

# Seed to Sprout

P R E S C H O O L

SEPTEMBER 2023 NEWSLETTER

## THIS MONTH

September will be a month of settling in and building relationships--so many new friends to make! We'll have a strong focus on Storytelling this year and this month we will meet the 3 Little Pigs.

You will also see lots of random art coming home over the next few weeks as we explore different art mediums and how to appropriately use them. This will help set the stage for a year full of creativity through process art!!



## IMPORTANT DATES

Sept. 28th  
NO SCHOOL  
Professional Dev.

## HAPPY BIRTHDAY

Sept. 18th  
Josie



## AFFIRMATIONS



I Am Amazing  
I Am Beautiful



## RECYLABLES

Please collect the following recyclable items this month:

Screw-on Caps  
(all sizes and colors)



# WHY PLAY??

## PLAY STIMULATES BRAIN DEVELOPMENT

When you watch young children while playing, you likely notice them using skills like focus, self-control and problem-solving. As it turns out, these are the very essence of "executive functioning"--a collection of mental skills that help children regulate behavior and manage emotions. Research shows that play provides the ideal context for nurturing these important abilities.

### FOSTERS SELF-REGULATION

Engaging in make-believe, following rules in games and finishing creative projects requires children to control and manage their behavior.

PLAY

### SPARKS CREATIVITY AND NOVELTY-SEEKING

The open-ended nature of play encourages children to try new ideas, strategies and approaches - stretching their minds.

### STRENGTHENS WORKING MEMORY

Remembering the sequence of events in pretend scenarios, following multi-step instructions in activities and tracking the movement of objects in games exercises working memory.



## BOOSTS COGNITIVE FLEXIBILITY

Switching roles in pretend play, coming up with alternative solutions in building tasks, and modifying plans on-the-fly demands flexible thinking.



## DEVELOPS FOCUS AND ATTENTION

When play is intrinsically motivating, children can sustain attention for longer periods, strengthening this core self-control skill.



The next time your child engages in imaginative play, board games, block-building or creative art, see beyond the surface fun. Play provides a joyful context for children to exercise and develop the underlying skills that are essential for school readiness, learning and life.

"PLAY IS NOT A BREAK FROM LEARNING. IT IS ENDLESS, DELIGHTFUL, DEEP, ENGAGING, PRACTICAL LEARNING."

VINCE GOWMAN

References: Bierman, K. L., Nix, R. L., Greenberg, M. T., Blair, C., & Domitrovich, C. E. (2008). Executive functions and school readiness intervention: Impact, moderation, and mediation in the Head Start REDI program. *Development and psychopathology*, 20(3). Bodrova, E., & Leong, D. J. (2007). *Tools of the mind: The Vygotskian approach to early childhood education*. Columbus, OH: Pearson/Merrill Prentice Hall.

