

**March 2024**

**The Preschool Press  
Canaan**

**Winter in Pre K!**



**Important Dates**

**March 15th: No School**

**March 22nd: Parent meeting 1-2pm**



# Parent education

## SCREEN TIME vs LEAN TIME

Do you know how much entertainment screen time kids get? Time in front of a screen is time kids aren't active. See how much screen time kids of different ages get and tips for healthier activities.

AGE  
GROUP

8-10

11-14

15-18

CHILDREN AGES 8 TO 10 SPEND ABOUT

### 6 hours a day

IN FRONT OF A SCREEN USING  
ENTERTAINMENT MEDIA

NEARLY  
**4**  
OF THESE ARE  
SPENT WATCHING  
TELEVISION



INSTEAD THEY COULD...



Play a game of basketball

AND STILL HAVE TIME TO...

walk the dog



and...

dance to their favorite songs



and...

jump rope



and...

ride their bike



#### How can parents help?



**1** Encourage kids to get 1 hour of physical activity each day.

**2** Limit kids' total screen time to no more than 1-2 hours per day.

**3** Remove TV sets from your child's bedroom.

**4** Encourage other types of fun that include both physical and social activities, like joining a sports team or club.



#### Healthy Choices Count Ingredients

- 1/4 cup popcorn kernels
- olive oil spray

#### For Ranch popcorn seasoning:

- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried parsley
- 1/2 teaspoon dried chives
- 1/4 teaspoon kosher salt
- Freshly ground black pepper, to taste
- 1 teaspoon buttermilk powder

#### How to Make Ranch Popcorn

**Make the Ranch Popcorn Seasoning:** Combine all the ranch popcorn seasoning ingredients in a small bowl.

**Microwave Popcorn:** I love using this gadget to microwave kernels without oil. If you don't have one, you can make the popcorn on the stove.

**How to Pop Popcorn on the Stove:** Put the popcorn kernels in an even layer in the bottom of a large pot or Dutch oven. Don't add too many, or there won't be enough room for them after they pop. Turn the heat to medium and cover the pot.

**How to Know When Popcorn Is Done:** Listen to the kernels as they pop. At first, they will pop vigorously, and the noise will be constant. After about six minutes, they will slow down. Remove the pot from the heat when you hear one or two seconds in between pops.

**How to Add Seasoning to Popcorn:** When the popcorn is hot, spritz it with olive oil spray and sprinkle on the ranch seasoning.





# Community Events

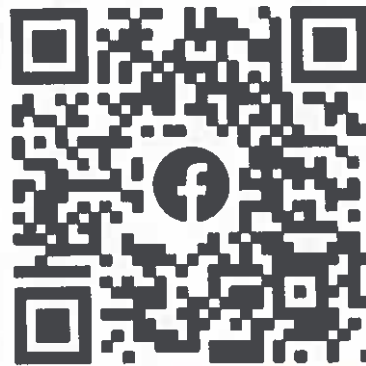
**Check out the Canaan public library facebook page for  
March events!**

**Sat 3/23-Sun 3/24 MAINE MAPLE WEEKEND~ participating locations near you: Wilson Family Maple Syrup (Albion), Battleridge Syrup (Clinton), Tree Spirits Winery & Distillery (Oakland), Smiths Brothers Maple (Skowhegan), Raiders Sugarhouse (China), North Star Ochards (Madison), Haulks Maple (Madison), Bacon Farm Maple (Sidney), BAC 40 Maple Products (Vassalboro), Wolf Creek Maple (Sidney)**



## Information:

**If you haven't already,  
please add our  
Canaan/KVCAP Pre K  
page to keep up with  
resources & happenings in  
the classroom!**



**MSAD54 Food Pantry  
Open to all families with a child in  
the MSAD54 District  
Thursdays 3-5pm  
Located next to SCTC**



# Conscious Discipline Connection



**S - SMILE**



**T - TAKE A DEEP BREATH**



**A - AND**



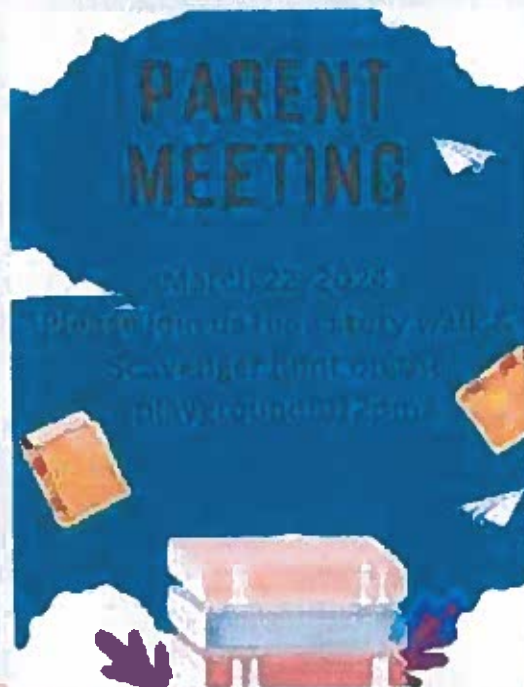
**R - RELAX**

## Words of Affirmation

- I am safe
- Keep breathing
- I can handle this



## NEXT PRE-K PARENT MEETING:





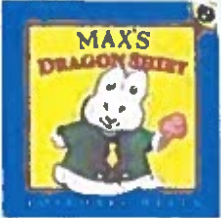


**PreK 4 ME Family Links**  
**UNIT 4: WORLD OF COLOR**

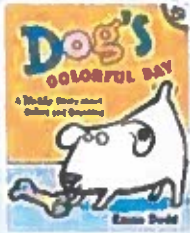
**An Overview of Unit 4: World of Color**

In the classroom, we will begin to explore the colors in our world. We will learn about the functions of color in our world, and in nature. The children will be experimenting with color mixing, including tinting and shading, as we add to our vocabulary. In our dramatization area, the children will be experiencing washing and drying in our laundromat. We are continuing to strengthen our math skills with math games around counting on, and counting back, matching and ordering... and learning turn-taking and sharing at the same time.

**Unit 4 SPOTLIGHT BOOKS**



*Max's Dragon Shirt*  
By: Rosemary Wells



*Dog's Colorful Day*  
By: Emma Dodd



*The Color of Us*  
By: Karen Katz



*The Lion and the Little Red Bird*  
By: Elisa Kleven

Images downloaded from amazon.com

**Other titles this month include...**

**Is It red? Is It Yellow? Is It Blue? by Tana Hoban**

**Perfect Square by Michael Hall**

**Sugaring by Jesse Haas**

**Backyard Birds by Robert Bateman**

**Songs, Word Play and Letters**

Children in the classroom love the actions in this rhyme! Read this with your child and ask them to teach you the actions as they say them

**STAND UP**

Stand up, Turn around.

Clap to four; Don't sit down.

Clap once more; Take a bow.

Stamp your foot; Stop right now.

Wave your hand; Bend two knees.

Sit back down, and look at me.



**See the other side for home activities**

# Bring the Learning Home with these Extension Activities!

## Science, Approaches to Learning, Creative Arts, Fine and Gross Motor

### Color Walk

Using the attached page, take your child on a Color Walk. You can go outside, inside your house, the library, a store—anywhere you walk!

Have your child draw pictures, or illustrate, the boxes with things they see that match the colored crayon in each box.

Talk about the colors, the objects, and other objects that match the colors!

## Science, Health, Fine Motor, Approaches to Learning

### Eating A Rainbow

This is a fun way to bring color into snack time! Use snack items in your home, or plan a trip to the grocery store to find new items. Choose 3 or 4 foods that are different colors and have your child help prepare them with you. Colored peppers, apples, crackers, cheese—many foods come in different colors!

## Math, Social Emotional, Approaches to Learning, Language and Social Studies

### Laundry Day

It's laundry day! Have your child help you sort laundry by color. You can ask them to sort in many different ways, including:

- ◊ Light and dark clothes
- ◊ Black, white and red colors
- ◊ Matching socks

Talk about the colors, the different shades you see, how the fabrics feel.



Image from Pinterest

## A word to parents and families: Consistency is Key

Children thrive on consistency: in their daily schedules, in their discipline, and even in their food choices!

The more you can keep things regular and routine, the happier your children will be. When they know what to expect, they live with a sense of peace. If there is a change in your routine, try to tell your children about it ahead of time so they can prepare.

This applies especially to behavior expectations and discipline. Children should know precisely what they are allowed and not allowed to do. They should also know what will happen when they do not follow the rules.