From the Desk of the Director
by Dr. Mandy Medvin (email: medvinm@westminster.edu)

This month’s newsletter focuses on developing social skills and friendships. Caring, empathetic children who listen, cooperate, share, take turns, handle difficult situations well, and laugh freely form a strong foundation for the future relationships and academic success. Developing socio-emotional skills is a core objective of our program, and our goal is to work together with you to carefully nurture and teach such skills to our students. See the suggestions in this newsletter!

M/W/F Class Head Teacher’s Notes
by Debi Roud (email: roudds@westminster.edu)

Your children are becoming aware of their words and the impact they have on their peers. At snack time we spend time highlighting events that we have observed during morning play that have demonstrated kindness to others. The children are responding well to this encouragement! We look forward to telling you about the polite and inviting words your children practice.

In addition, have you noticed how important your child’s friendships have become? Recent studies have found that some friendships formed in the early years of childhood are second only to family relationships in importance. From such findings comes a heightened awareness of the social and emotional importance of friendships in the early years.

Preschool Lab offers children social experiences that might not be available to

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T/Th Class Teacher’s Notes
by Melissa Moore (email: mooreml@westminster.edu)

Discipline . . . children’s misbehavior can be very frustrating! As adults we can see this as an opportunity to teach, and as a chance to model self-discipline. Emotional development and self-regulation, like other learning, takes time and presents many learning opportunities. Children, being the excellent imitators they are, will follow our example—for better or for worse!

If we yell at children, they will yell; if we hit them, they will hit. We get better results when we discipline calmly and teach our children to express their feelings in acceptable ways. When adults share, children share; when adults are courteous, children are more cooperative. Below are a few techniques that may be helpful:

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them in relationships with adults or siblings. With many friends his/her own age, a child encounters many opportunities to negotiate and compromise. Your children are encouraged to express opinions and ideas, as well as to respect others. They are developing social competence in three main areas:

- initiating interactions,
- maintaining ongoing relationships, and
- solving conflicts with other children using words!

While some children easily join a group at play, others have difficulty. We encourage young children to learn social strategies for negotiating play by offering words for them to use, modeling good manners and suggesting alternative play direction if relationships begin to unravel. We encourage you to invite playmates to your home to help continue to build relationships.

A big thank you to our parent volunteers who made our Valentine Party so special: Party leaders Kirstan Tervo, Amy Mansour, Shelly Miller, Amy Daugherty, Michelle Dudash, Jamie Perna and Julie Mohr. The children always enjoy having parents in the room and on special days.

The MWF class has finished our Star pages and all are hanging outside our door for everyone to read. We now begin our Star Can. Whomever has the ‘star can’ for the day will be the star! Fun and easy!

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- **Be clear and consistent.** Set and discuss rules and consequences. Rules should be clear, simple and few. For example, “You may not hit. People are not for hitting. I know you are angry. Can you tell me why?”
- **Offer choices.** “Do you want to brush your teeth now, or after we read a story?” or “Would you like milk or juice with your lunch?”
- **Ignore certain behaviors,** like cursing or slamming doors, if it is not harmful. A child will quickly learn that he/she will gain nothing by acting out. On the other hand, they do learn good behavior gets results and a favorable reaction (attention!) from adults.

We'd like to thank the parent party committee for our Valentine’s Day party. The games, art projects, stories, and Valentine snacks were wonderful. A big thank you goes out to Alyssa Harcar, Melinda Perttu, Brittany Smith, Beth Coker, Gina Carrier and Jodi Garrett. Your time and creative efforts are always appreciated.
HIGHLIGHTS-M/W/F CLASS:

March Winds!
Science concepts and hands-on activities will help the preschoolers learn more about the elements of air. We'll be talking about wind, where it comes from, and what wind can blow.

Space
We'll be talking about the sun, moon, stars, planets, rockets, space shuttles, gravity, and the list goes on! Look for constellation art, moon rocks, CD planets and foil rocket ships!

Rhyme Time
Many of the children are enjoying rhyming words and exploring sounds. We will be singing rhyming songs, making up crazy rhyming poems for a take home book and playing rhyming games on this fun day of sound exploration.

Harry the Dirty Dog
"Harry the Dirty Dog" by Gene Zion is a delightful story about a dog named Harry who loves everything except baths! The theme for the day centers on clean and dirty and dogs of course.

St. Patrick's Day and Green Day
Green play-doh, green water, green art materials and a green snack will be part of this fun day as well as a visit from that tricky old leprechaun. Don't forget to wear green on Friday, March 16th.

Hats
Hats by Kevin Luthhardt focuses on friendships. We’ve been talking a lot about friendships and feelings in this class. This literature-based day will allow follow-up activities for the children that will help them explore their own classroom friendships and what it means to be kind to others.

Spring
Clouds, rain, and rainbows are a few of the science concepts we will be discussing throughout the day. The children will engage in sensory art, and science activities while learning about spring weather.

Easter/Passover
We will head into the Easter/Passover holiday with Seder plate art, bunnies and Easter egg art, which is surely something to celebrate!

HIGHLIGHTS-T/TH CLASS:

March Weather
In like a lion, out like a lamb! (We hope!) We will be talking about all the different types of weather we see in the month of March. The children will engage in hands-on science experiences including making rain and tornado tubes. Look for our beautiful rainbows hanging from the preschool ceiling.

St. Patrick’s Day and Green Day
We are celebrating St. Patrick’s Day at Preschool! The children will learn about Ireland and be on the lookout for shamrocks, rainbows, and tiny green leprechauns! Don't forget to wear something GREEN on Thursday, March 15th for Green Day!

Bunnies
These cute furry animals will be the topic of the day. We will learn about types of bunnies, where they live, what they eat, and round out our day with bunny stories and art.

Spring Party/Egg Hunt
Tuesday, March 27th will be our Egg Hunt and Spring Party Day. A walking field trip is planned to the Shenango Home, where the children will participate in an old-fashioned egg hunt. The residents at the home hide eggs for the children to find. It’s nice to see how young and old alike enjoy this annual event. After the egg hunt we’ll be back at our preschool for our Spring Party hosted by our parent committee!
Songs We Sing

March Winds
Sung to: “Mary Had a Little Lamb”

March comes in like a lion, like a lion, like a lion
March comes in like a lion and goes out like a lamb
March comes in with a great big wind,
Great big wind, great big wind.
March comes in with a great big wind,
And goes out with a breeze.

Ring around the Shamrock

Ring around the shamrock
Lucky lucky shamrock
Shamrock, shamrock
Let’s all make a wish!

(Children circle around a shamrock and whomever is standing in front of the shamrock when the song stops gets to make a wish.)

Recipe of the Month

Pizza Quesadilla

8 flour tortillas
1 C of pizza sauce
1 C of cheddar cheese, shredded
Lay 4 tortillas into a non stick skillet and place over low heat.
Spread 1/4 C of sauce evenly over each tortilla.
Sprinkle each tortilla with cheese.
Place a second tortilla over the top.
Cook 5 minutes or until the bottom is lightly browned.
Carefully flip the tortilla and cook an additional 3 minutes or until nicely browned.
Remove and cut into triangles.

March Websites:
www.parenting.com/
www.heptune.com/tantrum.html
Artists Alivia, Zachary, Luke, Evan and Landry were sculpting with clay.

Addy, Landry, Eliana, Luke, Evan and Ridge pretended to be teeth for Dr. Rich!

Our Field trip to McGill Library was fun... especially when you get to make chicks!
PICTURE PAGES

We enjoyed our walking field trip to the W.C. library!

Thanks volunteers for helping us build a library!

Lots of cold hands enjoyed experimenting with ice and water!