	9	
←-----TEACHER APPRECIATION WEEK-----→							
	"Thank You" Send a Thank you note to your child's teacher!	"I Love You" Give your child's teacher a flower (picked from your garden, purchased or home-made)!	"Sweet Treat" Give your child's teacher a little treat (candy, home-baked muffin, salty snack). Teachers love to snack!	"Pamper Your Teacher" Give your child's teacher some lotion, bubble bath, skin care, etc. to help them relax after a long day at preschool!	"A Little Token of Your Appreciation" Give a small gift card to your child's teacher's favorite place!		
			Staff Meeting 6 – 7pm				
<b>MENU: Week 1</b>							
10	11	12	13	14	15	16	
					VPK Graduation @ Imagine School 7pm		
<b>MENU: Week 2</b>							
17	18	19	20	21	22	23	
					Parent's Night Out Babysitting Service 6 – 11pm		
<b>MENU: Week 3</b>							
24	25	26	27	28	29	30	
				Parent Meeting: Mindfulness/Positive Parenting and Conscious Discipline 6 – 7pm	Last Day for VPK School-Wide Pajama Day		
<b>MENU: Week 4</b>							



# Calendars



**JUNE**

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	<b>1</b> Summer VPK Begins	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>MENU: Week 1</b>						
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> Staff Meeting 6 – 7pm	<b>11</b>	<b>12</b>	<b>13</b>
<b>MENU: Week 2</b>						
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> Tallahassee/ Leon County Recycling On-Site Field Trip 9:30am	<b>19</b> Parent's Night Out Babysitting Service 6 – 11pm	<b>20</b>
<b>MENU: Week 3</b>						
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> Parent Meeting 6 – 7pm	<b>26</b>	<b>27</b>
<b>MENU: Week 4</b>						
<b>28</b>	<b>29</b>	<b>30</b>				
<b>MENU: Week 1</b>						