

Junior Class:

Greetings everyone! The Junior class is having an amazing fall semester. We have new playground equipment, and our children love playing outside during recess. This month we have been conducting scientific experiments on the properties of gases, solids, and liquids. Our students really enjoy helping set up and participating in the Scientific experiments. Friendly reminder, please continue to send a water bottle daily with your student, so we stay hydrated. Thank you.

Upstairs Class:

We are enjoying Fall activities, learning names of Trees and their leaf names and shapes. Some children made booklets about the seasons. Please help us collect leaves from your home or travels for our projects. We also need large pinecones. Everyone is busy learning new lessons in language, geography, natural science, and math. Practical life, grace and courtesy are foremost as well. Please look for pictures of your children on our Facebook page.

Outside Class:

We welcome our new friends who started this fall. We are working on inside manners, putting away our lessons, pre-writing skills, numbers, value, "sounds" (letters), land & water, continent maps, and Botany. Thank you, Parents, for reinforcing good behavior at home like putting things away, following directions, listening, and sharing. Our snack calendar is on the door. We appreciate the wide variety of things you bring for us. Fresh fruit and non-perishables are good snack options as well.

Transitional Toddler Class:

We have started singing some fall songs and talking about the change in the leaves and the weather. If you find a cool leaf this weekend, please bring it to show the class. The children have been busy looking at some new books. We have been talking about Grace and courtesy: saying please and thank you and using gentle hands.

Toddler Class:

We welcome Maggie to our class! Fall is here and we have been talking about pumpkins and their color, shape, and texture. We have also started to count to five in English and Spanish.

Infant Class:

The children are doing great and have shown so much growth. They have been working on stacking lessons as well as standing, walking, and crawling. They have mastered eye-hand-mouth coordination when eating snacks and lunch. Please be sure to bring supplies quickly when you receive a request slip. Most of the kids are transitioning to standing and walking so please send them in shoes or bring an extra pair to leave at school so they can practice standing and walking with more stability. If your child is eating solids, be sure to send in a sippy cup for him/her to use at school.



Birthdays

10/04 Marlowe H.

10/11 Frankie C.

10/17 Emily C.

10/27 Huxley W.

10/27 Theodore N.

10/28 Hutchison S.

10/30 Noa B.

Important Dates and Reminders

- **SAVE THE DATES:**
 - Scholastic VIRTUAL Book Fair will be **October 18th – 31st**
 - **Thursday, October 28th** – PTO Kick-Off Meeting on Zoom. Details will be emailed and posted on Facebook
 - **Saturday, October 30th** – **HarvestFest!** Be sure to stop by our booth to show your support for CHMS!
 - **November 24, 25, & 26** – CLOSED for Thanksgiving Holiday
- **Please Sign Up for the Following:**
 - Your child's private class **Facebook** page (send Caroline Sorrows a friend request to be added)
 - **Box Tops** - With every purchase, our school can earn \$\$
 - **Kroger Rewards** – CHMS will earn 5% of your purchases when you link CHMS to your Kroger Rewards Account!
- **Miscellaneous:**
 - Parents with children **≥3 years of age**, your child must wear a **mask** at school. **School provided masks are \$1 each.**
 - Please **NO candy or sugary snacks or drinks** in your child's breakfast or lunch.
 - Drive **slowly** through the pickup lane, **enter** from Lee Ave, and **exit** onto Elm St. **No cell phone use** in pick up line!

MENTAL HEALTH



NATIONAL CENTER ON
Early Childhood Health and Wellness

Tips for Families from the National Center on Early Childhood Health and Wellness

What is mental health?

Mental health means that young children are growing in their ability to:

- understand and share feelings
- have close and positive relationships
- explore and learn

Why Is It Important?

Having Positive Mental Health Makes It Easier for Children to:

- Have close relationships with family and friends
- Do well in school
- Learn new things
- Solve tough problems

- Develop patience (or not give up)
- Focus on a task
- Ask for help

When Young Children Are Worried, Sad, or Angry, It Can Be Hard To:

- Make friends
- Follow directions
- Express feelings or wishes
- Follow simple directions
- Pay attention in class
- Solve problems in positive ways
- Do well in school



Things You Can Do and Say to Help Your Child

• For Your Infant

- Hold your baby during feedings.
"I love cuddling when I feed you."
- Look at your baby and smile, smile, smile!
"Hey, when I smile, you smile back."
- Talk about what you are doing.
"I'm going to change your diaper now."
- Try to relax and have fun.
"When I am happy, you are less fussy."
- Read and sing to your baby every day.
"It is bedtime. Time for a story and favorite song."
- Take care of yourself.
"When I am rested, I take better care of you."

• For Your Toddler/Preschooler

- Make sure they always feel safe.
"I know loud noises can be scary, but it's OK."
- Offer choices.
"Do you want the blue shirt or the red shirt?"
- Practice patience.
"Let's wait until the song is over and then we'll go outside."

• Show understanding.

"You REALLY want another cookie! It is hard when you can only have one."

• Leave extra time.

"I see you don't want to leave the playground. One more time on the slide, then we need to leave."

• Play together at least 15 minutes a day.

"There is so much to do but it is important for us to play together."

• Follow her interest.

"I see you want to play with the blocks. What are you going to build?"

• Praise your child when she keeps trying.

"I love the way you keep trying to find the right piece for the puzzle."

• Practice following directions.

"First pick up the blocks, then take out the cars."



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