



January News



Derry Early Education Program

Happy New Year DEEP Families! Welcome back, we hope everyone had a wonderful holiday break and has had a good start to the New Year! December was a very busy month full of holiday and winter activities. Our Polar Express Day was a huge success and the children enjoyed dressing in their pajamas and pretending to ride along with our guest reader, Mr. Kellan to the North Pole! Please join us in welcoming Kara Saranich to DEEP! She will serve as our Interim Preschool Director while Jayne Boyle takes on the role of Interim Director of Student Services for the remainder of the school year. Kara has enjoyed meeting your children during her first few weeks and is excited to join our DEEP community. We want to thank all of our families for all that you do in supporting our students and teachers. We look forward to an exciting second half of the school year!

Upcoming Events/Dates

- January 15th-No School, Martin Luther King Day
- The 2017-2018 Derry School District Calendar can be found at the DEEP office as well as on line at <http://www.sau10.org/district/calendars>
- January 9, 2018 @ 6:30pm @ West Running Brook School-public hearing to consider the proposes to the 2018-2019 school district budget

THIS MONTH OUR THEME IS WINTER ACTIVITIES AND ARTIC ANIMALS.

Shape: Oval

Action Words: sledding, ice skating

Weather Words: snowy and cold

Feelings: sleepy and grumpy

Color: Blue

Describing Words: fluffy, furry, chilly

Concept: heavy and light

Vocabulary: den, penguin, snowflake, icicles, igloo

Important Parent Information

- Please sign in at the DEEP office both at drop off and pick up.

- If your child will be absent, please call 845-1202.

- In the event of inclement weather, information regarding school cancelations, delays and early releases can be found on WMUR as well as the district website. If you have any questions please let us know.

WINTER BOOK LIST

The Mitten, by Jan Brett

Snowballs, by Lois Ehlert

Snowball Soup, by Mercer Mayer

Secrets of Winter, by Carron Brown and Georgiana Tee

Snowmen at Night, by Caralyn Buehner

DID YOU KNOW??

Did you know that all students participate in Music Therapy each week at DEEP? Suzanne Denu, MT-BC (aka Ms. Suzy) is a Board-Certified Music Therapist with 15 years experience in guiding children to grow through music therapy practice. Suzy uses music to address the specific goals of our students- including speech and language, attention and level of engagement, sensory integration, fine and gross motor skills and social skills. The children are always excited when Ms. Suzy comes in with her guitar and other instruments (drums, bells, rhythm sticks, scarves, shakers, etc.). We are very lucky to have a talented music therapist working with our students!

HEATH SPOTLIGHT: STREP THROAT

Strep throat is a sore throat caused by bacteria that is seen throughout the year.

Symptoms may include:

- Sore throat
- fever
- tender, swollen neck glands
- headache
- stomach ache
- cold symptoms (runny nose, cough)

Prevention:

- wash hands frequently, especially after blowing nose and before food preparation.
- cover mouth and nose when coughing and sneezing
- do not share food and drinks
- wash eating utensils in hot soapy water, use dishwasher if possible.

If your child shows these signs and symptoms, he/she should be seen by a physician. If diagnosed with Strep, a student needs to stay home from school for 24 hours after starting antibiotic treatment and until fever-free for at least 24 hours without the use of fever reducing medications.

For more information call your school nurse or refer to the NH DHHS fact sheet on strep throat and scarlet fever.

<https://www.dhhs.nh.gov/dphs/cdcs/documents/strepthroat.pdf>

Handy Hints for Building the Two Sides of the Hand The Skill Side and The Power Side

What is the “skill side of the hand?” In order to accomplish fast and efficient handwriting movements, a child needs to develop the “Radial Side” of her hand: the thumb, index and middle fingers.” This allows for dexterity, which is needed for efficient fine motor control and thumb opposition with handwriting.

What is the “power side of the hand?” The “Ulnar Side” of the hand includes the ring and little fingers and is necessary for stability and grip. These two fingers provide stability for the other three during handwriting, allowing for fluid movements across the page.

What are some fun activities that can help a child develop “separation of the two sides of the hand?”

1. **Thread-A-Way.** Designing works of art can be as easy as gathering up a shoelace and a box of Cheerios or Fruit Loops! Of course, plastic or wooden beads work well, too!
2. **Tuck Them Under.** Coloring projects can be enhanced to work on the two sides of the hand by having your child tuck a piece of tissue or a cotton ball in the palm of her hand, keeping it there with her ring and little finger. To add to the challenge, tape a piece of paper to the wall and have her create her artwork standing up!
3. **Saving For A Rainy Day.** Gather up plastic containers and cut a slit in the tops that will allow your child to drop in coins, checkers or other small objects. Remind him to use just his thumb and first two fingers as he picks them up and drops them in. Tweezers are a great way to add a fun challenge!
4. **You Tear Me Up!** Ripping up construction paper into small pieces is an excellent way to separate the two sides of the hand. Just be sure that your child is tucking those last two fingers into his palm. Use the pieces to make a collage or a “stained glass window.” For the latter, you can add an eyedropper to sprinkle water over the paper to create the “glass.”
5. **What a Cut-Up!** Using scissors serves a dual purpose...separation of the two sides of the hand and the development of scissoring skills!
6. **Rolling In The Dough.** The grand old staple of hand separation is clay or play dough. Design

people or fun objects by rolling the dough into small balls using the fingers. Again, be sure that those last two fingers are tucked in!

7. **Let Your Fingers Do The Talking.** In lieu of finger puppets, orchestrate a playful conversation with your child using your thumb and first two fingers (with the other two tucked in) as the characters in your story. You can make up your own or reenact your child's favorite book.
8. **Pick-Up Straws.** Little hands need bigger Pick-Up Sticks – and straws are the perfect size. Try using straws that are different colors to help her to focus on her hand skills; and remember to model the “Three Fingers out – Two Fingers In” hand skill!
9. **That's A Sticky Situation.** Stickers are always a fun way to develop hand separation skills. Precise games that require the stickers to be placed over a picture or ones that are performed on a vertical surface enhance the benefits of sticker fun.
10. **Sponge Fun.** Cut sponges into small squares about an inch wide and have your child draw on a blackboard using the first three fingers...and of course, tucking the other two in!

Source: Katherine J. Collmer M.Ed., OTR/L