



# The Campus Chronicle



Edition III • April 2013

## Why is Physical Education SO Important?



## News, Events & Reminders

Save the Date!

Friday, May 10th (morning)

Muffins with Moms!



We want to show our appreciation for all the wonderful Campus moms! Look for more information coming soon!

### Healthy Family Series

Kids First and Ronnie Grandison Basketball Academy have partnered with Whole Foods Market in Mason to bring you the Healthy Family Series. The first series event will be on Monday April 8th at 6:30 here at Kids First. See the front desk to register.

### Parent/Teacher Conferences

The Campus will host parent teacher conferences coming up in May. Be on the lookout for an email announcing sign up dates and times in the near future.

### Facebook

The Campus at Kids First now has a Facebook page...and you can stay updated on all the happenings, as well as, check out our latest art projects, lessons, physical education activities, etc.! 'Like' us to check it out!

### Check In/Check Out

Don't forget to check your child in and out using our pin pad each morning and afternoon/evening. We appreciate your help as we all begin to make this a habit.

Physical education is often the first thing to go in public schools when the piggy bank is empty...but research tells us this is not what our youngsters need. According to the National Association for the Education of Young Children (NAEYC) physical education is recommended on a *daily* basis. Fundamental movement skills that provide the basis for learning more complex movement skills are ideally acquired in the preschool years when children learn largely through the physical realm.

Not only does physical movement provide a basis for mind-body connections within the academics—when the physical connects with the cognitive children are able to learn quicker—it also stimulates social-emotional growth.

Group games and activities provide children with increased spatial awareness, positive social skills and promote cooperation (try playing parachute with people who aren't willing to work together to get positive results!). At The Campus developing your child socially and emotionally are critical parts of our everyday curriculum and we embrace the opportunity to do so through physical movement.

All of this physical movement combines to develop a child that is not only well-versed in coordination and gross motor skills, but also in how to problem solve a math equation and work with a friend to build a block tower. Whether Tumble Bees or basketball your Campus Kids are getting an academic edge through physical education that could not be obtained at any other early learning center in the area.



### Campus Kid-isms

**Ms. Jaime:** Wow! What a delicious lunch!

**PreK Student:** Yeah! I wonder how long it took Ms. Joanie (Director) to make all these lunches?

**Ms. Jaime:** Oh, honey, Ms. Joanie does not make all of these lunches, there is a cafe that makes all of these lunches.



### Infants

Pop in the Infant Room to meet our new Assistant Teacher, Megan Sennett! Ms. Megan is a wonderful new asset not just to our infant room, but the whole *Campus* team and we are so excited to welcome her aboard!

Ms. Tammy and Ms. Megan have been working with our youngest *Campus Kids* on sensory exploration. Just *look* at the walls...you will find finger-painted (and foot-painted!) masterpieces that allowed little ones the opportunity to experience different textures while exercising their creative genes! Next, *listen* and you will hear music— both in the form of songs and little hands banging on a drum. Sensory development in youngsters encourages them to go beyond a reflex reaction to participating with greater awareness and planning in what they see, hear, touch, taste, and smell. They discriminate between shapes and sounds and learn what to expect when something is, for example, hot or loud.



### Preschool

Preschoolers at *The Campus* have no shortage of physical activity! And because of this, our preschoolers can become engaged in the academic and artistic portions of the day.



Even within the academic portion of the day preschoolers learn through doing. A *Campus* game to

try at home: tape pictures of various shapes in various colors around the house. Call out the names of the color and shape (purple triangle! blue octagon!) and watch as your child hops, skips, bear crawls, crab crawls or walks sideways to the mentioned shape— you decide the mode of transportation! A challenge both mentally and physically.

Fine motor development has been a large focus in the preschool room as Ms. Stephanie and Ms. Beth work to fine tune hand muscles. Preschoolers have worked hard at cutting out small pieces with scissors, gripping markers to practice letters, using Wiki Stix to create shapes and manipulating Play Doh to strengthen hand muscles. All of these are great techniques to practice at home to improve handwriting and hand strength, in general.

### Toddlers

Another new addition to our wonderful, nurturing *Campus* staff is Laura Cook, Assistant Teacher in our Toddler room. Ms. Laura has already developed relationships and we give her many props for diving right in and getting comfortable with our sweet Toddlers.

Ms. Semia and Ms. Laura have been working with our Toddlers on respecting personal space. Personal space is something that is not innate, but rather a learned and practiced skill. Using language that is appropriate and applicable to Toddler age children is crucial in communicating personal space needs. Can I give you a hug? May I hold your hand? Is it okay if I sit with you? are all examples of personal space communication our Toddlers are working to learn. Often, adults take for granted these sophisticated little people and forget that there are many skills that we need to properly model and teach. Try using deliberate phrases as home to help your



Toddler understand personal space.

### PreK

At *The Campus* we focus on making PreK both instrumental in Kindergarten preparedness, but more importantly it should be FUN! Our goal is to give children the skills they need in such a way that they don't even realize they are learning. After all, learning is a process that should be fun and if we can instill a love of learning at a young age then we are setting children up for success in the future.

PreK parents can get involved by creating sight word games at home. Get a cube and tape sight words to each side, get the whole family involved in tossing the cube back and forth— whichever word is facing up when you catch say it out loud. This builds recognition of those high frequency words that aren't always phonetical.



Visit Ms. Jaime's blog for more at home practice ideas...  
<https://thecampusprek.wordpress.com>.

**Happy Birthday to YOU!**

**APRIL**

**April 3rd - Violet H. (Toddler)**

**April 25th - Ms. Jaime (PreK Lead Teacher)**

**April 29th - Joey T. (Toddler)**

