



EARLY CHILDHOOD UPDATE

FARMINGTON COMMUNITY SCHOOL
JANUARY 2020

HighScope Corner

What Is Social-Emotional Learning?

Emotional self-regulation and selfawareness: Responding to experiences with an appropriate range of immediate or delayed emotions and recognizing and being able to control one's own feelings.

Social knowledge and understanding: Knowledge of social norms and customs.

Social skills: The range of strategies for interacting with others; assisted by cognitive development, especially perspective-taking and empathy.

Social dispositions: Enduring character traits, such as curiosity, humor, generosity, open- or closedmindedness, argumentativeness, and selfishness; shaped by innate temperamental differences and environmental influences.

Milestones in Social and Emotional Development

Infants

Learn to regulate behaviors (e.g., crying, moving, focusing)

Create bonds with primary caregivers and form a sense of trust from nurturing attachments

Toddlers

Identify and gain control of their feelings
Test their skills and begin to see themselves as capable I

Increasingly differentiate themselves from others and venture into the world of social interaction

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Farmington Community School

Parking Lot Information

When bringing your child to and from school, **please remember to park in the school parking lots whenever possible.**

We are asking that you **do not** park in the front driveway at any time.

Use caution whenever moving your vehicle as pedestrians and other vehicles may be moving at the same time.

For safety, hold your child's hand at all times when entering and exiting the school building.

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Preschoolers

Develop understanding of their own and others' feelings

See themselves as doers, based on their ability to achieve self-initiated goals

Widen their social network, developing preferences and forming friendships, and associating with new communities at home and school — Epstein (2009, p. 13)

Mark Your Calendar:

- Remember to check your child's backpack daily!
- School resumes on 1/6/20.
- 1/10-No school for Special Education. Room 11 only.
- 1/15-Smart Connections, 5:30pm
- 1/20-No school-MLK Day
- 1/24-No school for Sepcial Education. Room 11 only.
- 1/27-Registraion begins for returning Community Education families. They may register online for Fall 2020 class sessions.
- 1/31-No school for Special Education. Room 11 only.
- 2/1-Open House at Alameda for new families to tour our school and turn in completed registration packets.



Our Mission Statement:

The Farmington Early Childhood Department will provide high quality programs that nurture and stimulate our multi-cultural population. This will be accomplished in a safe, healthy, challenging environment that promotes lifelong learning, responsibility, and respect using developmentally appropriate play-based curriculum.

Child Development for Preschoolers

<https://extension.psu.edu/programs/betterkidcare/knowledge-areas/environment-curriculum/activities/all-activities/outdoor-play-on-winter-days>

OUTDOOR PLAY ON WINTER DAYS

Children need to play outside every day, even in winter. Going outside to run, jump, yell, and wiggle allows children to use their large muscles and work off extra energy. Moving out into the fresh air is also healthier for children than keeping them inside a closed building where germs can easily spread.

Outdoor play

National and state health and wellness best practice standards recommend daily outdoor play for young children. *Caring for Our Children's* national health and safety standards state:

“Outdoor play:

- 1) Infants (birth to twelve months of age) should be taken outside two to three times per day, as tolerated. There is no recommended duration of infants' outdoor play.
- 2) Toddlers (twelve months to three years) and preschoolers (three to six years) should be allowed sixty to ninety total minutes of outdoor play. These outdoor times can be curtailed somewhat during adverse weather conditions in which children may still play safely outdoors for shorter periods, but should increase the time of indoor activity, so the total amount of exercise should remain the same.” (*Caring for Our Children, 3rd edition*)

The U.S. Dept. of Agriculture's ChooseMyPlate.gov initiative recommends that “children ages 2-5 years should play actively several times each day. Their activity may happen in short bursts of time and not be all at once. Physical activities for young children should be developmentally-appropriate, fun, and offer variety.”

The CDC (Centers for Disease Control and Prevention) recommends 60 minutes or more of physical activity each day for children five years and up, including aerobic, muscle strengthening, and bone strengthening activities at least three days a week.

The Pennsylvania Early Learning Keys to Quality position statement says that children are expected to go outside when the forecast temperature and wind chill is above 25 degrees F, and there is no precipitation falling.

Dress for the weather.

Notify parents that you will be taking their children outside to play every day. Proper clothes for winter outdoor play are needed for their child — winter coat, snow pants, hats, scarves, mittens, and boots, and a change of clothes in case anything gets wet while the children are playing outside.

Keep children active.

The body stays warmer if you're active than if you're standing still, so plan lots of fun activities for outdoor play on winter days.

