



OCTOBER'S HOT TOPIC -- EMOTIONS

Helping your child understand and name the emotions they are feeling is important. Children need to be able to NAME their emotions (happy, sad, angry, frustrated, nervous, embarrassed), have opportunities to identify their feelings, and have appropriate ways to respond to their feelings. Check out these resources!

- [How to Help Your Child Understand and Label Emotions](#)
- [Teaching Your Child to: Identify and Express Emotions](#)
- [Tucker Turtle Takes Time to Tuck and Think Emotions Set](#)



The Nurse says:



1. **A Letter from the pediatrician** documenting your child's most recent well care exam and information regarding health conditions and medications was due on October 15th. Your child's teacher can give you a copy of the letter to be signed by your pediatrician.
2. **We play outdoors every day!** Please send your child to school with warm clothing: hats, gloves/mittens, scarves, coats, snow pants and boots. Label all items with your child's name.



Capital Plan Update:

The BSD Early Education Director, Stacie Curtis, has joined the School Board's Early Ed task force which will look at the future of the Burlington Early Education Program including possible locations. We will keep you informed of our work.



Helping Hands project:

The HELPING HANDS project is a chance for community members to support the needs of some of our Early Education Families. Parents share with us items that are needed for a specific child or family member from one of our classrooms. These items can be clothing, shoes/ boots, books, educational toys, food, or any specific need of a family member. To participate write a note to your child's teacher with what is needed for your family, or fill out a mitten.

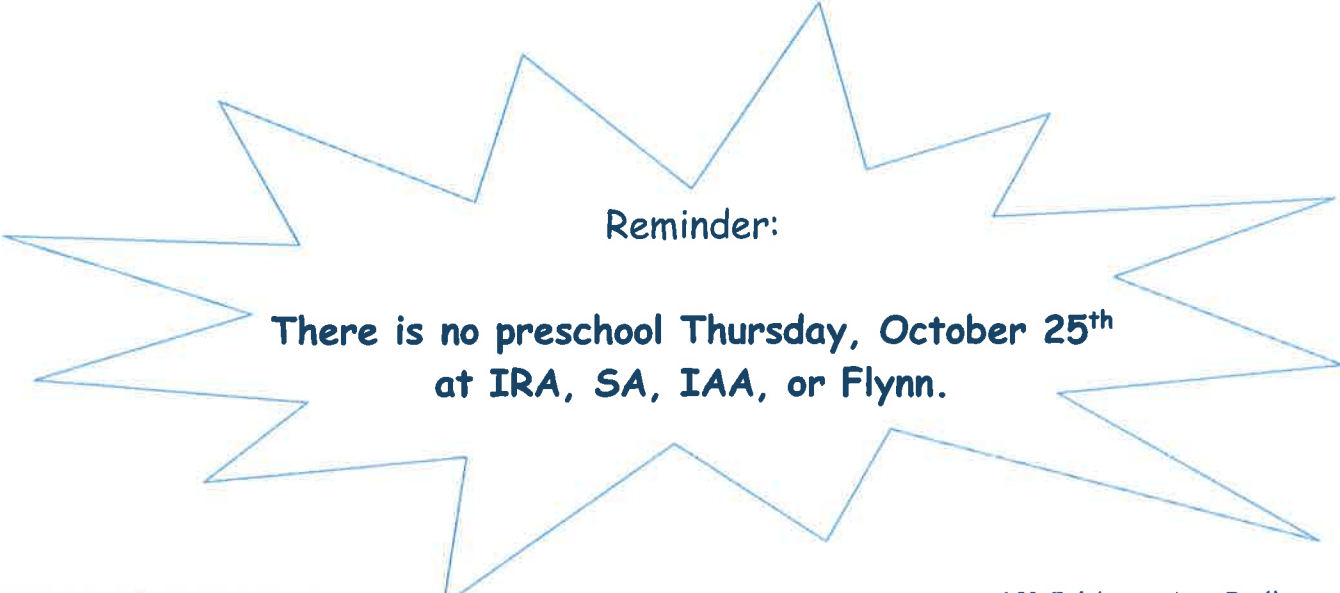
Upcoming School Events

October 24th -- CLiF -- 11:00a.m at IRA Allen (150 Colchester Avenue) storytelling, free books for children, tips for parents on how best to read to young children.

October 27th -- Universal playground celebration at Oakledge Park in Burlington

November 1st -- Breakfast and Build-a-Kit -- 8:00a.m at J.J. Flynn Elementary
Come join us in the preschool for some breakfast and create a calm down kit with your child that you can use at home.

November 19-20 -- Parent Conferences -- sign up with your teacher!



Reminder:

**There is no preschool Thursday, October 25th
at IRA, SA, IAA, or Flynn.**



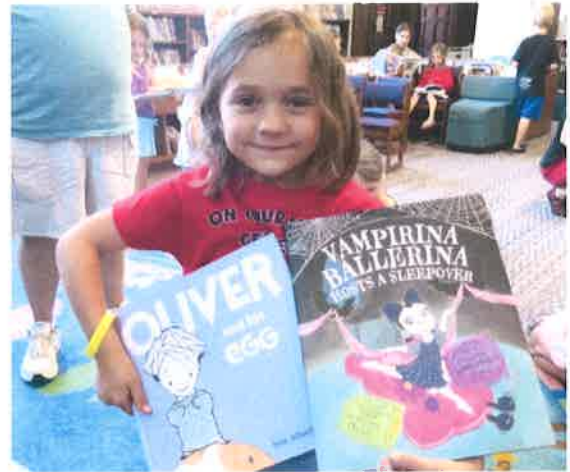
You're Invited!

Storytelling and Free
Book Giveaway!

When: Wednesday, October 24th @ 11:00am

Where: Ira Allen Early Ed. Center

- Join CLiF for a **FUN** and **INTERACTIVE** storytelling for both children and parents.
- Every child in attendance will get to choose **TWO NEW BOOKS** to take home and keep!
- There will be **HUNDREDS** of books to choose from with **MANY POPULAR TITLES**.



Breakfast and Build-a-Kit

➤➤➤ Come join us in the preschool for some breakfast and create a calm down kit with your child that you can use at home.

What is a calm down kit you ask?

- A tool used to help a child who is feeling angry or frustrated.
- In the box you will find various sensory items to help regulate a child's nervous system, and help them to begin to feel happy again.
- This tool gives them the strategies and confidence to be able to manage their stress and anxiety on their own.



- * When: Thursday November 1st from 8:00 -9:00am
- * Where: Flynn Elementary School
- * All you have to bring is yourself! We will supply the rest
- * Please RSVP to asutherl@bsdvt.org

Burlington School District's Early Education Program

HELPING HANDS

Who is eligible for the HELPING HANDS project?

The HELPING HANDS project is for any family of the Burlington School District's Early Education Program.

What is the HELPING HANDS project?

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How do I participate?

Please let your child's teacher know exactly what is needed for your family. You can do this by writing a note to your child's teacher or by filling out the mitten below. Please be sure to write the name of the family member, age, size and desired item.

How will I get the items?

The items will be delivered to you during the week of DECEMBER 17th

**LET US KNOW YOUR WISHES BY FILLING OUT THE MITTEN BELOW.
RETURN TO YOUR CHILD'S TEACHER November 26th.**

