

LIL' & TINY RAMS



Ralston Schools Foundation

TINY RAMS TIMES NOVEMBER 2021

Hello!

Gobble Gobble! Happy Turkey Month! November is a great time to eat good food and spend time with your family. October brought us some cooler Fall weather and some spooky good fun! We learned all about fire safety and what we can do to keep us safe and we also had so much fun during our classroom Halloween parties. This month we will focus on using our manners and learning about Thanksgiving.

As always, please continue to monitor yourself and your children for any symptoms relating to COVID, and if you or someone in your family is sick, please keep your child home. **If someone in your household is being tested or if someone in your household is awaiting test results, please keep your child home until you have the results.**

Did you know November 20th is Universal Children's Day? Universal Children's Day began in 1857 and was first called Rose day, then Flower Sunday before being declared Universal Children's day. Universal Children's Day is not just a day to celebrate children for who they are, but a day to bring awareness to children around the world that have experienced any form of violence or abuse. Some ways to celebrate are to spend time in the community with your children, teach them how important it is to build bonds with those around them. You can also sponsor a child through UNICEF. Children are our future and change takes time, that's why early education is so important!

- Your Tiny Rams Team

THEMES:

"Manner, Food, Thanksgiving"

SAVE THE DATE:

Nov. 24th, 25th, 26th - CLOSED

BIRTHDAYS:

Nov. 21st - Easley

HEALTH & SAFETY:

Preschool children & staff are required to wear a mask. Parents & visitors will also be asked to wear a mask when picking up/dropping off. Students & staff who exhibit Covid-19 symptoms will be asked to stay home.

REMINDERS:

Please be sure your child has weather & size appropriate extra clothing in their cubby. In addition, please send an extra mask for your preschool age children. Each child also needs a clean & FILLED water bottle each and every day!

MISC:

If school is canceled due to weather, Tiny Rams will also be CLOSED!

Tiny Rams will go outside so long as the temperature is 10°f or above.

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CLASSROOM HAPPENINGS

Infants

Teachers: Shelby & Megan

It's the start of the holiday season and we couldn't be more excited! We can't wait to try all the amazing foods offered this time of year, talk about manners, and talk about all things Thanksgiving! We are going to do so many exciting and messy activities like using our five senses to explore all kinds of different foods and pudding cup finger paint. We will work on a science activity by doing a sink or float activity with a variety of different foods, and so many more activities!

Early Learning Guideline Goals:

Things we will be doing this month to increase our social and emotional development is to look in the mirror and make faces at ourselves (SE.01), as well as imitate facial expressions during face-to-face interactions (SE.03).



"The infants had fun decorating their pumpkins!"



"Infant/Toddler friends had fun exploring in a Rice Crispy sensory tub!"

Infant/Toddlers

Teachers: Heather & Anesa

Welcome Payne! Welcome Back, Anesa!

This month for our Manners theme we will be working on saying or signing please and no thank you when offered different foods. During our Food theme our friends will practice our math skills using measuring cups and dry ingredients in a large sensory table. To celebrate Thanksgiving, we will be doing a fun science experiment by making corn dance in a jar using vinegar and baking soda! As a class we are working on using gentle touches with friends and following routines. We will also be working on using art supplies safely and keeping them out of our mouths.

Early Learning Guidelines Goals:

(AL.01) Develops foundational skills that support initiative, self-direction, and curiosity as a learner. Children begin to explore and manipulate familiar objects in the environment. I have the classroom set up with different materials in the centers to foster exploration. We are also incorporating sensory and simple science projects to expand curiosity

CLASSROOM HAPPENINGS

Toddlers

Teachers: Amber, Sarah & Emilie

Welcome, Sarah!

Sarah is our newest teacher, and we are so grateful to have her join us!

This month we're going to be learning about manners and learning the Signs and Spanish words for "please, thank you, you're welcome and excuse me". We're also learning about food and healthy choices. I'm excited to attempt to make butter with the kids, as well as compare and contrast different canned items commonly served on thanksgiving (canned pumpkin, cranberry sauce, pie filling, and a mystery food TBA) For our picnics this month we're going to have a tea party with warm green tea (decaf) and cookies or crackers, toast, and pie.

Special dates: Movie/Pajama Day Nov. 23rd



"Thank you for the pumpkin donations, toddlers loved painting them!"

Preschool

Teachers: Emily (Miss E), Shannon & Eva

This month our class will discuss what it means to be thankful and what we are thankful for. We will read stories about the history of Thanksgiving and learn about how the Pilgrims and Native Americans worked together to make Thanksgiving dinner. We will have fun creating our own turkeys using a variety of art supplies. For Math we will be learning about different patterns and what it means to use the words more, less or the same. We will also learn how to make and read different charts. As a class we are practicing scissor skills and holding a pencil the correct way to write our name. Children will use a variety of classroom materials to develop fine motor skills. We will be learning about healthy food and discussing the different food groups!

Early Learning Guidelines Goals:

Children will practice using their strong, respectful voice to communicate their thoughts and ideas by raising their hands to ask questions during group times. We will also be working on our table manners and how to say please and thank you.



"Preschool friends LOVED visiting the fire station for story time!"

STAFF BIO OF THE MONTH

Eva

"My favorite part about working for Tiny Rams is working with the kids. I love watching them learn and grow."



Hello, I'm Eva. I'm a junior at Ralston High School. I started working at Tiny Rams in August. I have been babysitting and helping care for my siblings for years. You can reach me by email at 23ehouston@ralstonschools.org

When I'm not working, I keep busy with Show Choir and plan to play soccer this spring! In the future, I plan to go to school to be a teacher!

SOME OF MY FAVORITE THINGS:

Sports Team: KC Chiefs

Holiday: Christmas

Vacation: Dream vacation would be on a beach

Food: Mexican/Italian

Color: Purple

Drink: Blue Gatorade or Cherry Coke

T.V. Show: The Bachelorette & The Bachelor

Movie: Scary Movies

Book: Whatever I read in English class!

WAYS TO CONNECT

Sara Ryan
District Director
402-898-3491
sara_ryan@ralstonschools.org

Lori Lenderts
Asst. District Director
402-898-3492
lori_lenderts@ralstonschools.org

Megan Hazelwood
Center Director
402-898-3541
megan.hazelwood@ralstonschools.org

Infants
Shelby Vander Vorst
402-660-6799
shelby.vandervorst@ralstonschools.org

Infant/Toddlers
Heather Krein
402-281-7052
heather.krein@ralstonschools.org

Toddlers
Amber Tull
402-281-8592
Amber.tull@ralstonschools.org

Preschool
Emily Bodenstedt & Shannon Elkins
402-616-4427
emily.bodenstedt@ralstonschools.org
shannon.elkins@ralstonschools.org

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OUR WEBSITE

Check it out for important information



ralstonschoolsfoundation.org

FACEBOOK

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STEP UP TO QUALITY

Tiny Rams is Step 4 Rated, learn more here



education.ne.gov/stepuptoquality/

PROCARE

Download the free parent communication app to view live updates of your child's daily activities





Ralston Schools Foundation Outdoor Policy
 Children will be allowed to go outside each and every day as long as the temperature is above 10°. All children who are well enough to be at Lil' & Tiny Rams are expected to participate in outdoor activity. Please dress your child appropriately so that he/she may comfortably participate in our outdoor activities.

- Winter Safety Tips from the American Academy of Pediatrics**
- Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Always remember warm boots, gloves or mittens, and a hat.
 - The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.
 - When riding in the car, babies and children should wear thin, snug layers rather than thick, bulky coats or snowsuits. Check *Winter Car Seat Safety Tips* for additional information.

Weather Guidelines for Children

Wind-Chill Factor Chart (in Fahrenheit)

Air Temperature	Wind Speed in mph								
	Calm 5	10	15	20	25	30	35	40	
40	40	36	34	32	30	29	28	27	
30	30	25	21	19	17	16	15	13	
20	20	13	9	6	4	3	1	-1	
10	10	1	-4	-7	-9	-11	-12	-14	
0	0	-11	-16	-19	-22	-24	-26	-27	
-10	-10	-22	-28	-32	-36	-37	-39	-43	

■ Comfortable for outdoor play
 ■ Caution
 ■ Danger

Heat Index Chart (in Fahrenheit)

Air Temperature (F)	Relative Humidity (Percent)															
	40	45	50	55	60	65	70	75	80	85	90	95	100			
80	80	80	81	81	82	82	83	84	84	85	86	86	87			
84	83	84	85	86	88	89	90	92	94	96	98	100	103			
90	81	83	85	87	100	103	106	109	113	117	122	127	132			
94	77	100	103	106	110	114	119	124	129	135						
100	108	114	118	124	129	130										
104	119	124	131	137												

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The Importance of Outdoor Play in winter

Playing outside in autumn, winter, and early spring, each present their own unique opportunities for exploration and learning. Therefore, outdoor play should be embraced in all types of weather, as it is crucial for children's ongoing development.

Winter Myth Dispelled- My child will get sick if they play outdoors in the cold

Most adults associate winter with getting colds and illnesses such as the flu. However, it is not exposure to the cold that cause these viruses. In fact, it's likely to be increased exposure to poorly ventilated indoor environments, where bacteria and viruses live. By encouraging outdoor play in winter, children gain much needed exposure to fresh air and Vitamin D, while avoiding bacteria.

See the outdoors through a new lens

During the spring and summer, children become familiar with bright green foliage, flowers in bloom, and a warm climate. As the change in season, they come to see different characteristics in their environment, such as brown grass, fallen leaves, and ice. These developments provide children with new experiences and opportunities, such as learning about the seasons, and the life cycles of plants. Through outdoor play in the winter, children also learn to see their environment through a different lens, and progress from being unconscious to conscious observers of their environment.

The physical health benefits of outdoor play

Playing outdoors in winter promotes physical development and well-being. This is because outdoor play encourages the use of the whole body by offering a safe space to run, jump, and exercise key muscle groups. It is important that children remain active in the cooler months so that they continue to build emerging skills that are crucial to their physical development.

<https://montessoriacademy.com.au/outdoor-play-in-winter>