



Newsletter November 2020

A Note from the Director's Desk

Hello Families!

We are excited to announce Miss Savannah as a new teacher. She will be working in PIR/ZAC camp and ZALA. This was a position Victoria Schofield was in until her employment ended with us at the end of October. You can find Savannah's biography on ZALA's website at www.zootadventurelearningacademy.com. Please welcome her when you get the chance to meet her.

We believe outdoor play is very important for children of all ages, even during the winter. Unless the temperatures drop below zero all children will be going outside daily. Bring appropriate outdoor clothing so your child can be a part of the experience.

ZALA's FB page posts are being regularly added once again thanks to Miss Marisa. Check out those cute kiddos!

Miss Megan has been acting as lead preschool teacher and Assistant Director for almost one year. As we look forward to growth within ZALA's enrollment we realized the importance of a bigger center. This also means the need for a full-time Assistant Director, which Megan chose not to accept. Once this position has been filled Megan will move back to FT preschool teacher.

Rhiannon

556-7439

Dates to Remember

November 11: Lunch from Home & Early Release @ 3, Veteran's Day

November 23-December 4: Closed for cleaning & professional development

December 23: Early Release @ noon

December 24: Closed, Christmas Eve

December 25: Closed, Christmas Day

December 31: Early Release @ 3, New Year's Eve

January 1: Closed, New Year's Day

Zoot Adventure Camp (ZAC/PIR)

November 5 & 6: PIR Camp (Monforton)

November 25: PIR camp- Canceled

December 21-23: PIR Camp (All Schools)

December 28-31: PIR Camp (All Schools)

Early Release on 31st at 3 PM*

Weekly Happenings

Music with Mrs. Rachel every Monday

Gymnastics with Miss Savannah once per week beginning November 16th

A Note from the Teachers

First Contact

October was a spook-tacular month in First Contact! We have been enjoying the cooler Fall weather in the mornings and soaking up the sun in the afternoons. We loved taking our walks and looking at all of the fun Halloween decorations. Our special ZALA Halloween activities were so fun and we loved everyone's costumes this year! A couple of our younger friends have gained some confidence to take a few steps here and there. It has been so exciting and fun! We are excited to welcome our new friend Callahan or Cal for short to the crew. He has been such a fun and special addition to our First Contact classroom! We are excited for the new month which includes a big and special thanks to all of our wonderful families!

– Miss Marisa

Bridge

Hi Bridge families!

October has been an exciting new month full of changes! Our new friends we welcomed at the beginning of the month have adjusted wonderfully and are having fun with the whole class. We also have Annabelle and Mason transitioning up to Warp Drive at the end of this month. How wonderful!

The class has been enjoying some new sensory and pretend play toys. We've also loved watching the season transition into fall, with gusty windy days being our favorite! Communication has been a focus of the past month, with the introduction of some new handy signs for words like "stop" and "my turn". Breathing has also been helpful for calming down, and we have introduced yoga to our class routine! We're looking forward to another great month!

– Miss Kate & Miss Juliet

Warp Drive

Hello Warp Drive families!

It's been a crazy fun month. We got to enjoy the last of the beautiful fall weather collecting leaves for artwork and acorns for our sensory bin! We even got to learn about pumpkins! As autumn quickly turned into winter, we've got to enjoy playing in the snow. As a reminder, as the winter weather continues, please bring in warm water proof gloves and shoes, snow pants, hats, and warm coats for your little ones!

As the seasons change so does our class as we look into the next month. Many of our friends will be leaving our class for new adventures. Macy and Eli's adventures will be outside of ZALA and Marshal will be moving on to preschool! We will be sad to see them go. We will also be welcoming Annabelle and Mason from bridge! Can't wait for the adventures ahead!

– Miss Laura

Holodeck

As we head into the season of holidays, our preschoolers were so excited to start things off with Halloween celebrations. All our kiddos looked so cute in their costumes! Even though our celebrations looked a little different this year, the kids had a blast exchanging goodies with classmates, showing off their costumes, and playing games at our classroom party. We spent October diving into all things fall, especially leaves and pumpkins. Pumpkin exploration is always a favorite for kids and teachers alike. In November, our theme will be Gratitude, as we explore Thanksgiving traditions and all the wonderful things we are thankful for.

– Miss Megan

Developmental Tidbit

Topic: Screen Time and Young Children

Author: Miss Mary Alice

Screens are an ever-present occurrence in our everyday lives that can be both educational as well as harmful to young children. It is important that we are considering how much time children are spending using screens and whether or not we are helping them learn and grow through these particular types of outlets. Research has been done that gives us recommendations on how much time children should be spending using screens based on their age.

The American Academy of Pediatrics recommends:

- Children from birth through 18 months should avoid all types of screen media. However, it is okay to screen chat with relatives who are long distance of course.
- For ages 18 months to years, it is ok to introduce children to high-quality children's media as long as you are watching it with them and helping them to understand what they are seeing.
- For children ages 2 to 5 years, you should limit their screen time to one hour a day or less of high-quality programs that are specifically designed for children and help explain to them how what they are watching applies to the world around them. Children learn best from real word experiences, especially through play with us, as parents and teachers, and with their peers. We should be giving them these types of experiences over those experiences using screens every chance we get. It is also important that we remember that our use of media shows children what is important and valuable. We should shut off and silence our phones whenever possible in order to give children our most undivided attention and let them know that they are what is important to us.

Here are two more links with helpful information regarding children and screen time:

<https://www.zerotothree.org/resources/318-making-good-decisions-about-television-and-screen-time-for-young-children>

<https://www.zerotothree.org/resources/385-screen-sense-key-findings>

Content inspired by: <https://www.zerotothree.org/resources/1630-screen-time-recommendations-for-children-under-six>

MusikNote from Mrs. Rachel

Topic: Body Awareness

Naming various parts of the body and exploring how they move help your child develop coordination and control, resulting in your child's ability to engage in purposeful, directed movement rather than reflexive movements.

Toddlers:

Teaching children to move consciously, rather than simply as an involuntary reflex or as a result of having no impulse control, is one of the greatest gifts we can give to our children. Being in control of one's physical self is the key to success in all future social and educational settings. The simple games we use in music class, like where we name and explore a specific body part and how it moves, are the first step for our children as they work to gain control of their bodies.

The chants or songs that are often associated with these activities are appealing to the children because they usually contain multiple repetitions, such as "arm, arm, arm, arm" or "head, shoulders, knees and toes, knees and toes" or most recently, "Teddy Bear, Teddy Bear." Children enjoy the repetition of the speech as well as the movement as they strive to gain control and finally mastery of their body movements.

Preschoolers:

Children enjoy the rhythmic quality of the verses and tend to repeat them over and over, reaping the additional benefit of listening to their own voices (more on that topic another time). Movement and language are closely allied neurologically, and these simple activities nurture both the development of inner speech and impulse control. Impulse control is when the child's language center is developed enough to allow a verbal cue to override a movement cue, permitting a child to stop on command once s/he is already moving. Inner speech is the development that keeps a child from saying every thought that pops into his/her head. It plays a big role in a person's reasoning ability. As you undoubtedly know, most three-year-olds do not possess either impulse control or inner speech, but they are both necessary for future success in just about every possible arena; so anything we can do to help with this development is well-worth it!

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