|  |  |
| --- | --- |
| **Important Dates:**  4/4- KCS Bus Driver Appreciation Week  4/11-4/14- Fair Garden’s Spring Parent Conferences (Reach  out to your child’s teacher for more information.)  4/12-Fair Garden’s PK4 Virtual Visit With SMG (9:00-10:00)  4/12/2022- Knox County Schools **Kindergarten Round-Up** At All Knox County Schools  4/13- PK4 Cap & Gown and Group Pictures (Proof for cap & gown; prepay for groups)  4/14- Fair Garden’s School-Wide Egg Hunt  4/14- Fair Garden’s **PK Round-Up** (4:00-6:00 pm)  4/15- Good Friday **(No School)**  4/18- Holiday **(No School)**  4/22- Fair Garden’s PTA Earth & Gardening Day (4:00)  4/25- Hearing Screenings Happen This Week At Fair Garden  5/2- Teacher Appreciation Week Begins  5/5- Last CRRAFT Family Night (6:00-7:00)  5/6- Fair Garden’s Mother Day Event  5/7-Fair Garden’s PTA Spring Carnival (12:00-4:00)  5/20- PK4 Stepping Up Program (More information to come)  5/25- Last Day For Students (**11:15 am Dismissal**)  A picture containing text, clipart  Description automatically generatedA picture containing clipart  Description automatically generatedA picture containing text, fabric  Description automatically generated  images.jpegThe Guiding Light images.jpeg  Volume 3 Issue 8 <https://www.knoxschools.org/fairgarden> Published Monthly **April 2022** | Screen%20Shot%202018-08-31%20at%2010.17.55%20AM.pngScreen%20Shot%202018-08-31%20at%2010.17.55%20AM.png    **A Note From Our Social Worker- Deanna Gnage**  Tips From Preschool Staff …  Do you ever wonder if your little child has a split personality? At school she cleans up her toys, puts on shoes, and acts entirely self-sufficient at mealtimes. Yet at home, she may whine whenever you ask her to do anything.  The reason for this: Your child tests her limits with you because she trusts you will love her no matter what.  Promote your child’s independence.While Preschoolers still need lots of help, experts agree that kids are typically able to do more than many of us think. Here's how you can encourage them:  Most people have a way of living up (or down) to expectations—preschoolers included. At school we expect the kids to open their own milk, throw away their trash, and hang up their jackets.  Expect your Preschoolers to do the same.  While it may be quicker and easier to do things yourself, it won't help to make your child more independent.   Whenever you’re trying to get your children to dress, wash their hands, or clean something up, appeal to their sense of pride by asking them: Do you want me to help you or can you do it yourself? Those words are like magic.  The kids always want to do it for themselves.  Also, don’t redo what they’ve done.  If your son makes his bed or dresses himself, don’t discourage him by criticizing or redoing his work.  If you see your child trying to put a toy together or reach for a shirt from his/her dresser, pause before racing over to help.  As long as they are safe, let your kids solve simple problems. Children experience success when they learn to do things by themselves.  Putting your preschooler in charge of a regular, simple task builds his/her self-confidence.  A child who is entrusted to water the plants or empty the clothes dryer is likely to believe he can tie his shoes or pour his own cereal. Make sure the assigned chore is manageable and that it's real work, not busywork, since even preschoolers know the difference.  Make your child feel like a capable, contributing member of the family.  Assign at least 1 chore to your child each day.  Remember to praise your child and catch him/her being good.  This is especially true if your child is not in a cooperative phase.  Kids repeat behaviors that get attention.  Develop predictable routines.  Kids cooperate in school because they know what's expected of them.   Preschoolers follow the same routine every day, so they quickly learn what they need to do, and after a while barely need reminding.  While it is impractical to have the same level of structure at home, the more consistent you are, the more cooperative your child is likely to be.  Decide on a few routines and stick to them: “When we come in from outside, we wash our hands.”  “Bedtime is at 8:00.”   Eventually "house rules" will become second nature to your child.  If your child refuses to do something, try turning it into a game. Humor and games are the best tools that are often forgotten.  Also, give advanced notice before transitions.  If bedtime is 30 minutes away, let your child know that they have 30 minutes to begin their bedtime routine.  At 15 minutes when their bath is finished, remind them that they have 15 minutes and it’s time to brush their teeth and get in bed to read one story.  At 5 minutes before bedtime, tell them they can read 5 more minutes before the light goes out.  Give structured choices.  If, for example, your Preschooler refuses to sit at the dinner table, you might offer the choice of sitting and getting dessert—or not sitting and missing out on a treat. "At first, your child may not make the right choice, but eventually he will, because he'll see that the wrong choice isn't getting him what he wants.  Just be sure, if you want your child to choose option A, that option B is less attractive.  Make requests in language that assumes cooperation. Avoid using “If” statements.  "If you finish putting away your crayons, we can go to the park," suggests that perhaps your child won't clean up his crayons. Try instead: "When you put your crayons away, we'll go to the park.  Prioritize play.  Preschool children are less able to play imaginatively than kids of a decade ago. Too much of a child’s day is now structured in supervised activities.   Your best parenting line: "Go play." It's not your job to see that your child is entertained 24/7. Let her get a little bored. But make sure she has items like dress-up clothes, paint and paper, a big cardboard box, and play dough.  Lastly, let your child work out minor squabbles. Instead of swooping in to settle disputes, stand back and let them work it out (unless they're hurting each other). You won't always be there to rescue your child.  Deanna Gnage, LMSW  Fair Garden School Social Worker  (865) 257-5826      **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. ☺** |
| Positive Quote:    **Sponsored by Mike Lewis with State Farm**  **Teacher Of the Month**  **A person holding a sign  Description automatically generated with medium confidence**  Student of the Month  A person holding a sign  Description automatically generated with medium confidenceTimeline  Description automatically generated with medium confidence | large_651e2a4a-23cf-4813-b6fe-96cd6a51692e.jpg**A Message from Mrs. Spikes** large_651e2a4a-23cf-4813-b6fe-96cd6a51692e.jpg  As we are getting closer to the end of the school year, it’s important now more  than ever to reinforce academics and behavior expectations with your child at  home. The performance level report that was sent home on Friday, March 25, tells  you exactly where your child is academically, behaviorally, and social-  emotionally. We want all our students to leave Fair Garden kindergarten ready  and being kindergarten ready is having the Pre-K standards mastered. If you have  any questions about your child’s performance level report, please collaborate with  your child’s teachers.  As we get closer to kindergarten, we want to promote more independence. Below are  some tips to encourage and promote independence with your preschooler and  promote better behavior in school and home. You can click on the link below for  the whole article for a resource.  1. Expect more from your child. Children rise to the occasion and meet  your lofty expectations because they want to make you proud of them  while doing whatever they do.  2. Resist doing for your child what he or she can do for themselves. Make  your child more self-sufficient.  3. Don’t redo what they’ve done. Unless absolutely necessary, don’t fix what  your child accomplishes by themselves.  4. Let your child solve simple problems. When you give your child a  moment to solve things themselves, those are their character-building  opportunity. Knowledge is power and when we know better, we all do  better.  5. Assign a simple chore. Having responsibilities with simply tasks helps  build confidence. Perfect practice makes perfect.  6. We want to encourage cooperation. We encourage students by being  positive with them. Praise is the key to success. We want to catch our  children doing the right thing.  7. Develop predictable routines. Students thrive on consistency, structure,  and order. The more consistent you are, the more cooperative your child is  to be with you. This also helps with following behavior expectations at  school.  Thank you,  Principal Spikes  **Thank you to the 39 parents that completed our PK3 Need Parent Survey and**  **stated why PK3 is valuable for children.**  Chart, pie chart  Description automatically generated |



**A picture containing clipart

Description automatically generatedClinic Reminders:**

* **Clinic Supply Needs:** small drinking cups

"Anytime" foods keep us healthy.

"Sometimes" foods aren't healthy, so they're for "sometimes"!

**Anytime Foods**are foods we can eat every day, like fruits and vegetables, lean proteins, and whole grains. Anytime foods are:

* **Vegetables**—fresh, frozen, steamed, or canned.
* **Fruits**—fresh, frozen, dried, or canned (in its own juices).
* **Low-sugar drinks**—water, nonfat and lowfat milk, and unsweetened iced teas.
* **Whole grains**—whole-grain or whole-wheat breads, pitas, and tortillas; whole-grain pasta; brown rice; oatmeal; hot and cold unsweetened breakfast cereals.
* **Nonfat and lowfat milk and milk products***—*cheese, cottage cheese, milk, and yogurt.
* **Lean meats that are baked, broiled, grilled, or steamed**—Beef and pork (trimmed of fat); extra-lean ground beef; chicken and turkey without skin; tuna canned in water; fish and shellfish; beans; tofu; and egg whites

**Sometime Foods**are foods we should only enjoy once in a while, like cookies, chips, sodas, and snacks high in sugar, fat, and salt. Some sometime foods are:

* **Deep-fried or battered vegetables, or vegetables fried in oil.**
* **Fruits canned in syrup.**
* **Sweetened breakfast cereals, and non-whole-grain bakery items**like doughnuts, muffins, croissants, sweet rolls, crackers, cookies, chips, cakes, and pies.
* **Full-fat milk and milk products,**like whole milk, full-fat cheese and spreads, cream cheese, whole-milk yogurt, ice cream, ice milk, frozen yogurt, and puddings.
* **Fatty or fried meats,**like fried chicken, hamburgers, or seafood; ribs; bacon; fried chicken; chicken nuggets; hot dogs; deli lunch meats; pepperoni; sausage; salami; and whole eggs cooked with added fat.
* **Sugary or fatty drinks,**like whole milk, soda, and fruit drinks with less than 100% juice.

For More resources visit: <https://sesamestreetincommunities.org/topics/eating/>

**Shape

Description automatically generated with low confidence**

Text, whiteboard

Description automatically generatedText, whiteboard

Description automatically generatedText, whiteboard

Description automatically generatedText, whiteboard

Description automatically generated

**From the PTA:**

“Thank you to everyone who brought items for the March Staff Appreciation Breakfast! We enjoy getting to show our appreciation for the staff that work so hard with our kiddos. Remember, this is a potluck-style breakfast on the last Friday of each month. If you would like to participate, we will be delivering breakfast on 4/29/22 at 8:15am.  PTA officers will send out this month’s sign-up sheet, so be on the lookout!

New Events:

Friday April 22nd - Earth Day Gardening Day at Fair Garden, 4-6pm. More info to come!

Saturday May 7th - Spring Carnival at Fair Garden, Noon-4pm - games, bake sales, shirt sales, food, and hopefully a movie night! More info to come!

Ways to Get Involved:

Fair Garden Yearbooks- Thank you to the yearbook committee for working on getting our yearbooks finalized.  We are working on donations and sponsor pages to help make each book free for every student and teacher in the building.  There will be a form sent home in April if you or a business would like to help sponsor or donate.

 Thank you to all who have been working every step of the way to make these wonderful things happen!  — we are grateful for you!

Sincerely,

Thank you,

-Fair Garden PTA Officers, Allison Comer, PJ Hoskins, and Taurika Boateng

Logo, company name

Description automatically generatedLogo, company name

Description automatically generatedLogo, company name

Description automatically generatedLogo, company name

Description automatically generated

