



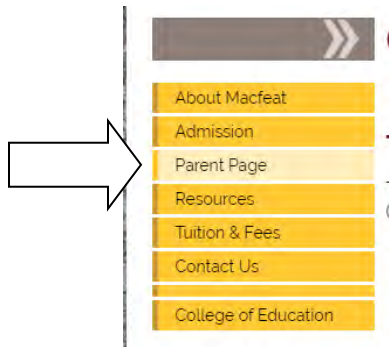
MACFEAT LABORATORY SCHOOL NEWS
WINTHROP UNIVERSITY
November 2018

CROP HUNGER WALK



Thank you to all the families who contributed to this important cause by walking, donating canned goods and providing monetary gifts! A very special thanks to classroom parent leader Cynthia Hingle (Beth's mom) and Fionne Stout (Meti's mom). Fundraising totals will be sent once we receive them. Together, we can help end hunger, one step at a time!

DID YOU KNOW?



We have a Macfeat Parent Page on our website! This page has important information for Macfeat families including announcements,

forms, and helpful quicklinks. The link to the Parent Page can be found in the toolbar on the left side of our main page. Go to www.winthrop.edu/macfeat.

INFORMATION UPDATE 

The National Association of Early Childhood Education (NAEYC) requires that we update health and safety information of students at least quarterly. Macfeat teachers have recently asked each of you to update your emergency contact forms and that information has been given to our office. Thank you for helping us keep our records current.

5,2,1,0 LET'S GO!
HEALTHY LIFESTYLES TIP



The "0" in 5,2,1,0, LET'S Go! stands for serving children zero sugary drinks and more water every day. Attached to this newsletter, you will find a handout of helpful tips for making water more appealing to your child. The AAP recommends that children 1-6 years old consume no more than 4-6 ounces of 100% juice per day and youth 7-18 years old consume no more than 8-12 ounces. Water provides a low-cost, zero-calorie beverage option and is a healthy alternative to sugary drinks.

9 Great Reasons to Drink Water



- 1 **Weight loss**
Water has no fat, no calories, no carbs, no sugar.
- 2 **Heart healthy**
Lowers your risks of a heart attack by 41%
- 3 **Energy**
Being dehydrated can sap your energy and make you feel tired
- 4 **Headache cure**
headaches are simply a matter of not drinking enough water
- 5 **Healthy skin**
clear up your skin and gives a healthy glow
- 6 **Better exercise**
Being dehydrated can severely hamper your athletic activities
- 7 **Digestive problems**
water can help cure stomach acid problems
- 8 **Cancer risk**
reduce risk of colon cancer by 45% & bladder cancer by 50%
- 9 **Cleansing**
Water is used by the body to help flush out toxins and waste

PLEASE PASS/SHARE AND STAY HEALTHY.
<http://healthandwellnesstoday.com>

COMMUNITY SPOTLIGHT:



Know Your Nature Family Day

Date: November 17, 2018

Time: 10:00 am—4:00 pm

Location: Museum of York County

Admission: \$8 Adults | \$7 Seniors | \$5 Youth (4-17) | Free for CHM Members & 3 and younger

Explore our new nature-themed exhibit packed with fun, hands-on activities that highlight ways for kids and families to appreciate and experience their natural world.



MARK YOUR CALENDAR

November 21-23: Thanksgiving Break, Macfeat Closed

December 14: Last Day of School for Children

January 9: Children Return

Christmas at Anne Springs Close Greenway



**288 Dairy Barn Lane, Fort Mill, SC
|803.547.4575**

November 24 / 9am – 4pm / 288 Dairy Barn Lane | Winter Wonderland Craft Fair

Join us at the Dairy Barn for our annual Winter Wonderland Craft Fair! The Craft Fair will feature more than 150 local and regional vendors who sell only handmade and homemade items. Admission is free, and there is a \$5 special parking fee per car. There will also be food trucks on-site.

December 1 | 1 & 3pm | 288 Dairy Barn Lane | Candy Cane Hunt & Paws with Claus

Don't miss our Annual Candy Cane Hunt and Paws with Claus on the Greenway! Meet us at the Field Trial Barn and enjoy festive fun including a meet-and-greet with Santa and Mrs. Claus, a candy cane hunt, story time and songs with Mrs. Claus, photos with Santa and s'mores around the fire. Please note that there are two candy cane hunt sessions from 10am-12pm and 12-2pm. Paws with Claus, where pets are welcome to join in for photos, will take place from 2-4pm!

\$15 per child, \$10 for Greenway members. \$5 special event parking fee applies. \$10 suggested Paws with Claus sitting/portrait fee that benefits the [Mary Warner Mack Dog Park](#). Register with a ticket ahead of time.

Making

WATER MORE APPEALING

Use one or all of these tips to make water more enticing to children:

- Stock the fridge with jugs or pitchers of tap water so there is always some freshly chilled water available.
- Use ice cubes to ensure water is nice and cold. Make it more fun by using fun-shaped ice cube molds, they make everything from animals to shapes to numbers and letters.
- Infuse a bit of fun flavor by adding lemon and orange, melon and mint, cucumber, or frozen berries to your water. Engage the children by letting them come up with ideas for the next flavor infusion.
- Offer flavored (unsweetened) seltzer water in place of “still” water as it has additional flavor and fizz! The sound, look, and way it feels can be appealing to kids.



- Decorate (or ask the children to decorate) personalized water bottles to keep at your program. You can cover the decoration with a clear sealant so they can be hand washed without impacting the design.
- Keep silly straws on hand as a special treat to use when drinking water.
- Use unique containers, such as mason jars, as glasses. Check out Amazon, Job Lots, or even hardware stores for them.

Cheers to drinking water!

Early Years

WORKING TOGETHER FOR A GREAT START

November 2018



Macfeat Laboratory School at Winthrop University

Erin Hamel, Director

KID BITS

Marble painting

Here's an art project that will strengthen your youngster's hand-eye coordination. Place a sheet of white paper in a shallow box lid. Let her squirt different colors of paint onto the paper and add a marble. Then, she can tilt the lid in different directions to roll the marble and create a work of art.

Can you help, please?

Gently guide your child toward independence by encouraging him to help himself. If he says, "I don't have a bath towel," you could ask, "Do you remember where we keep the towels?" Or if he complains that the tip of his pencil broke, you might say, "Uh-oh. How can you fix it?"

Keep germs at bay

What's one thing all kids will share without being asked? Germs! Shield your child from the "generosity" of others by having her wash her hands frequently and to avoid sharing things that come in contact with someone else's mouth or face (cups, silverware, pillows).

Worth quoting

"For children, play is serious learning. Play really is the work of childhood."
Fred Rogers

Just for fun

Q: Where can you find an ocean without water?

A: On a map!



Behavior tips that really work

A sense of playfulness comes in handy when you're a parent—especially for getting your little one to behave. Using make-believe or playing games can encourage cooperation and help you build stronger bonds. Consider these clever strategies that have worked for other parents.

Use stuffed animals

"I found myself repeatedly asking my son Stephen to brush his teeth or put his plate in the dishwasher. One day, I picked up his stuffed dragon and made it say, 'I'm sad. I want to read our bedtime story, so please brush your teeth.' It worked! Now I frequently ask Stephen to choose a stuffed animal that will 'remind' him to follow directions."

Be silly

"Sometimes when my daughter Emma misbehaves, I pretend she's been bitten by a 'bug.' If she won't share, for example, I'll say, 'Oh, no, the no-sharing bug got you!' Then, we pretend to swat away a bug. Often, that's enough to change Emma's

attitude so she's more open to sharing or doing whatever she's supposed to do."

Hold a contest

"My son Ben loves contests and games. So when I'm struggling to get him to do something like put on his pajamas, I'll turn it into a game. I might say, 'I'm going to go put on my PJs. Let's see if you can get yours on first!' When Ben beats me, we're both winners."♥



Talking with the teacher

Regular communication with your youngster's teacher now will make it easier to connect later if you have a concern. Need something to talk about? Try these ideas:

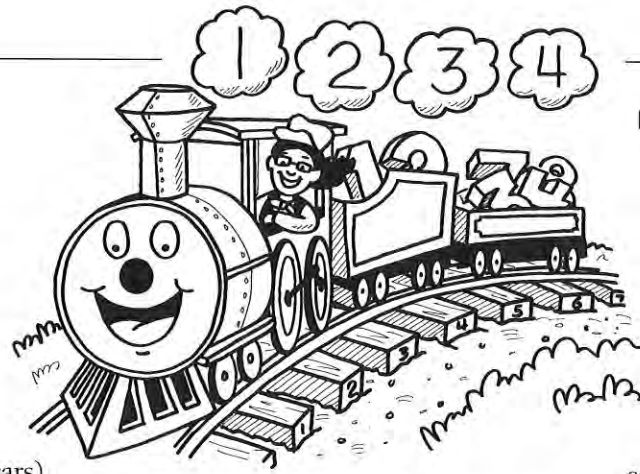
- Ask for reading recommendations. The teacher is sure to know some great books you can read aloud to your child.
- Find out what the class will study next, perhaps winter weather or fairy tales.
- Tell the teacher about activities you and your youngster do at home together like planting bulbs in the garden, coloring, or telling knock-knock jokes.♥



All aboard the number train

Choo-choo! These train-themed activities let your child write and recognize numbers—and practice counting.

Roll a railroad. Each player draws a railroad track on her own paper. Take turns rolling a die and drawing that number of train cars on your track (roll a 2, draw 2 cars). Play until everyone has at least 10 cars, then number your cars in order. Now color and cut out your cars. Mix them up, and put them back in the correct sequence.



Load passengers. Form an imaginary train by lining up laundry baskets or empty boxes. Together, write numbers (1–10) on separate sticky notes, and have your child put one note on each car. She should use the numbers to determine how many passengers each car gets. She would fill the “4” car with 4 dolls, for example. Let her pretend she’s driving the train to the station to deliver the passengers. Then, rearrange the numbers, and have her reload for another “trip.”♥



Q & A Asking to stay home

Q: My preschooler was excited about starting school, but now she sometimes asks to stay home with me. Her teacher said she seems to love school once she’s there. What should I do?

A: Since your child is happy in school, it sounds like she simply wants to be with you—which is perfectly normal. Try to set aside one-on-one time when you can, without distractions like siblings or electronics.

When your daughter asks to stay home, be matter of fact, and avoid giving in. Instead, point out what she would miss, such as singing songs, playing in the sand and water table, and seeing her friends. Then, give her something to look forward to when she gets home. You might say, “You can help me bake banana bread for dessert” or “I can’t wait to snuggle up and hear all about your day.”

If the problem continues, follow up with her teacher.♥



PARENT TO PARENT

How to handle the news

My son Harry had nightmares after he saw news on TV about a volcanic eruption. I mentioned this to our pediatrician, and she said that while it’s important for kids to learn about their world, TV news isn’t designed for them.

She pointed out that young children believe what they see on TV is happening right here, right now. What’s more, if they see the same images repeatedly, they think the event is taking place over and over.

If Harry does view something upsetting, I can reassure him that he’s safe. So I told Harry that we live far away from the volcano. I pointed out our town and its location on a map. It’s been a week, and Harry’s bad dreams seem to be gone. And now I watch the news after he goes to bed.♥



ACTIVITY CORNER

I’ve got rhythm!

Your home is full of materials that can make music. Let your youngster create his own percussion instruments and experiment with rhythm and tempo.

Instruments

● **Maracas:** Have your child put dry rice or beans into clean, empty plastic bottles and replace the caps.

● **Drum:** Get an empty coffee canister with a lid. Your youngster could cover it with construction paper and draw designs. Suggest that he use two wooden spoons as drumsticks.

Activities

● **Rhythm:** Sing a familiar song, such as “Row, Row, Row Your Boat.” Encourage your child to shake his maracas or beat his drum to the rhythm. Then, play your own rhythms for each other to copy.
Example: Tap, tap-tap, tap, tap-tap.

● **Tempo:** Take turns playing various *tempos* (speeds) for one another to march to. Can your youngster make his feet match the beat of each tempo?♥



OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

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