



Discovery Zone Gazette

October 2011

Preschool 11

For the first week of October, Preschool 11 learned all about, "Pumpkins" in preparation for our field trip to Hurst Farm! During this week, spatial awareness was enhanced when the children made their own pumpkin faces. Fine motor was improved upon when the children made pumpkin treats and practiced spreading cream cheese on their English muffins with the plastic utensils. Fine motor was again in-



creased through sponge painting pumpkins. The class played a fun game of, "Pin the Stem on the Pumpkin" and enhanced their scientific knowledge when we discussed some pumpkin facts.

Next, preschoolers were exposed to a theme on, "The Five Senses." The children used all their senses throughout this week with a variety of different activities. They enhanced their sense of smell when they had to guess what substance was inside different containers. Preschoolers improved their sense of touch when they were able to manipulate play dough in the sensory table into different objects. Their sense of touch and cognitive thinking was improved upon when the class had a texture box guessing game in which they put their hands into the box and had to guess the different objects inside it. Preschoolers also enjoyed using their sense of taste when the class had a taste test of different foods. Lime chips and apples were a hit while the onions and lemons weren't as tasty to the children! In relation to our sense of taste,

the children also did an activity in which they identified the different tastes buds on our tongue- bitter, sweet, sour and salty and distinguished which foods went into the appropriate area.

For the third week of October, Preschool 11 learned about the season of, "Fall." Fine motor was strengthened through a couple activities when the children made, "Torn Paper Trees" and, "Fall Wreaths." The children worked on their recognition of same objects and their vocabulary when the class played a fall matching game. Science was explored when the class went on a nature walk and collected all different types and colors of leaves. Preschoolers also learned a new word and song when they sang the, "Cornucopia Song" and discussed what a cornucopia is used for.

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Discovery Zone Learning Center

- Special The magic of Zack Ivins 11/15/11
- Food drive and hat and Mittens November 11-December 16
- [HappyThanksgiving-Closed November 24th and 25th](#)

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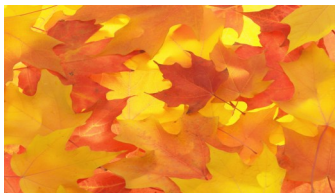
Preschool 10

Preschool 10 explored Pumpkins on the first week of October. The children worked on their fine motor as they used scissors to cut out a pumpkin, they were then encouraged to decorate them by adding tissue paper and facial features. Science was explored as the children dissect a pumpkin. The children discuss the different parts and were encouraged to compare and contrast the textures between the pulp, skin and seeds. To end the week Preschool 10 enjoyed a trip to Hurst Farm. Each child went on a special hay ride and picked their own pumpkins.

Farm animals were the topic for the second week. Creativity was worked on as they made muddy pigs using black paint and pink paper. Sensory and science skills were strengthened as they churn their own butter. They were then able to enjoy the delicious butter on English

muffins. Through the week the children enhance their literacy skills as they listened to stories such as the "The Big Red Barn" and "Mrs Wishy Washy Farm".

As we start to see the changes in the seasons "Fall" was the theme for the next week. Language and literacy was reinforced as the children discussed the changes that were happening outside, such as the leaves changing colors and the weather getting colder. The



weather was further explored as the class went on a nature walk to search for evidence of fall. The children enjoyed gathering different color leaves and acorns that were later added to the sensory table. Preschool 10 contributed to nature by making bird feeders, they later had the opportunity to place them outside.

For the last week in October it was time for some "Halloween" fun! Preschool 10 used their creative skill to make marble painting spider webs. The children use their imagination as they made skeletons out of old bones (pasta). To end the week the class enjoyed our annual Halloween parade and party.

For the month of November we will learn about fire safety, five senses, pilgrims and Indians and Thanksgiving. We would like to wish Khris a Happy Birthday.

Toddler 1

Toddler 1 had a wonderfully spooky-tacular month of October! Toddler 1 began the month with Fall as the theme. The children improved their cognitive skills as they sorted leaves by color and size, during circle time. Gross motor skills were developed when the toddlers went on a nature walk and collected leaves around the center, the children then work on their fine motor as they made leaf prints.

Toddler 1 rolled through the second week, as they learned about pumpkins. Creativity and fine motor skills were enhanced during project time as the children stuffed paper bags to make pumpkins and ripped tissue paper to make pumpkin sun catchers. The children enjoyed using their senses as they carved a pumpkin. The class was encouraged to use their hands to pull out all the seeds and pulp. It was a sensory experience toddler 1 will never forget. Language and literacy skills were reinforced as the children listened to books about pumpkins. To end the week using

their imagination would be the focus as toddler 1 rolled themselves across the floor pretending to be pumpkins.

"Monsters" was the theme during the third week of October. Gross motor skills were strengthened while the children danced to the "Monster Mash", played Simon Says to different monster moves and wrapped each other up like mummies using toilet paper. The class had a wonderful time using their fine motor and creativity skills creating their own monsters, decorating witch hats, and even making ghost using cool-wip. During circle time, the children used their cognitive skills as they matched colored and shaped monsters.

To end the month of October toddler 1 celebrated Halloween!!! The children made



Jack-o-lanterns using their hand prints, used Halloween stamps to work on their fine motor skills and build their own haunted house. Self-help skills were enhanced as the children practiced putting on and taking off Halloween costumes. To end the month the children enjoyed Trick or Treating around the building, they later came in to enjoy the special Halloween treats.

The teachers would like to give a big thanks to the parents of Toddler 1 for bringing in all the delightful treats for our party. Also please remember to bring weather appropriate clothing to leave in your child's cubby, we go outside often unless the weather does not permit us. For the month of November Toddler 1 will be learning about Sports, Outer space, favorites and Thanksgiving!!!



Preschool 11 Continues

To end out the month of October, the preschoolers explored a theme on, "Squirrels." Preschool 11 participated in a song which enhanced their gross motor skills as well: "Gray Squirrel, Gray Squirrel." Fine motor was increased when the children painted their squirrels different colors. Later they worked on their cutting skills



when they cut out acorns and glued them to their squirrels. Writing and fine motor was im-

proved through a stencil activity. In this week, the children were also able to enjoy a special and their Halloween Party! It was great to see all the fun and exciting costumes the children came in with! Thank you to everyone who helped out with the party by bringing in different treats! We appreciated it very much!

Toddler 3

Toddler 3 started the month of October with two full weeks on pumpkins. To begin the first week language development was reinforced as the children followed along to the *Five Little Pumpkin* song. Sensory was the main focus as the toddlers explored their senses by making pumpkin play dough and carved a pumpkin. To end the first week on Pumpkins the children were encouraged to use their creativity as they used different materials to create spooky pumpkins.

The children enjoyed a second week of pumpkin fun! Sorting and classification was worked on as the children attempted to match pumpkins by size and colors. Peer interaction and cooperation was the main focus as the children enjoyed rolling pumpkins to each other.

Toddler 3 explored their creative side by making bubble pumpkin prints. Lastly the class wrapped the two weeks on pumpkins by playing pin the stem on the pumpkin.

Mid October was a monstrous week!!! The children enjoy pretending to be monsters as they worked on their gross motor skills. Language and literacy was enhanced as the class listened to book such as, *Go Away Big Green Scary Monster* and *Where the Wild Things Are*. Color recognition was worked on as the children attempted to match monsters by different colors. The children were encouraged to use their imagination by dressing up in their costumes and pretended to be scary monsters ROAR! We ended monster week by making monster feet prints. The prints were then added to the

SPOOKY bulletin board.

The class ended the month with a week on Halloween. The children enjoy dressing up to go trick or treating around the school. Peer interaction was strengthened as the children shared their special treats with each other. The children enjoyed counting candy corn in the sensory table and making pumpkin seed art. Science was introduced as the children tested if a pumpkin would sink or float.



Toddler 3 would like to wish you a happy and safe Halloween. For the month of November the class will learn about squirrel, Thanksgiving and much more.

Center News

1. Special The Magic Of Jack Ivins 11/15/11
2. In celebration of Thanksgiving DZLC will be closed November 24th and 25th.
3. DZLC will be participating in a hat and mitten drive from November 11 till December 16, all donation will be given to a local charity.
4. Please help us bring a warm meal to a family in need. Food Drive November 11 till December 16



Infant 5

During the month of October, the infant room's main focus was HALLOWEEN! The infants started off the month with a week on bats. Creative art and sensory was introduced to the infant by making feet print bats with black paint. The children enjoyed listening to "*Slobber Monsters*" and "The Batty" song.



Spiders were next on the list. The children worked on sensory as they made hand print spiders to decorate their board. Fine motor was developed by the infant as they attempted to follow along to the *Itsy Bitsy Spider*. Cognitive developed and vocabulary was enhanced by listening to stories such as "*Spider Book*", and "*Who's There?*" The infants were encouraged to work on their gross motor as they spend time on the floor playing with

friends and toys.

The infant room did ghosts and pumpkins to end the month. The children enjoyed exploring different textures while they played with shaving cream and paint to make ghost. Sensory was further explored as they made pumpkins using their palms and played with pumpkin guts.

For the month of November the infants will learn about Thanksgiving, Turkeys, and much more.

Preschool 13

Hello everyone! I want to begin by thanking you for welcoming me to this wonderful school. I have enjoyed getting to know the children in Preschool 13 and look forward to a productive time together here at Discovery Zone Learning Center.

During the last week of September the preschoolers worked on several small activities revolving around shapes, apples and the letter c. This is a great letter to begin practicing since "magic c" is used while writing several letters in our alphabet as you may notice in the months to come.

Some activities other than writing & naming letter c words included cutting paper and wet chalk pictures for fine motor practice.

Large motor games like musical chairs, Sally the Camel and C is for Cookie were also completed.

Each child in the class was beaming with excitement to share his or her "All About Me" chart which can be viewed in the classroom. It is wonderful watching each child smile as they speak of their family and things they like! The first week of October also brought topics such as seeds and the letter s. The theme of seeds led to fun songs like The Acorn Song and 5 Little

Pumpkins. The field trip toward the end of the week brought out some super sensory describing words like in the poem created by the Preschools called What is a Pumpkin* (*see below).

Letter a... along with apple experiments and learning about parts of a plant kept the class busy during the following week. One of the favorite new songs was "The Ants Go Marching!" The preschoolers enjoyed marching and acting out each



part.

As the end of the month came, the focus turned toward fall trees / leaves, animals and their habitats. From the story, "The Giving Tree" activities emerged such as leaf crowns and leaf collages from leaves that the class collected on their nature walk. Something exciting added to the classroom was a construction center that developed into a show repair shop. This area helps the preschoolers work on social and problem solving skills! The school had a special visit from the Columbia fire de-

partment. Not only did the members of the fire department show the children the fire safe gear that they were but they also gave a lesson in "stop, drop & roll" in front of their big red fire truck! The final week was spent concentrating on letter o, the color orange, number one and animal habitats just prior to celebrating Halloween with a big Halloween costume parade! Finally, the preschoolers explored seeds scientifically with the "Project Seed Cup" which was a wonderful success growing grass seed and guesstimating what would happen. A chart of progress was completed by the class and cups were sent home to enjoy.

Finally, welcome to Ava Stygar, the newest friend to Preschool 12!

What is a Pumpkin?

Ryan says it rolls like a ball.

Hunter says it feels cold like ice.

Karina says it's bumpy like a road.

Kaylee says it can be smooth and a little bumpy too.

Natasia says it smells like grass.

Rohan says it's heavier than a crayon.

Zachary says it sounds hollow like a circle.

Kamal says it has a green stem & it's orange like crayons.

Toddler 2

and Seek"

Toddler 2 started the month of October with a theme on "Apples." During circle time the children learned many new songs about apples. Their math skills were enhanced when they counted the apples they picked from the apple tree we made in the classroom. All the children enjoyed participating in the apple testing that was done at circle time. The children learned that apples come in various colors and sizes. The also learned that apples grow on trees. The class did several activities involving paint throughout the week such as making apple prints and creating their own painted apple. Sensory was explored when the children went fishing for apples with nets in the water table. They enjoyed seeing how many apples they could scoop up in the net. We finished the week with a game of "Apple Hide

and Seek" As we entered the second week of October, Toddler 2 did a theme on "Leaves" The children worked on following directions and creative expression as they made Autumn leaves for their trees. During science the children got to explore leaves while using three of the five senses. The children enjoyed tearing, crunching, and smelling the leaves as we sat on the ground outside. During circle time the children learned several new finger plays and songs pertaining to the fall season.

During math time all the Toddlers played a "Color Spider match game" The children had to match the colored fly to the colored circle on the spiders web. At the end of the week gross motor was explored when the children and the teachers played follow the leader. The children took part in making silly movements to enhanced their gross motor skills.

Towards the end of October, the children in Toddler2 learned about "Scarecrows and Spiders".

The children enjoyed using the puppet glove to do Five Little Scarecrows and also pretended to be scarecrows flopping in the wind. The children reviewed body parts with Where is Black Crow? and learned a new song Five Crows. The children painted spiders on a web using a scrubber. And of course, everyone loved singing The Itsy Bitsy Spider.

The last week in October found Toddler 2 busy with pumpkins and Halloween. The children painted their own pumpkins using stencils and orange paint. The life cycle of a pumpkin was discussed and pictures of the stages were put in order. The children used plastic hammers to pound golf tee (nails) into a pumpkin. The children decorated their own Halloween treat bags in preparation of the parade and party. The different costumes were enjoyed by all.

For November we will be working on themes that tie in with Harvest time and the Farm.



Questions and Answers on Sleep

Q. My two-year-old is loved and well cared for by my husband and me. She has not been abused or exposed to violence. So why does she have bad dreams? For some reason my daughter has had three nightmares in the past two months.

A. Just like adults, children sometimes work out confusing or difficult feelings and experiences through their dreams. Nightmares at this age are quite common, and can occur for all children regardless of their environment.

At two, children are active participants in the world around them and are taking in so much all the time. We can't know how they are processing all that they are exposed to. Naturally some of what they see and experience is hard for them to make sense of and this can be scary. For example, the two of you might go to the pet store and see a poster of an animal that your child finds frightening. Or you may come across an object that you don't find scary at all (like a tractor mowing the lawn at the park), but that your child finds terrifying. Later, these "characters" may find their way into your child's dreams. At age two, children do not really understand the difference between fantasy and reality, which can lead to an increase in fears. These sometimes get expressed through dreams. So your child may tell you that she dreamed there was a monster under her bed.

It can help your child to describe what happened in the dream and how it made her feel. Contrary to popular belief, talking about feelings does not escalate them. In fact, it helps the child move on. But don't be worried if your two-year-old can't verbalize or give a lot of detail about her dream—her language skills are still developing. No matter what, you can use the universal language of a hug and a kiss to make everything "all better" again. And after a nightmare, try to put your daughter back to sleep in her own bed (if you let her come into your bed, you may see the nightmares happen even more!!!) This also teaches your daughter that her room is a safe place to sleep.

If your daughter begins to have nightmares very consistently, this is a signal to take a look at what might be going in her life that could be causing her some stress or anxiety. Sometimes changes like the addition of a sibling, a new caregiver, or the move to a new house can create uncertainty in very young children that gets

translated to nightmares. If you have questions about your daughter's nightmares, talk to her health care provider to get the names of behavioral therapists in your area who may be able to help.

Q. Recently, we switched my almost-three-year-old to a "big girl bed." My one fear was that she'd start coming into our room in the middle of the night—and that is exactly what has happened. How do we nip this habit in the bud?

A. It is not at all unusual for toddlers—recently liberated from crib to bed—to start wandering at night. Fearless explorers that they are, they're determined to exercise their newfound freedom and prolong their daytime fun. There's a learning curve here for both of you. For you, moving your daughter to a bed means establishing and communicating a new set of bedtime rules. For your daughter, moving to a bed means adjusting to a big change in her night-time routine.

Look at this switch from your daughter's perspective: She may love her new bed and enjoy feeling like a "big girl." But her bed is also new and unfamiliar, and perhaps not as cozy as her crib. When she wakes (as we all do in the middle of the night) she can't rely on her old familiar crib to help her fall back asleep. There are no "walls" around her to make her feel contained, her blankets and sheets have changed, and the view is different too. When it's night-time and she feels unsure in her big girl bed, you're the one she wants for reassurance. And all she has to do is simply stroll down the hall to reach her goal—YOU.

If you want to put an end to these night-time visits, the key is sensitivity plus consistency. At bedtime, acknowledge that it is a big change to be sleeping in a bed, but remind her that the rule is that she stays in her bed all through the night.

If she does get out of her bed during the night, gently take her by the hand and walk her back to her room. Tuck her in, but do not sing, rub her back, tell her a story, lay down with her, or do anything that would reward or prolong the interaction. Try not to even talk very much, except to repeat the rule: At night, the rule is that you stay in your own bed. I will walk you back to your room and tuck you in. You are safe and I love you. See you in the morning.

The following strategies can help your

daughter learn to soothe herself back to sleep during this transition:

- At bedtime, talk about what she can do to help herself fall back asleep during the night: *You can cuddle your bear, you can rub your blanket, you can think about all the fun things we did today.*

- Use bedrails. Bedrails give children the illusion of the "walls" they had when they were in the crib and can feel cozy for little ones making the transition.

- If your child doesn't already use a "lovey", have her choose a new stuffed animal to help her with the transition. Allow your daughter to choose, within reason, a stuffed animal "that will help you sleep all through the night." Remind her at bedtime that this is her "sleepy bear" and if she wakes up, all she has to do is cuddle him and that can help her fall back asleep. Include your child's stuffed animal in all her bedtime routines like stories, lullaby, and tucking-in at night and naptimes so she grows to associate it with comfort and security.

- Try using a night-light. If you are not already, use a dim night-light in your child's room. When she wakes, she will be able to see her room, get her bearings, and hopefully feel secure enough to go back to sleep on her own.

Give her lots of encouragement. Putting oneself back to sleep is an important (and sometimes tough) skill to learn. It's one your daughter will practice all her life. When she does sleep through the night in her own bed, acknowledge this as the accomplishment it is: *You should be so proud of yourself—you were able to sleep all night in your own bed.*

