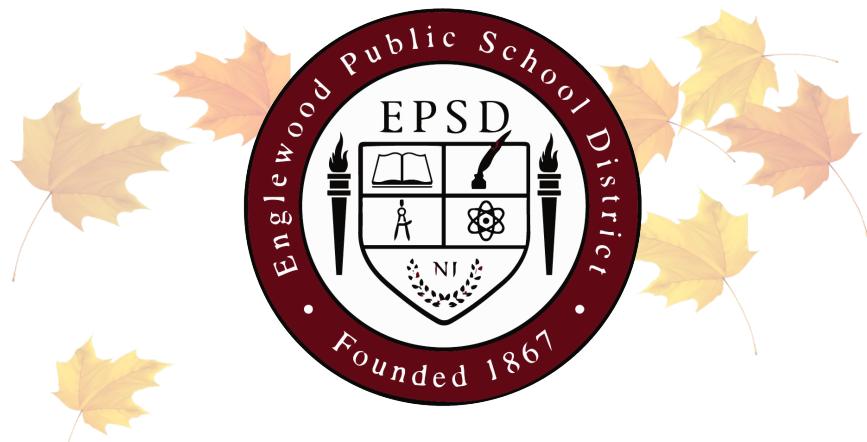




BUILDING BRIDGES



Fall Newsletter



DONALD A. QUARLES EARLY CHILDHOOD CENTER

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Dear Quarles Families,

*A Thanksgiving Message of Gratitude...from Quarles Administration
“Gratitude is happiness doubled by wonder”*

We are pleased to share with all of you our new Quarles Newsletter! As we begin reflecting upon our school year thus far, we would like to first share our gratitude and thank you all for being such an important part of our childrens' lives.

COVID has made things very difficult for all of us and yet we are amazed by the support of our parents and community. We are grateful for our teachers, assistants, secretaries, security officers, nurses, support staff personnel, and our custodial staff who work tirelessly every day to keep us safe.

Quarles teachers will continue to make sure our students are educated to the best of our ability during virtual learning. Everyday, we marvel at the incredible devotion of our staff and their unique ability to teach and inspire our children.

During this time of Thanksgiving, we want to extend our heartfelt wishes that all our Quarles families have a safe, healthy, relaxing, and happy Thanksgiving break.

IN HONOR OF MR. JOHN PETERSON

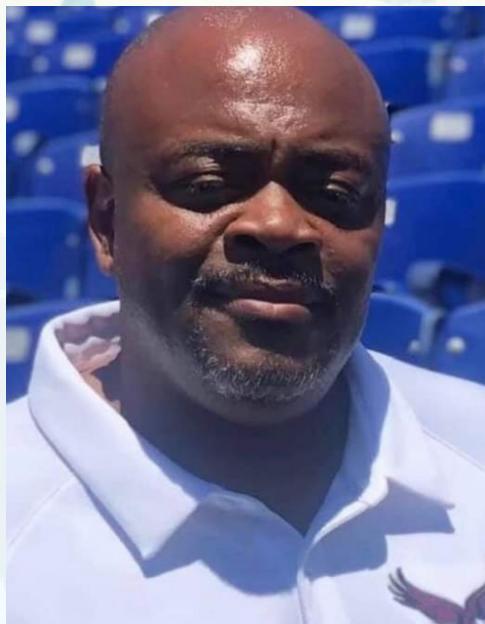
Security Supervisor

Englewood Public Schools

It is with great sadness that we are informing you of the passing of one of our beloved staff members, Mr. John Peterson. Mr. Peterson began his career in Englewood Public schools on September 1, 2005. He held the position of Supervisor of Security and was assigned to Donald A. Quarles for the last several years. Mr. Peterson unexpectedly passed away on Tuesday, November 17, 2020.

Mr. Peterson's passing has deeply affected all of us at Quarles School and within the Englewood community. He was a dedicated man who loved the children of Quarles school. Mr. Peterson was often referred to as a big teddy bear, who often could be found slipping lollipops into the hands of our students. Mr. Peterson was passionate about his job as a security officer and his first priority was to always protect our children and staff members. His presence will be missed terribly.

Our thoughts and prayers go out to his family and friends. We have received many requests from families to leave sympathy cards for. Families that are interested in leaving cards for the Peterson family can bring them to our Quarles security drop box located at the front door. We will make sure that Mr. Peterson's family receives your heartfelt condolences.



Falling Into Quarles Virtual Fall Events

Virtual Learning Materials Pickup.. The health and safety of our Quarles Family is of the upmost importance to us. We featured a contactless materials pickup this those factors in mind.



Expressing our Sincere Gratitude..Thank you to the Burnfeindt Family for donating beautiful warm crocheted hats for all our students.



What Is Social-Emotional Development

PRESENTED BY YOLANDA SALAZAR PIRT SPECIALIST

Social-emotional development is your child's ability to:

- Experience, express, and manage emotions
- Develop positive relationships with you and others
- Explore their environment with curiosity and confidence

Social-emotional skills:

- Develop through positive and loving interactions with you and others
- Are you the key to your child's success in school and in life?



Reading Foundations

PRESENTED BY THERESA MANZIANO READING SPECIALIST

Reading is a complex and multifaceted process, and children need an approach to learning that integrates many elements. Children who are first learning to read need appropriate help in understanding, learning, and using the spelling-sound conventions of the writing system, as well as opportunities to appreciate the information and pleasures offered by print.

They need to learn more and more about the vocabulary and sentence structure of written English. They need help with procedures for monitoring comprehension. They also need sufficient practice with a variety of texts to achieve fluency, so that both word recognition and reading comprehension become increasingly fast, accurate, and well coordinated.

Three main accomplishments characterize good readers:

1. They understand the alphabetic system of English to identify printed words
2. They have and use background knowledge and strategies to obtain meaning from print
3. They read fluently

In good instruction, these three goals are not only addressed but are also well integrated, enabling young readers to gain proficiency in all of them.

A Time to be Grateful

Presented by XIOMARA MADRID LDTA

This is a time of unprecedent challenges due to the COVID-19 pandemic. Educators and therapists have done an excellent job adapting their lessons to the virtual setting.

However, parents and guardians at home are the heroes that make it all possible. I recognize the difficulties you may experience with things such as, keeping them on a schedule, focusing on a computer screen and attending to their lessons.

I have compiled a list of suggestions which I hope may be of help to you. Thank you, parents, and guardians! We educators couldn't do this without you!

Follow a routine

Wake your children up at the same time as if they were going to school, get them dressed, and make them eat breakfast as you usually do during "normal" school time. Set up the time and expectations and explain to your child the snack and bathroom time before they start their classes; make a little reminder every day.

Avoid Distractions

If possible create a quiet study area in your home, free from visual distractions, turn off the TV or radio, unless your child concentrate better with background noise like soft music, put electronics away until the class is over. If you have more schooling children and not too much space to seat them, provide headphones to them in order to avoid the other child's noises.

Keep Organized

To help your child stay organized at home during the school day, it would be great help to get a plastic bin/container/basket filled with the necessary supplies he or she will need throughout the school day.

Class Schedule

Your child's teacher has a schedule he/she will follow. Have a visible one, and placed it where your child can see it. Put a checkmark at the end of each activity. It is going to help them to be aware of how far a snack or break time they are.

Learning Style

Every child learns in a different way. If you child can't sit at the desk for long periods of time let your child to lie on the floor, seat in bean bag chair or on the floor.

Provide Immediately Positive Feedback

At the end of a completed activity, or after an activity that your child try harder and is almost completed provide an immediate positive feedback, it can be a simple word as great, excellent, you did it; or put an start on or an sticker in their work. They are going to play an important role to help them to keep motivated to learn and grow. You can also reward them with a praise, free choice time, extra time to play before bedtime or given them the opportunity to choose a movie on the weekend.

Communication

Keep a close contact with teachers and therapist in case your child is receiving related services they are here to help you and make your and our job a little more easily.

COUNSELOR'S CORNER

Gratitude

Gratitude is the quality of being thankful and the readiness to show appreciation and return kindness. It is the act of showing your appreciation for others, ideas, things, and actions.

Expressing gratitude cultivates positive feelings in self and others while decreasing stress and promoting a sense of belonging.

The Gratitude Game

Have your child say out loud what he/she is thankful for.

- A person I am thankful for*
- A place I am thankful for*
- A thing I am thankful for*
- A talent I am thankful for*
- A toy I am thankful for*
- A book I am thankful for*
- A food I am thankful for*
- Something about myself I am thankful for*

My focus as the school counselor at Donald A. Quarles Early Childhood Center is to provide counseling services as an additional resource to help students succeed in their social/emotional growth as well as academic goals throughout the school year.

Counseling services include individual and small group counseling that help students learn ways to build positive relationships, gain confidence in their ability to interact with others and learn strategies to deal with problems and conflicts constructively. In addition, I work closely with parents and teachers to support all students.

I look forward to working with you and your child. Please feel free to contact me via email at vrose@epsd.org anytime during the school year for assistance with your child and resources for parents.

Thank you, Ms. Venus Rose

NURSE'S CORNER

Getting your ZZZ's

One of the Healthy People 2020 goal initiatives was to increase public awareness of the importance of sleep. Adequate sleep is an essential component of young children growth and development. Sleep is a requisite part of a healthy lifestyle. Studies have shown that children who get an adequate amount of sleep have improved attention, behavior, learning, memory and overall mental and physical health. Not getting enough sleep in childhood has been linked to allergic rhinitis and problems with immune system. Evidence supports future risks as well such as obesity, heart disease, depression and Type II diabetes (CDC, 2020).

Children who do not get enough sleep may have more cognitive difficulty in focusing and managing their moods. A well-rested child is available to learn as sleep supports brain retention. Sleep time guidelines depend on the child's age. Every child is different. According to the American Academy of Pediatrics, our students - ages 3 to 5 should sleep 10 to 13 hours per 24-hour period (this may include napping).

The following are some suggestions to help "wind down" and promote sleep.

- Dim the lights
- Stop use of electronics/screens at least an hour before bed
- Limit caffeine
- Take a warm bath
- Do a quiet family activity such as reading a short book
- Set a wake-up time for when the child is to leave his or her room. The child can play quietly until that time if desired.
- Consistency of nighttime routine is important for a good night's sleep.

Please reach out to your physician if you have any concerns about your child's sleep pattern.

Sleep Well, Julie Klapper, RN, CSN



WHAT'S UP IN OUR Pre-K Classes



Learning Letters and Numbers Aprender Letras y Números

Mariah Davalos Garcia



Mrs. Hrbek, Ms. Quiñones and Mrs. Vera's pre-k classes LOVE Play Doh. They have learned to use Play-Doh to make letters and numbers, recording them in their journals. They can't wait to use Play-Doh again!

La Sra. Hrbek, la Sra. Quiñones y las clases pre-k de la Sra. Vera LOVE Play Doh. Han aprendido a usar Play-Doh para hacer letras y números, grabándolos en sus diarios. ¡No pueden esperar a usar Play-Doh de nuevo!

Mia

x A B C H O S



WHAT'S UP IN OUR **Kindergarten Classes**

C Building Kindergarten Classes

Ms. Donnelly, Mrs. Rosenzweig, Mrs. Dym and Mrs. Song

This year, more than ever, we realize the importance of meeting the social and emotional needs of our students. In the C building, we have been learning all about developing relationships. We've discussed being thankful for the friendships that we already have and the new ones we are making.

We realize that this year is harder for our students to form friendships due to virtual learning, but they have been doing a wonderful job learning about what makes a good friend and how we respect and listen to one another.

We read Yo! Yes? by Chris Raschka and Margaret and Margarita by Lynn Reiser. We discussed different ways that people can communicate, even if they speak different languages or are physically apart from one another. After listening to these stories, the students were asked to draw a picture of them and a friend. They were asked to record themselves saying why they were thankful for their friends. They did such a wonderful job and it's clear that the friendships that the students develop this year through this new shared experience will be ones that will last a lifetime

