



## Letter of the Week:

We will begin our letter of the week sharing in September. As part of our learning of literacy and handwriting, we will have a focus letter for each week.

As part of our learning for the week, children are asked to bring something from home that begins with that letter for our sharing day on Fridays. This is not meant to cause any stress for families. Keep it simple. It doesn't always have to be an object, a picture works just as well. Also, if you forget, we can always find items for sharing from our classroom.

We do not teach the letters in alphabetical order. We teach according to ease of writing, beginning with straight lines, and working toward curves and diagonal lines.

Upcoming Letters include:  
Letter L: September 30<sup>th</sup>  
Letter F: Wednesday Oct 5<sup>th</sup>  
Letter E: October 14<sup>th</sup>  
Letter H: October 21<sup>st</sup>  
Letter T: October 28<sup>th</sup>



According to the National Sleep Foundation, children aged 3-5 need about 11 to 13 hours of sleep every day. When preschool children don't get enough sleep it can affect their mood, behavior, eating habits, and ability to focus during the day. This then affects their ability to learn and attend to task at school. Preschool is the foundation of education where children first learn "how to learn." But they can't begin to form their attitudes toward school and to see themselves as learners when they are too tired.

## Questions to ask your children instead of "How was your day?"



"How was your day?" is often the simple and easy go to question to ask your child when you pick them up or when you're eating dinner. However, often times you get the answer of "good" or "fine" or "I don't remember." Here are some alternative questions that result in a response more than a just a simple word.

### Questions a kid will answer at the end of the day:

1. What did you eat for snack?
2. What games did you play at recess?
3. What was the funniest thing that happened today?
4. Who made you smile today?
5. Which one of your teachers had the best small group?  
What did you guys do in that group?
6. What new fact did you learn today?
7. What challenged you today?
8. What is your teacher's most important rule? What rule was the hardest to follow today?
9. Who was your favorite person to talk to today? What did you talk about?
10. Tell me something you learned about a friend today.
11. What is one thing you did today that was helpful?
12. When did you feel most proud of yourself today?
13. What is one thing you hope to learn before the school year is over?
14. Which area of your classroom is the most fun?
15. What are you excited to do tomorrow?



(continued)

