

# TRANSITIONING TO KINDERGARTEN

## HILLIARD CITY PRESCHOOL

February 2012

### Dates to Remember:

- Feb. 2** – 5:30 -6:30 Market Day Pick-up  
**6:00** - SCHOOL AGE PRESENTATION  
BY PUPIL SERVICES FOR PARENTS  
TRANSITIONING TO KINDERGARTEN  
6:30 – PTO MTG
- Feb. 6** – Spirit Night at Beef O’Brady’s 5-9 pm  
Parent/Teacher Conferences
- Feb. 9** – Transition to Kindergarten meeting 6-8 at  
the Educational Service Center of Ohio
- Feb, 13** – **Parent Teacher Conferences**  
**8 am – 8 pm**
- Feb. 17** – No School
- Feb. 20** – No School
- Feb. 22 – 23** – Spring Picture Days
- March 1** – Market Day Pick-up 5:30 -6:30 pm  
6:30 PTO Meeting

**TO:** Parents of Preschoolers Transitioning to  
Kindergarten for the 2012-13 School Year

**FROM:** Sharon Balduf

**Subject:** Pupil Services Presentation/School Age  
Special Education

Prior to our PTO meeting, **Thursday, February 2, 2012**, Pupil Services Department will be offering a 30-minute presentation for parents on the transition process to kindergarten. The presentation will be geared towards special education services, the IEP process, least restrictive environment/programming and related services in elementary school.

The presentation will be from 6:00 – 6:30 in our conference room in #212. The PTO meeting will begin at 6:30. Hope to see many of you on February 2<sup>nd</sup>.

*Sharon*

Sharon Balduf  
Preschool Director

## **FROM OUR DIRECTOR:**

Great news! After many years expressing “my concerns” about the need for Noah’s Ark when it rains to get the parking lot to our building, it looks like a solution has been found! The maintenance department will be working on the drainpipes and hopefully the extreme flooding in front of the building should be fixed. Guess that means I won’t have to buy those cute rain boots!  
Happy February and Happy Valentine’s Day!

Sharon

## **Happy Valentine’s Day!**

Enjoy the excitement of the day with your preschooler!  
In preparation for summer, I will be posting information about programs I hear about both in the newsletters and on the Share Board. Remember to stop in and check out the SHARE BOARD located in the motor room across from the office.  
Remember or e-mail me:  
[Deborah\\_osbun@hboe.org](mailto:Deborah_osbun@hboe.org)  
921- 5050  
if there is something you want posted in the newsletter!

## **Read on for information on:**

- Community Resource Guide
- Ideas for Coping with Winter Stress
- Transitioning to Kindergarten meeting at The Educational Service Center
- Information on Milk From Debra Stoner, RN, MSN, NCSN
- FREE MEAL ON TUES’ at ST James Lutheran Church
- Columbus Speech and Hearing programs
- Darby High School National Honor Society Stuffed Animal Drive

Don’t forget to check out our website at [www.hilliard.k12.oh.us/pre/](http://www.hilliard.k12.oh.us/pre/). Julie Pollard will continue to update our site with the calendar of events, classroom snapshots and building activities. She has done an amazing job as our Preschool Webmaster.

## **HILLIARD HELPS Community Resource Guide**

This community resource guide is specific to Hilliard. It is a list of a variety of community resources to address a variety of topics/needs. If you ever need to view this resources, a copy can found in the office or you can Google Hilliard Helps Community Resource Guide the booklet.

## **Coping with Winter Stress**

Winter is a difficult time for all us in that we are stuck inside more and therefore less likely to see friends. And it is dreary! To prepare for those times we are down/frustrated/exhausted/ stressed/ or need a break, make a list of at least 5 people you can call. Then when you are not sure what to do next, take out your list and begin calling people. It is amazing how verbally expressing yourself can calm you down. You may gain an idea to try, a chance to laugh, a chance to hear that you are not alone or at the least, a chance to be heard.

Other options to explore in the winter are classes. There are a variety of options offered. Google:  
- Elizabeth Blackwell Center classes  
- Mt Carmel classes  
- Hilliard Recreation Center.

You can also try bundling up and taking a walk; nothing like fresh air to see a new perspective. Remember to take of yourself! Try taking turns watching each other’s kids so you can get 30 minutes of vigorous exercise or 30 minutes to do some form of relaxation such as yoga or deep mediation. Here’s to you!

## **Transition to Kindergarten Meeting**

Presenter: Helene Stacho, Coordinator SST II

Transitioning to Kindergarten from preschool or home can be a difficult time for young children and families. Helping children make this transition involves careful planning as well as home and school collaboration. This session will provide information regarding Kindergarten readiness, what to expect and how to participate in the planning process, as well as tips to ease the transition. Resources to support the transition process will be provided.

Professional Development Credit  
A Certificate of Attendance (COA) for two contact  
hours will be available.

Parents, Service Providers, Educators

### **Audience**

5:30 p.m. Registration  
6-8 p.m. Workshop  
Thursday, Feb. 9, 2012

### **Location**

Educational Service Center of Central Ohio  
2080 Citygate Drive • Columbus, OH 43219

Cost

No cost to parents, service providers, educators

### **Contact**

If you have questions regarding content,  
please call Joe Farry at 614.753.4680 or  
E-mail [Joseph.Farry@escoco.org](mailto:Joseph.Farry@escoco.org)

### **Registration**

Register through STARS  
at <https://safe.ode.state.oh.us/portal>  
Questions call Tina Forshey at 614.753.4681 or  
E-mail [Tina.Forshey@escoco.org](mailto:Tina.Forshey@escoco.org)

**St. James Lutheran Church, 5660 Trabue Rd. Hilliard-Rome Rd. and Renner Rd. offers a community free meal every Tuesday, 4:30-6:30pm, open to all.**

This is open to anyone/family who needs assistance. Please share this with any family that might benefit from the free weekly meal.

Debra Stoner, RN, MSN, NCSN  
Hilliard City Schools Nurse  
Voice Mail 921-4046  
Hilliard City Preschool Mondays and Thursdays 921-5060  
Beacon Elementary School Wednesdays and Fridays 921-5210  
Hilliard Crossing Elementary School Tuesdays 921-5610

# Milk Is Good For Bones...

## Why Milk?

Check the Nutrition Facts label on milk cartons. You will see several nutrients that everyone in your family needs.

- **Calcium and vitamin D** for your child's growing bones and teeth. These same nutrients help your bones stay healthy.
- **Protein** for building a growing body. It also keeps your body in good repair.
- **Vitamin A** for healthy eyes and skin.

Offer milk or water to satisfy thirst. Your child needs plenty of fluids to stay healthy, too.



## Which Milk for Your Child?

Starting at age 2, children can drink lowfat milk. It is a good habit for your whole family to learn. Drinking lowfat milk is one way to get less fat, especially saturated fat. That is healthy!

**If you have a child under 2 years,** offer whole milk after discontinuing breast milk or formula. Babies and toddlers need the fat from whole milk to grow properly.

### Try this:

Drink milk to protect your bones – and your child will do what you do. The secret to success is having milk in your refrigerator. Have enough for you and your child, too.

## Change slowly to lowfat or fat-free milk:

- Switch first from whole to 2% milk. When your child gets used to the flavor, try lowfat or fat-free milk.
- Try chocolate lowfat or fat-free milk. The flavor is about the same as in higher fat chocolate milk.
- Offer lowfat or fat-free milk on cereal and in smoothies. Your child probably will not notice.



**Remember, children ages 2 to 5 need 2 cups of milk or equivalent milk products each day.**

*The following program is neither sponsored nor endorsed by The Hilliard City School District.*

# ANNOUNCING:

## Summer 2012

### Therapy Programs

- **Fun With Friends**  
For children ages 4-7 who experience difficulty with social interaction.
- **Social "Eyes"**  
For children ages 8+ who experience difficulty with social interaction.
- **Girl Talk**  
A "girls only" group for females ages 8+ who experience difficulty with social interaction.
- **JAM**  
For children ages 2-5 with language, peer interaction and/or communication deficits.
- **LELP (Language & Early Learning Program)**  
Preschool based therapy, for children ages 2 ½ - 6 with a primary diagnosis of speech and/or language delays.
- **Motor Mouth**  
For children ages 3-5 who have a severe articulation disorder.
- **The Language Kitchen**  
For children ages 8-12 with Down syndrome or similar challenges who would enjoy learning language through cooking activities.
- **Tiny Talkers**  
For children ages 2-4 with a primary diagnosis of a receptive/expressive language delay.

*For more information about any of these groups,  
click on the specific link or call 614.263.5151*





**Do you have gently used stuffed animals that you just don't know what to do with?**

Well, we have the answer for you...

Stuffed Animals for Emergencies!

**[www.stuffedanimalsforemergencies.org](http://www.stuffedanimalsforemergencies.org)**

Unfortunately, every day in America many children are caught in traumatic, emotional, and transitional situations. That's why in 1997 Cammie Sanders, 2002 Ms. Florida US Continental, founded Stuffed Animals For Emergencies (**SAFE**), to give these children a little joy during these troubling times. We collect new and gently used stuffed animals to be redistributed to Police, Fire & Rescue, Ambulance Services, Children's Services, Hospitals, Life Flight, and other emergency organizations. These emergency organizations use the stuffed animals to ease the children's nerves and calm their fears. These donations let the children know you care and give them hope in a world that at

**Darby National Honor Society**  
is having a stuffed animal drive, and you can help!

***January 30<sup>th</sup>-February 16<sup>th</sup>!***  
***Take donations to the***  
***Tables in the hall under our cubby mural***  
***Or send to your classroom teacher.***

