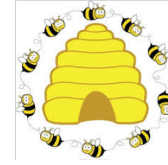




What's The Buzz



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Please make sure to check our school-wide Dojo, your child's class Dojo, and our school website to stay informed about events that are happening at Fair Garden. Please join our electronic platform: Fair Garden's Twitter: https://twitter.com/fair_garden Thank you. ☺



Important Dates:



9/28/2020- Parent Conferences Begin This Week (reach out to your child's teacher for an in-person or virtual conference)

10/12-10/16- Fall Break (**No School**)

10/20- Fall Picture (Retakes)

10-22- End of coupon book campaign

10/30- Student Performance Level Report Will Be Sent Home

11/1- Daylight Savings Time (**Turn clocks back 1 hour**)

11/3- In-Service Day- **No School** (Please Vote in The Election!)

11/9- (**NEW Date**) Virtual Fall Festival and STEM Night (Time: TBA) UT students will be leading

11/25-11/27- Thanksgiving Holidays

12/18- 1/2 Day For Students (**11:15 dismissal**)

12/21- 1/4- Winter Holidays (**No School**)

1/5- Students return from Winter Holidays



A Note From Our Social Worker

4 tips for managing anxiety in preschoolers

Anxiety in preschoolers is quite common. Here's how you can help your child express their worries and learn to cope.

By **Leslee Mason, Today's Parent, March 1, 2016**

Anxiety is a normal emotion, and while it's not specific to the preschool years, it's more noticeable then, explains Jen Theule, a registered psychologist and assistant professor in the Psychology Dept. at the University of Manitoba.

"Younger children are less able to articulate their worries," she says, adding that they lack some of the cognitive skills to be afraid of abstract situations. Instead, they worry about things like separation, dogs, noises, darkness and weather. Like adults, kids can experience physical symptoms of anxiety, like butterflies in the tummy, a racing heart or trembling. "Even though those fears may seem irrational to the parent, they are very real to the child," says Janice Heard, an Asst. Clinical Professor in Pediatrics at the University of Calgary.

So how can you help your little one manage her anxieties?

1. Take baby steps

Most preschoolers eventually outgrow their **fears**, slowly learning to use logic to overrule their impulse to be scared, says Theule. Pushing your child to face her fears will undermine your relationship, she adds. Instead, Theule suggests slowly and gently helping your child get used to being around things that cause anxiety. If your child is **afraid of swimming** at the big pool, for example, Heard suggests delaying lessons and focusing on getting comfortable. "Take your child to the rec centre and get them changed but don't insist that they go into the water," she says. It may take a few visits before a tiny toe even touches the water. Until then, let her soak up the fun with no pressure and give her plenty of praise for all her brave new steps.

2. Use your words

Norton sometimes wonders what others must think when they're at the mall and she's helping Eden prepare for the sound of the hand dryer with a play-by-play of what other bathroom-users are doing. While the noise still makes Eden nervous, Norton says talking her through it makes a big difference.

A preschooler—particularly a younger one—may not always understand everything you say, but your **soothing voice** and the fact that you're not worried is hugely reassuring, says Theule, adding that dismissing concerns makes kids think you haven't understood the problem. Saying something like, "You don't like that noise—it's scary," gives kids words they'll eventually learn to apply to fears. "That label is very comforting," says Theule. "It says, 'This problem is time limited, it has a name, it doesn't have to overwhelm me.'"

3. Lower your expectations

Often the biggest issue boils down to expectations. "Sometimes the modern world asks things of children that aren't reasonable," says Theule. Take **separation anxiety**, for example. "Some kids can easily separate from their parents in the infant or toddler years, but it's OK if your kid can't until four or five—that's still normal, too." The same goes for **sleeping in the dark**—Theule says some kids might need a hallway light or night light as late as the middle-school years.

4. Expert tip

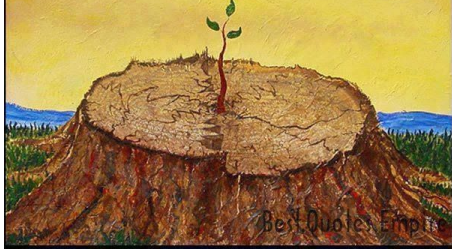
Young kids have limited coping skills, and when they're upset they can lose them altogether. During anxious meltdowns, registered psychologist Jen Theule says it can be helpful to imagine your child as a crying newborn and soothe him accordingly. Try singing, rubbing his back or rocking him.

Ms. Deanna Gnage (Social Worker)



Positive Quote:

Always remember that
your present situation is
not your final destination.
The best is yet to come.



**YOUR LIFE HAS
PURPOSE.
YOUR STORY IS
IMPORTANT.
YOUR DREAMS
COUNT.
YOUR VOICE
MATTERS.
YOU WERE BORN TO
MAKE AN IMPACT.**

THELOVEYOURSELFCHALLENGE.TUMBLR.COM



A Message from Mrs. Spikes



Thank you to everyone that's participating in the coupon book campaign at Fair Garden. Every coupon book sold, the funds will be used on our students. We will keep **\$8.00** out of the \$10.00 at Fair Garden. Our school's goal is **500** books. Please help us reach our goal.

Parents, we want you to volunteer in your child's class. How can you volunteer? Ask your child's teacher to send things home that you can cut out or draw from them. You can also donate things on the wish list. Ask your child's teacher how you can assist.

Thank you, parents for being on time every day. To be enrolled at Fair Garden, attendance is expected every day to remain enrolled. If your child is absent, a doctor's excuse is expected when your child returns from their absence. We want every student at school every day all day, if they don't have a fever, symptoms of COVID-19, diarrhea, or are vomiting. Attendance makes a difference.

We want to continuously work together, as a school family to promote success. Thank you for making sure your child comes to school EVERY day ready to learn. Thank you for letting your light shine for GOOD. "Together we can make a difference."

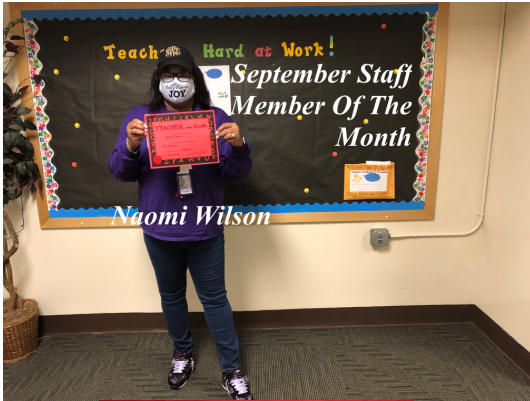
Thank you,

Mrs. Spikes



September Teacher and Student Of The Month

Let's Celebrate and Recognize
What's Happening At Fair Garden!



September Fair Garden Leadership Team Meeting Parent Representative For Fair Garden: Rebecca Hickey

Fair Garden is working hard this year to keep all students and staff safe. The school has 3 main focuses for the 2020-2021 School Year. The first is to **Increase Student Achievement**, this will be done through weekly meetings (PLC, Professional Learning Communities) where goals will be set and measured for each class. The second is to **Eliminate Disparities Through Planning**, teachers will be supported by the instructional coach and lesson plans will be written daily and turned in every week. The lesson plans will be connected to the State Standards and the C4L curriculum. The last focus this year will be to **Create a Positive Climate and Culture**. To accomplish this the school will implement a behavior plan through PBIS (positive behavior interventions and support), staff will continue to learn through professional development meetings, and will use the solution suitcase in the curriculum effectively. What a wonderful year it will be.



En-lightening News with Nurse Amanda



Reminders:

- Please **DO NOT** send medication to school with your child. All medication must be checked in by an adult with a staff member. It must be in an unopened container with a pharmacy label. All medication requires a doctor's order.
- Please turn in any medical or dietary order needed. If you have turned in orders, please be sure to check in medication so it will be available if needed.

Thank you for all you do to keep your children safe and healthy at school!



SMILE...October is Dental Hygiene Month!



Here are some tips for keeping teeth healthy:

1. Brush your teeth at least twice a day.
2. Use a fluoride toothpaste to protect tooth enamel and prevent cavities.
3. Visit the dentist twice a year for teeth cleaning.
4. Eat healthy foods to promote strong teeth. Healthy snacks include carrots, grapes, and apples.
5. Avoid sugary foods and drinks. Water is the best option.



Parents can supervise children when brushing teeth and help out as needed. Remind children to brush top and bottom, front and back. Pay close attention to back teeth where food tends to get trapped.

Try watching these fun videos from Sesame Street to make toothbrushing fun and encourage dental health!

<https://www.youtube.com/watch?v=VNxIfyGXUzg>

<https://www.youtube.com/watch?v=wxMrtK-kYnE>

