

# Alphabet Soup

May, 2010

*Nourishing ways to fill children's days.*



See Inside for:

- Nutrition Corner
- Promoting Literacy and Comprehension
- Getting ready for kindergarten
- Parenting Tips

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## Early Childhood Education: the Broadreach way!

Broadreach is committed to providing your family with the highest quality preschool experiences.

### Broadreach early childhood classrooms

- \* respond to the unique styles and developmental characteristics of children in their preschool years.
- \* support the learning of all children.
- \* are staffed by degreed, certified teachers with high-quality professional preparation, training and experience.
- \* provide activities appropriate to the preschool years, with a strong focus on developing literacy.
- \* maintain the class size necessary for maximum learning.
- \* foster the nurturing relationships and interactions between children and teachers.
- \* create respectful partnerships with families to support children's learning .
- \* work with families to help identify services needed to help preschoolers learn and thrive.
- \* regularly evaluates children to determine their strengths, progress and needs; and uses the results to plan appropriate classroom activities.
- \* work in partnership with kindergarten programs to create smooth and effective transitions for preschoolers and their families.



# Rhymes to Share

## Lady Bugs

*Ask your preschooler to perform the actions that the words suggest.*

I saw a little lady bug flying in the air,  
But when I tried to catch her, two bugs were there.  
Two little lady bugs flew up in a tree.  
I tiptoed very quietly, and then I saw three.  
Three little lady bugs--I looked for one more.  
I saw one sitting on the ground, that made four.  
Four little lady bugs--another one arrived.  
I saw her sitting on a flower, and that made five.  
Five little lady bugs, all red and black--  
I clapped my hands and shouted, and they all flew back!



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## Itsy, Bitsy Spider

*A classic fingerplay*

**The itsy, bitsy spider  
Went up the water spout,  
(fingers imitate a moving spider)**



**Down came the rain and  
washed the spider out  
(fingers imitate falling rain)**

## May Recipe

### Easy Blueberry-Lemon Parfait

2 cups fresh or thawed frozen blueberries  
2 (8 ounce) cartons non-fat lemon yogurt  
10 gingersnaps, crumbled

In each of four parfait or other tall glasses,  
put 1/2 cup blueberries, followed by  
1/2 cup yogurt, then crumbled gingersnaps.

#### Nutrition Info Servings Per Recipe: 4

Amount Per Serving			
Calories:	227	Total Carbs	45.1g
Total Fat:	3g	Dietary Fiber	2.2g
Cholesterol:	3mg	Protein	6.5g
Sodium:	134mg		



**Out came the sun  
and dried up all the rain  
(arms make a large circle)**



**And the itsy, bitsy spider went up the  
spout again**



## Preparing Your Child For Kindergarten

As a parent, you are your child's most important teacher. It is vital that you spend quality time with your child each day. Below is a list of suggested activities to help prepare your child for starting Kindergarten in the fall.

**Read** to your child each day. Research has shown this the single most important factor in determining success in school.

**Talk** to your child about things in his/her environment. Does your child name common objects?

**Listen** to your child. Can he express his thoughts clearly? Is he able to retell an event in the proper sequence?

**Sing** songs and recite nursery rhymes together.



**Keep a summer scrapbook.** Let your child collect pictures and tokens of activities they participated in over the summer. Write about the activity as your child dictates to you. Read what he has written together.

**Allow your child to use children's scissors.** Try cutting a large variety of materials from clay to cards to fabric.

**Have your child practice sorting objects.** Sort different color socks, silverware, blocks etc.

## The Building Blocks for Literacy: Comprehension



To achieve school success, young children must be able to read and use language effectively to communicate and understand ideas. Comprehension abilities, vocabulary development, oral language skills, and knowledge of print conventions each contribute to later reading and school success. Parents and caregivers play a special role in helping preschoolers to develop the skills they need in order to become successful readers. An important building block of literacy is **comprehension**.

### Building your child's comprehension skills

Comprehension skills enable children to process and understand what they hear and read. Children find meaning in text when they can make connections between the story and their own experiences, other books or the world around them. When reading with your preschooler, ask her to make predictions based on the cover and title of the book. Revise these predictions as you gather more information while reading. Use clues from the illustrations to make sense of the story. Ask questions about the illustrations and the story such as, "What are the ducks doing?" or "Remember when we saw ducks at the park?" When you come across a new word in a book, ask what the word could mean, offering assistance and explanation before your child becomes frustrated or loses interest.

## May 2010 Spotlight On You

Broadreach is pleased to announce that Karen Keniston, a Broadreach preschool teacher who has taught in our Searsport PreK and ECIP classrooms for almost 17 years, has just been awarded the title of "Regular Education Teacher of the Year for 2009-'10" by the Maine Association of Services for Children with Disabilities (MADSEC)! The press release, issued by MADSEC, is included below. We are all so thrilled for Karen. She will be honored by Maine's Special Education Directors at a Recognition Banquet in June in Orono. Congratulations, Karen!!! We're all so proud of you!!



The Maine Association of Services for Children with Disabilities (MADSEC) gives awards each year to outstanding individuals in several areas of education: parent/advocate, special education teacher, paraprofessional, director of special services, regular education teacher and therapist. This year RSU 20 was fortunate to have recipients in two categories.

The recipient of MADSEC's regular education teacher of the year for 2009-2010 is Karen Keniston of Searsport. Karen is a preschool teacher who works in the RSU20 four year old program at Searsport Elementary School and in the early childhood Inclusive Program which is run by Broadreach Community and Family Services and hosted at Searsport Elementary School. Karen has been in preschool education since 1993. She holds a B.S. in elementary education and has had hundreds of hours of training in early literacy and child development. Karen is a strong teacher leader with immense expertise in preschool education, and more specifically, in including children with disabilities with their typically developing peers. Karen has extensive training with the Early Reading First, High Scope, OWLS programs and provides early literacy instruction to all her students. Karen is gifted at being able to individualize and demonstrates that each child, no matter how challenged, can be included in the classroom community. Karen collaborates well with the variety of consultants and therapists who move in and out of her classroom supporting her inclusion efforts. She supervises several paraprofessionals and provides them with superb leadership which fosters a high quality tapestry of instruction and interventions which few preschool programs can emulate. Karen is described by one of her student's parent as flexible, adaptive, compassionate, communicative. This parent marvels at her ability to create and modify lessons that allow her child to access the general curriculum. Karen sets the bar for her colleagues at both the preschool and elementary level to strive for in making their classrooms accessible and accommodating for all children. In Karen's classroom all children can and do learn and have abilities not disabilities!

(Beth Smith, an Occupational Therapist, was another recipient from RSU20)