



COLE HARRINGTON'S PRESCHOOL POST

Issue 46

Winter 2012

Dear Parents,
Happy Winter!

With cold weather here, "Ah-choo, it's cold and flu season.

I thought I would share with you some tips on how to keep your child healthier during the months ahead.



The most effective way of preventing colds and flu is hand washing. Discuss with your child why hand washing is important. We have books at the center that we use for discussion about germs and being healthy. Ask your child's teacher or myself if you would like to borrow them. We read them periodically throughout the year.

Typically, young children wash their hands by squirting soap on one and holding the other under the water (not the most effective way to kill germs). This means you may need to teach your child how to wash. By showing your child how to clean the tops, bottoms, between the fingers and fingernails by vigorously rubbing with soap and water, those nasty germs are sure to go down the drain.

Runny noses are another culprit for germ infiltration. Teach your child how to blow their nose using tissues and direct them to the sink to wash their hands. Tuck away tissues in their coat pockets, in your purse, car or briefcase. This way you are always prepared for nose slime. I know we have tissues in every room at the center and our pockets when we go outside.

You can also help us fight germ warfare by keeping your child at home if they show signs of a fresh cold, temperatures over 100.5 degrees,



vomiting or diarrhea. When they are sick, you may want to consult your pediatrician, provide lots of liquids, rest and TLC. Before returning to school, make sure your child is totally recovered so they will not have a set back in a day or two. Our policy states twenty-four hours symptom free without the aid of medication before children can return to school.

Hopefully, if we all work together with this plan of attack, we will beat this season's cold and flu bug.

I wish you a healthy winter season.

Sincerely,
Linda Feller
Program Coordinator

STAFF NOTES

All Cole-Harrington Staff took CPR training in November 2011. We do this annually.

Lesley Otero will be taking a course on "Young Child with Special Needs" spring semester at Massasoit.

Linda Feller will be going to a conference for Directors and Administrators of Early Childhood Programs in Burlington, MA in January.

Lorraine Anderson, Cila Conn, Lisa Michaelson, Linda Feller and Paula Chetkauskas attended the workshop; "Cabin Fever". We now have a repertoire of new activities we can implement on those cold weather days.



SPOTLIGHT ON LESLEY

Lesley Otero, Assistant Program Coordinator/ Substitute, was born and raised in Texas. She moved to Massachusetts because she met her husband and his two wonderful daughters. That's all she needed to pack her bags and move east.

What Lesley likes most about Massachusetts is the snow. It doesn't snow in central Texas. "All we get is ice that no one can drive in and our Snowmen look like balls of dried grass rolled up with a little ice. I am like a kid in a candy store when the flakes of snow begin to fall from the sky".

What Lesley misses most about Texas is her mother. They use to spend every Sunday together going to Church and doing "mother daughter stuff". She was able to go back to Texas for her mother's 80th birthday in September and is going back to spend a week with her mother in the middle of April.

Lesley received her Bachelor of Arts degree in Elementary Education with an Early Childhood Endorsement and her Master of Arts degree in Early Childhood. For her Masters thesis she created a handbook for teachers that assesses cognitive development in three and four year olds. Cole-Harrington was grateful for the copy she gave us for our resource library.

Lesley shared that she had always wanted to be a teacher. "When the teacher in my third grade class asked us to write down what we wanted to be when we grew up, I wrote, I want to be a teacher, a mother and a cat". Lesley taught 3, 4 and 5 year olds for 7 years in Texas. She also co-directed in a pre-school program for four of those years and has been Assistant Program Coordinator at Cole-Harrington for 10 years.

When Lesley is not at Cole-Harrington helping Linda in the office or filling in for staff illness and vacations she enjoys spending time with her family, working around her house and crafting. What a busy woman!

COMMENTS FROM THE CHILDREN ABOUT LESLEY

- Will (4 yrs.) "She helps people. She says; 'Good Morning'"
- Christopher (4 yrs.) "She works in the office."
- Jurnee (3 yrs.) "I like it when Lesley reads a story"
- Grace (3½ yrs.) "She plays with me."
- Shayleen (3½ yrs.) "She plays with me too."
- Ryan (3 yrs.) "Lesley sings, 'Hush Little Baby' at rest time."
- Ikenna (4 yrs.) "Lesley gives hugs."



MARY HAD A LITTLE COLD

Mary had a little cold,
but wouldn't stay at home.
Everywhere that Mary went,
the cold was sure to roam.
It wandered into Molly's eyes,
and filled them full of tears.
It jumped from there to Bobby's nose,
and then to Jimmy's ears.
It painted Annie's throat bright red,
and swelled poor little Johnny's head.
Dora got a fever and a cough,
and it put Jack to bed.
The moral of this little tale,
is very quickly said;
Mary could've saved a lot of pain,
with just one day in bed!!
~Author Unknown~

COLE-HARRINGTON EXTENSIONS

Activities that Extend Cole-Harrington's Curriculum and Content in the Home

Math Activities

- ◆ Ask your child to count shoes in the closet, pants in the drawer, and socks in the laundry basket.
- ◆ Ask your child to compare amounts at the dinner table. Who has more peas? Who has fewer potatoes? Who has the same plate?
- ◆ Ask your child to give everyone a cookie for dessert, a spoon for his or her own bowl of fruit, or cup for their drink.

Time Activities

- ◆ Ask your child to start and stop brushing their teeth with an action.
- ◆ Have them brush their teeth fast or slow.
- ◆ Use sand timers to show how many minutes before bath, book time, or bedtime.
- ◆ At bedtime ask your child to pick out what clothes they need for tomorrow. Ask them to recall what they did from dinnertime to bedtime.



Literacy Activities

- ◆ Write down your child's stories.
- ◆ Encourage your child to write in his or her own way.
- ◆ Encourage your child to read to you.
- ◆ Make up stories or rhymes.
- ◆ Have your child draw their own illustrations.
- ◆ Draw letters on each other's backs.
- ◆ Try to make letters with string.
- ◆ Have your child sign their own name to a few greeting cards or make their own cards to family and friends.



Classifying Activities

- ◆ Give your child different kinds of paper, (waxed paper, holiday paper, aluminum foil, computer paper, construction paper, coffee filters, paper towels). Encourage them to examine and describe the paper's similarities and differences. Add a paintbrush and colored water. Ask children to describe what they see when the water is placed on each kind of paper.



WINTER REMINDERS

Please bring labeled coats, hats, boots and mittens.

We go outside daily.

Please bring shoes for your child to change into on boot days.



UPCOMING EVENTS

January

- January 2 New Years - CH Closed
- January TBA Pizza Day
- January 16 MLK, Jr. Day - CH Closed
- January 30-Feb. 3 Scholastic Book Fair

February

- All Month
 - ◆ Parent's Participate in Small Group Activity
 - ◆ Children make Valentines for Senior Citizens at Hellenic Nursing Home
- February 14 Valentine's Day Party
- February 20 President's Day - CH Closed



March

- March 16 Linda's Leprechaun Visits
- March 26 Dental Hygienist Visits

