



Foresight News

March 2024

Dear Parents

The theme this month is "Our Town". We will learn about community helpers: health professionals, police, and fire fighters, mail carriers, librarians, and shop keepers. We will discuss the jobs our parents do and invite them in to share their special skills with us in Social Studies. We will also explore the various methods of transportation; land, water, and air. We will take a look at the history and technology of transportation. Safety will also be part of our unit; stranger awareness, wearing seat belts and bike helmets, participating in fire safety, and obeying traffic signs. We're looking forward to an exciting month of learning!

Special Events

Spring Break:

March 14th & 15th (Thurs. and Fri.)

Foresight will be closed. Have a safe and happy Spring break weekend! Please let us know if your child will be gone any other days that week, so we can staff appropriately.

Week of the Young Child!

Help us celebrate the Week of the Young Child!! The WOYC is a celebration sponsored by the National Association for the Education of Young Children (NAEYC) that focuses on the needs of young children, their families, and early childhood programs and services that meet those needs. We will be having special activities **April 8th - 12th** to celebrate our amazing young children. Details TBD.

Parent-Teacher conferences:

Week of April 22nd. Specific Days and times will be shared as soon as we confirm substitute coverage.

Other News

Independence=healthy self-esteem:

As a friendly reminder, here are our expectations of students when coming into school:

- Please have your child *walk* on their own into the building carrying their own belongings.
- Sign your child "IN" and "OUT" with the time and a FULL signature. Notebook located at desk area entrance.
- Please allow your child to put their own personal items into their cubby (with guidance if needed) so they know where it is and what it looks like. They can do that while you are signing in & out.
- Instruct and assist your child to wash their hands in the restroom (20 seconds) or middle classroom at drop-off time.

Did you return your INTENT form??

We will have open enrollment for new students March 1st. We will begin contacting our wait list to fill all available spots. If you have not handed in your intent form by then we cannot guarantee your child a spot for continuing at Foresight. If your child will not be attending this summer you need to fill out

a withdrawal notice by May 1st to give your 30 days' notice and ensure that your deposit will be applied to your last month of tuition. Our summer session covers June & July. Foresight Fall session begins on Thursday, August 1st, 2024

Lunch Time:

Please remember that lunches must follow our Quality First guidelines for healthy eating habits. Please save cookies, fruit snacks, and high fat snacks for home.

Fruits AND veggies should be offered every day.

*****Also, be sure to check-in with your child about food likes/dislikes, their taste sometimes changes and it is difficult to encourage them to eat when they "don't like" something.*

Contact Information:

Please be sure we have a current phone number to reach you in case of emergency.

NAEYC for Families!

The National Association for the Education of Young Children (NAEYC) offers families a free newsletter. You can have this emailed to you so you can get research-based, family-friendly tips and ideas about your child's learning and development delivered right to your e-mailbox! www.families.naeyc.org/signup to have it sent to you.

Your Child's backpack:

Please check your child's backpack to be sure there is not anything in there that should not be in reach of any child. This includes ALL medicines, ChapStick, toys, small choke risk objects, etc. Our student's safety is #1.

Parent's Needed to share about careers/jobs:

We would love for parents to come share about their professions this month! As a part of our community helper's unit, having actual professionals come in is a key part of making our learning as authentic as possible. Please talk to Miss Kori if you would like to come in (or if you are on the fence about it, she can convince you!).

Eco-Tip: Reusable water bottles

Here's a secret a lot of people don't seem to know: Tap water is drinkable. Keeping a nice, BPA-free water bottle in your bag is an insanely simple way to save the cost of a three-dollar bottle of water—the same cost of 700 gallons of water out of the tap at home. Bottled water is incredibly wasteful on so many levels: An estimated 80 percent of them don't get recycled and, because of the plastic production process, it takes three times the amount of water in a water bottle to produce just one!

kindest Regards,

Beth, Kori, Amanda, Jena, Angie,
Ellie, Jordan Berenice, and Sam

Don't forget to visit our website:

www.Foresightlearningcenter.com

Or follow us on Facebook or Instagram!!

Included Documents:

*Parent #2 Observation of Student

***Please return all documents (offered online and paper) as soon as possible!

The 7 C's: Practical Ways to Build Resilience in Kids

Pediatrician Kenneth Ginsburg specializes in building resilience in kids. He believes that if we want our children to experience the world as fully as possible—with some of its pain and all of its joy—they need resilience. Dr. Ginsburg developed the 7 C's model to provide a practical approach for parents and communities to prepare children to thrive.

1. Competence

Competence is the ability to handle situations effectively. It is not a vague feeling that "I can do this." Children become competent by developing skills that allow them to trust their judgment and make responsible choices. When we highlight what young people are doing well but also give them opportunities to acquire new skills, they feel competent. We undermine competence when we prevent young people from trying something new—and from recovering on their own if they fall.

How parents can help

- Encourage children to focus and build on their strengths. When they handle a situation capably, acknowledge what they have done well and how that will

affect others and themselves.

- Let children make safe mistakes so they have the opportunity to right themselves. Avoid trying to protect them from every stumble.
- Lectures are too complex for young children to understand and too stressful for teens to hear. Instead, break down ideas one step at a time so they can truly understand your points and feel ownership over the lesson they learn.

2. Confidence

Confidence is the solid belief in one's own abilities. *It is not built by telling kids they're special or precious.* Rather, children gain confidence as they demonstrate their competence in real situations. When parents support children in developing competence, kids believe they can cope with challenges and gain the confidence to try new things. They trust their ability to make sound choices.

How parents can help

- Instead of focusing only on achievements, encourage the development of personal qualities like fairness,

integrity, persistence, and kindness.

- Praise children honestly and specifically. Rather than "You're a great artist!" say "I love the colors you used in that painting. Look at the bright red and blue birds!" Specific praise is more believable, and your feedback will have more impact.
- Encourage children to strive for goals that you think they can achieve but are a bit beyond what they've already accomplished.

3. Connection

One of the most protective forces in a child's life is your unconditional love. Empathizing with kids' positive and negative emotions helps them feel known, understood, and adored. This emotional safety net gives them the foundation they need to express their feelings and work out solutions to their problems. Connections to civic, educational, religious, and athletic groups can also increase a young person's sense of belonging and safety in a wider world.

How parents can help

- Allow children to have and express all types of

emotions. Don't encourage them to suppress unpleasant feelings.

- Show that relationships matter by addressing conflict directly. Work to resolve problems rather than letting them fester.
- Encourage children to develop close relationships with others. Set an example by fostering your own healthy relationships.

4. Character

Every family has its own idea of what constitutes good character. Whatever the specifics, children need a fundamental sense of right and wrong to ensure they are prepared to contribute to the world and become stable adults. This is character. It helps children become comfortable sticking to their own values and demonstrating a caring attitude toward others.

How parents can help

- Talk to your children about how their behaviors affect other people in good and bad ways.
- Encourage children to consider right versus wrong when making choices. Help them look beyond immediate

satisfaction or selfish desires.

- When you make decisions or take actions, express out loud how you think about others' needs.
- Work with children to clarify and express their own values.
- Be a role model. Your actions speak louder than your words.

5. Contribution

It's powerful when children realize that the world is a better place because they're in it. They gain a sense of purpose by seeing the importance of their contributions, and this can motivate them to take action to improve the world. They also learn that contributing feels good and is driven by a sense of commitment and responsibility, not pity. This may help kids feel more comfortable turning to others for assistance without feeling shame.

How parents can help

- Communicate to children (at appropriate age levels) that many people in the world don't have as much money, freedom, and security as they need.

- Teach the important value of serving others.
- Model generosity with your time, energy, and resources.
- Create opportunities for children to contribute in a specific way, like volunteering.

6. Coping

Children who learn to cope with stress effectively are better prepared to overcome life's challenges. Kids who can distinguish between a crisis and a relatively minor setback can avoid unnecessary anxiety. A wide repertoire of positive, adaptive coping mechanisms can also help kids steer clear of dangerous quick fixes for stress. When they're in crisis, strategies like exercising, giving back, practicing relaxation techniques, and sleeping and eating well can offer relief.

How parents can help

- Assist children in understanding the difference between a real crisis and something that just feels like one in the moment.
- Model step-by-step problem solving. Avoid reacting emotionally when you're overwhelmed.

- Demonstrate the importance of caring for your body through exercise, good nutrition, and adequate sleep. Practice relaxation techniques.

7. Control

When children's decisions affect their lives, they learn that they have control. They see that they can do what it takes to bounce back after challenges. If parents make all the decisions, children may believe things happen to them rather than because of their choices. Children who lack a sense of control feel like their actions don't matter. They can become passive, pessimistic, or even depressed. But resilient children know they have internal control. They know they can make a difference.

How parents can help

- Encourage children to recognize even their small successes so they know they can succeed.
- Reward demonstrated responsibility with increased freedom.
- Remember that the word "discipline" means to teach, not to punish or control.

The 7 C's emerged from the positive youth development movement. Rick Little and colleagues at the International Youth Foundation first described four C's to ensure a healthy developmental path. They later added "contribution" because young people with these essential four characteristics also contributed to society. Ken Ginsburg added the final two C's. He is the author of *Building Resilience in Children and Teens: Giving Kids Roots and Wings* and *Raising Kids to Thrive: Balancing Love with Expectations and Protection with Trust*, both published by the American Academy of Pediatrics. You can find out more about his work at fosteringresilience.com.