

Pre-K Newsletter for the Month of October



SPECIAL DAYS

- 3rd- *Cartoon Shirt Day*
- 5th- *Crazy Hair Day*
- 9th *Flag Up-American colors day*
- 10th *Pattern Day*
- 11th- *Lifetouch Picture Day*
- 13th *Flashlight Day*-Bring a flashlight for reading in the dark before naptime.
- 16th *Merry Morning Monday!* Just wake up and come to school in your pajamas!
- 24th-*Wear Tie Dye Today*
- 26th *Mismatch Day*
- 27th *Teddy Bear Day*



Themes and Activities

October 2-6th Community Helpers

- M-Mystery Hat: Introduction to letter C c
- T- When I grow up... **Cartoon Shirt Day**
- W- **Letter Bag Day:**
Bring something that starts with letter C c
- Th- Whose Tools are these? **Crazy Hair Day**
- F- A day in the life of a Doctor/Nurse/Police...

October 9-13th Fire Safety

- M- Mystery Hat: Introduction to letter F f **Flag Up Day**
- T- Firefighters in Our Community **Pattern Day**
- W **Picture Day & Letter Bag Day:**
Bring something that starts with letter F f
- Th-911 is not for FUN!
- F- Fire Safety **Flashlight Day**

October 16-20th M is for Author Study: Mo Willems

- M- Mystery Hat: Who is Mo Willems? **Merry Morning Monday**
- T- Don't Let the Pigeon Drive the Bus
- W- **Letter Bag Day:**
Bring something that starts with letter M m
- Th- M is for Magnets & Minions **Movie Character Day**
- F- M is for Marshmallows and M & M's

October 23-27th Tractors & Teddy Bears

- M-Mystery Hat: Introduction to letter: T t
- T- T is for Tractors **Wear Tie-Dye Day**
- W- **Letter Bag Day:**
Bring something that starts with letter T t
- Th-Tooth, Teeth and Tippy-Toes **Mismatch Day**
- F- **Teddy Bear Day**

**THANK YOU FOR SUPPORTING
OUR PRE-K CLASSROOM...
THANK YOU TO ALL WHO
DONATED SUPPLIES 😊**

Pre-K October Sight Words

the	a
I	you
it	for

As a parent, it is important to recognize when your child is sitting in the W position and to correct it for the following reasons.

- W sitting increases the risk of the child's hip and leg muscles becoming short and tight – this can then negatively affect their coordination, balance, and the development of gross motor skills down the road.
- W sitting can increase a child's risk of hip dislocation – especially those who already have hip dysplasia (which may not be formally diagnosed).
- When sitting in the W position, kids are unable to rotate their upper body.

If you see your child W Sitting, rather than simply saying, "Don't sit like that!" it is a good idea for you to suggest other ways for them to sit such as:

Long sitting Side sitting Criss-Cross or Tailor sitting Sitting on a small bench

WHAT'S WRONG WITH

W-Sitting



What does W-Sitting look like?

When a child is in a W-Sitting position, his bottom is between his legs, and his knees are bent with legs rotated away from the body – if you stand above him and look down, it looks like his legs are forming a “W”.

THEINSPIREDTREEHOUSE.COM

Why do kids W-Sit?

In this position, a child's base of support is wider and his center of gravity is lower, allowing for increased stability through the hips and trunk. It's a convenient position for play because kids do not have to work on keeping their balance while also concentrating on toys.

Why is W-Sitting a problem?

This position limits trunk rotation so that kids can't shift their weight to either side. This affects the development of balance reactions and the ability to cross midline. Hip and leg muscles can also become shortened and tight which may lead to "pigeon toed" walking and back or pelvis pain as they grow.

What can you do to help?

Encourage other ways to sit on the floor: side sitting (to either side), long sitting (legs out in front), pretzel sitting, or sitting on a low bench or stool. Consistency is important! If a child is frequently in a W-sitting position, core strength may be an issue. Check out our Core Strengthening Exercises for Kids at The Inspired Treehouse!