

University of Alberta

Child Study Centre

Junior Kindergarten

January 2017

Special points of interest:

- Help your child notice and name feelings and friends

Inside this issue:

Stations Starting	2
Parents' To-Do List	2
Now I CAN...	2
Understand and Label Emotions	3
Important Notes	3
Show and Share	3
Important Dates	4

January: Feelings, Friendships & Expectations

Feelings

JK provides fabulous opportunities to learn more about feelings. 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

As a class we will monitor how we feel by using the chart displayed below.

Friendships

We will continue encouraging the children to learn more about their classmates while sharing space, toys, and companionship. Play sounds so simple, but it is so complicated !



The a speedometer visual shows how our bodies can feel .

This is a wonderful time of a child's life to try new skills and be supported when needed.

Expectations

In December we discussed what being friendly, respectful and safe looked like at JK. The pages have been on display in the entry.

In 2017 we will revisit one page a day. This will give the adults opportunities to notice and name when the children displaying the actions involved in the expectations. Then we'll share this success in our group to inspire yet more success.

GRIT has kindly offered to photocopy mini books of our class expectations. One will come home in January. Please use it to talk about the expectation we are working on in class which will be posted on the bulletin outside the door.

Music is Feeling Written by Frieda

Happy New Year! We will extend the festivities this year by celebrating Chinese New Year, which falls at the end of January. Be prepared for gongs,

drums and moving like dragons! Any families who will be celebrating this holiday are welcome to share favourite songs and customs with us during music

time this month-- talk to Frieda if you are interested. We will also be exploring the different ways music can make us feel; when you are listening to music



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!””



Hope you LOVED your “top secret” gifts!!

Stations

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 music or 1st group time.

The following stations will be used: journal writing, (assisting with the use of pencil grip) listening to a CD story, and playing math activities/games.

We have already introduced each activity as a large group and will begin working in small groups in January.

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 23).

JK Parents’ To-Do List:

Parents’ To Do List

1. Over the holidays and in the new year, encourage your children to dress for the outdoors independently.
2. Praise your children’s attempts to problem solve when they face a challenge. Also, talk aloud when you problem solve.

3. Ensure your children stay home in 2017 if they are coughing , sneezing, or have a runny nose
4. Encourage your children to find the letters M,m,L,l, G,g, W, and w, in environmental print— posters, signs and books
5. Leave outdoor footwear on rubber mats

6. Please discuss how you and your children are feeling. We will be using words like: worried, excited, tired, curious.
7. Encourage question asking by saying, “Wow, that’s a good question!”
8. Enjoy the holidays!!

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

- I can identify M,m,G,g,W,w, and may be able to identify their sounds.
- I can create a card, note or gift using recycled materials.
- I can work on a special “top secret” project to give my family over the winter break.

- I can enjoy an obstacle course.
- I can sing *Five Fat Snowmen Sitting on a Hill*.
- I can transfer my knowledge of shopping to my play in the Grocery Store.
- I can enjoy singing seasonal songs with my classmates.

- I can count in my head.
- I can follow the teacher’s instructions.
- I can articulate what is important about my family.
- I can be a problem solver when something surprising or disappointing happens.

How to Help Your Child Understand and Label Emotions

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

You can help your child expand her emotional vocabulary by teaching her words for different feelings. Once she knows and understands these words you can help her to label her own feelings and the feelings of others. For example, do you remember a time when your child had a meltdown? Perhaps you tried soothing your child by telling her to "calm down" and felt confused and unsure of what to do next when she continued the tantrum.

Next time you can better help your child understand and deal with the emotions she is

feeling by saying, "You look sad and disappointed. Sometimes I feel that way too. I wonder what we can do to feel better?" Teaching your child about her emotions can be a fun and rewarding experience and prevent challenging behavior from occurring in the first place.

Suggestions for Families

Simply state how your child is feeling. "You look really excited! I see your eyes are big and your mouth is open."

State how others are feeling. "Wow, that little boy is really mad. I see he is crying and

making fists with his hands. I wonder why?"

State how you are feeling. "I am really frustrated that the lawn mower is broken. I think I'm going to take a break and come up with some solutions to this problem."

Use books for teaching tools. There is a huge selection of children's books that focus on emotional literacy. See link on attached handout

The Bottom Line

Read handout to find how a strong emotional vocabulary positively impacts children.



notice and name feelings

Wed, Jan 18 Art Gallery of Alberta (AGA)

The new year will bring new experiences for the children! Once a month we will meet at a local attraction. This means you will drop off and pick up at the location of the field visit. Often the classes are less than the regular 2 1/2 hour slot. We know this is inconven-

ient for the families and would like to thank you in advance for facilitating the visits. If you need help with transporting, please let the teacher know and we'll try to help you find a family you can car pool with.

Our first field visit will be at the AGA. We

will participate in the Tiny Art Adventures program.

Morning: 9:30-11:30
Afternoon: 12:45-2:45
Volunteers:

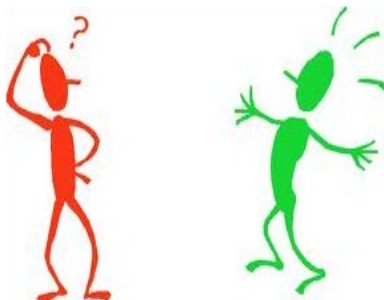
AM: Kerri H, Jill J., Becca J., Carolyn K., Lisa M, Julia C, and Sue M

PM: Pheap M., Natasha M, Sonya, Kelly D



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

CLASSROOM:

Room B03 Basement
551 Education South, 11210 87 Ave, T6G 2G5
780 492 6518 jkclass@ualberta.ca
4

ADMINISTRATION OFFICE:

Room B21 551 Education South 11210 87 Ave
780 492 7341
chstudy@ualberta.ca

*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!

Mon, Jan 9	JK Resumes
Wed, Jan 18	Art Gallery of Alberta
Thurs, Feb 9	Ann's Liz & Rohan at JK
Tues, Feb 14	Friendship Party
Wed Feb 15	Muttart Conservatory
Thurs, Feb 16	JK CLOSED—PD Day
Mon Feb 20	JK CLOSED-family day
Thurs, Mar 2	JK CLOSED—Teachers' Convention
<i>Thurs, Mar 23</i>	<i>Celebration of Learning</i>
Thurs, Mar 27-31	JK CLOSED Spring Break