

University of Alberta Child Study Centre Junior Kindergarten

January 2016

Special points of interest:

- Help your child place their photo on our class feelings speedometer at the beginning of each class.
- Help your child notice and name feelings and friends

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January's Focus: Feelings and Friendships

JK provides fabulous opportunities to learn more about feelings and friendships. In January, we will monitor how our bodies feel, and will use colours to describe the range of feelings (concepts from the Alert Program and the Zones of Regulation have been modified)

BLUE—feeling *SLOW*.

~sad, sick, tired, bored, disappointed

GREEN—*JUST RIGHT*

~happy, calm, okay, focused, content

YELLOW—feeling *FAST*

~frustrated, excited, worried, silly, anxious

RED—*OUT OF CONTROL*

~mad/angry, too anxious, terrified, elated, hitting

As a class we will monitor how we feel each day with a chart .

At the beginning of each class in January, we would like you to help your child place his/her photo in the column that indicates how he/she is feeling. If your child has had a restless night sleep, the photo will



The a speedometer visual shows how our bodies can feel .

go in the blue column. If the day has gone well and your child is feeling happy, the photo goes on green. If getting to JK was

challenging, the photo may be placed under yellow or blue. If your child is having a very bad, no good day, the photo may be placed on red. It is ok to be honest! We may have the children reflect on whether they'd like to change where their photo is on the chart to reflect how they currently feel during class.

Please note, that this is a record of how your child feels at that moment, and will likely to change throughout the day. Ideally, we would like the children to realize that how their bodies and emotions feel are fluid, and change often. Our goal is to help the children make choices that help them feel "just right."

Music is Feeling Written by Frieda

What happens when you are driving to work in a really grumpy mood, and your favourite song comes on the radio? Suddenly you feel differently, and the day seems much better!

Or maybe you are feel-

ing a bit melancholy, and you put on certain music that expresses exactly what you are feeling.

Music can both change and reflect our feelings. We will be exploring these connections

through movement and instruments during January. You could notice the moments when the music around you is affecting how you feel, and share that with your child!



Small groups of children will work on an assigned task 5-10 minutes a day.

“Encourage question asking by saying, “Wow, that’s a good question!””

Stations are Starting!!

In an attempt to foster a love of literacy and numeracy, learning stations have been organized.

Small groups of children will work on an assigned task for 5-10 minutes each day. The morning class will focus on stations after group/calendar time; the afternoon class after book buddies.

The following stations will be used: journal writing, listening to a CD story, printing using a pencil grip, and playing math activities/games while focusing on specific speech sounds (/s/, /f/, /sh/)

During the first week, every group will do the same activity/station, and after that, the groups will work with

some teacher’s assistance.

Hopefully, the children will enjoy working in small groups and gain more independence over time.

The children will be excited to show you their new skills at the next Celebration of Learning (March 24).

JK Parents’ To-Do List:

Parents’ To Do List

1. Consider signing up for JK field visits
2. Ensure your children stay home if they are coughing, sneezing, or have a runny nose
3. Encourage your children to find the letters W, w, I, i, H, h, G, g, S, and

- s, in environmental print—posters, signs and books
4. Leave outdoor footwear on rubber mats.
5. When necessary, help mop the front entries
6. Please help your children place their photo on our feeling speedometer

- at the beginning of each JK class.
7. Encourage question asking by saying, “Wow, that’s a good question!”

Last month at JK I learned so much! Now I can ...

I can identify Ww, Ii, and Cc. I may be able to identify their sounds.

I can explain aspects of our body inquiry with adults visiting our class.

I can follow the teacher’s instructions.

I can create a card, note or gift using recycled materials.

I can transfer my knowledge of shopping to my play in the Grocery Store.

I can articulate what is important about my family

I can work on a special “top secret” project to give my family over the winter break.

I can enjoy singing seasonal songs with my classmates.

I can draw and/or write in my journal.

I can enjoy the outdoors.

I can count in my head.

I can be friendly at JK.



Hope you LOVED your “top secret” gifts!!

How to Help Your Child Recognize and Understand Fear

Brook Brogde, Alyson Jiron & Jill Giacomini; adapted by The GRIT Program

Fear is a normal and healthy human emotion. We all experience fear from time to time. However, children and adults experience the world differently, so sometimes children are afraid of things that don't make sense to their parents. Separation from parents, monsters under the bed, loud sounds and other experiences which may seem minor or silly to adults are quite real to children.

You can show your child how to experience fear in a positive way. For example, it is good for children to have a healthy sense of caution—

they *should* be afraid of running into the street. However, when a child has too much fear it can interfere with normal, healthy development. When you help your child notice and name his fears, it helps him to better manage his emotions and handle life's challenges.

Suggestions for Families

Notice and name when your child or others are scared. Include the physical features of fear. You might say:

-About your child, "You jumped and grabbed my leg when you heard that loud

sound. You were scared."

-About others, "I see that little girl crying. She is scared because her mommy is leaving. I wonder what would make her feel better."

-About yourself, "I was really scared when I couldn't find you. My heart was beating really fast. Taking deep breaths and giving you hugs helps me calm down."

More suggestions for families, such as "use playtime to explore fears" are provided and described on the attached handout.



notice and name feelings

CSCJK Directors

A warm welcome back to Dr. Anna Kirova, who will continue as the CSCJK Director. During her year-long sabbatical she worked on research, fulfilled editing duties, presented at conferences, and developed a future certified program.

Dr. Linda Laidlaw, thank you for working as Interim Director! Your guidance was appreciated, and we look forward to working together in the future!

Scholastic Orders

Scholastic book orders are due

Monday, Jan 11th.

2016-2017 Registration

Thanks in advance for helping us spread the word that next year's registration for JK is open.

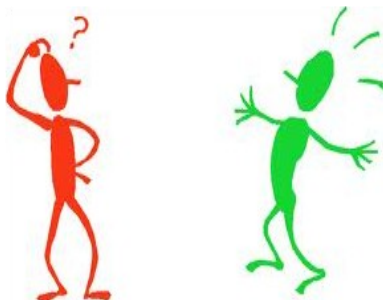
There will be a morning (9:00-11:30) and an afternoon (12:30-3:00) program.

Open House Feb 18 6:00-7:30 p.m.

"Thanks in advance for helping us to spread the word that next year's registration for JK is open."

Show and Share – Facilitating How to Ask Questions

Before the child of the day shares his/her show-and-share, two children will each ask a question. Questions will be determined by rolling a question dice.



Please continue to cover the show and share to create suspense.

Child Study Centre Junior Kindergarten

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*Child Study Centre ~ A love of
learning grows here.*

The University of Alberta Child Study Centre has been an integral part of the Department of Elementary Education, Faculty of Education since 1969. From its inception, the mandate of the Child Study Centre has been to provide early childhood educators with a model of contemporary, research-informed early childhood education practices, as well as to provide a site for both undergraduate and graduate students along with faculty members and researchers to further the field of early childhood theory and practice. The current leadership and teaching staff of the Centre are proud to continue this tradition and build on the history and strengths of the Centre to create a cutting edge early learning environments for the children and their families and to promote practice-based theories of early childhood education. In 2013, the CSC was selected as an affiliated site for the province wide initiative, funded by Alberta Education and Alberta Human services: Alberta Early learning and Child Care Curriculum framework.

View Weekly Blog Posts
<http://uofajk.weebly.com>

Important Dates to Remember



Remember to record
these dates in your
calendar or day-timer!

<i>Wednesday, Jan 20</i>	<i>4Cats Calgary Trail</i>
Tuesday, Jan 26	Friendship Party
<i>Thursday, Feb 4</i>	<i>Ann's Children Volunteer</i>
Thursday, Feb 11	Valentine's Day Party
<i>Monday, Feb 15</i>	<i>JK CLOSED—Family Day</i>
Thursday, Feb 18	Telus World of Science
<i>Thurs, Feb 18 6-730pm</i>	<i>Open House for 2016-17</i>
Thurs & Fri, Feb 25 & 26	CLOSED Teachers' Convention
<i>Tuesday, March 15</i>	<i>Zoo Field Visit</i>
Thurs, March 24	Celebration of Learning
<i>March 28-April 2</i>	<i>CLOSED—Spring Recess</i>