Introductions

Guest Speaker: Dr. S.Je Barnd—MSU's K12 Physical Education Professor will be talking about keeping children healthy and active.

Upcoming Dates

- April 2nd, 9th, 16th, 23rd: Love and Logic Parent Training from 3:45-5:45. Please sign up at the front desk.

- Week of April 2nd: Summer Break Sign-Up: Optional time for ALL Families. Please sign up at the front desk. Summer Break is May 14th-24th.

- Week of April 9th: Summer Semester Sign-Up. ALL Families will need to sign up for Summer Semester or withdraw if you are not continuing for the summer.

- April 13th: Auraria Around the World Night 5:00-6:30PM. Please check with your classroom teacher on which country your room will be celebrating.

- Week of April 16th: Week of the Young Child, we will be having a spirit week and a teacher appreciation breakfast and lunch. Please watch for more info to follow.

- AELC CLOSED: May 25th for In-Service and May 28th for Memorial Day

Family Partnership Goals: Goals are set based on the Family Partnership Surveys and Recommendations

APTG Parent Board

- President: Tiffany Wilson

- Vice President: Crystalann Archuleta

- Secretary: Tanya Solis

- Social Events Coordinator: Stephanie Reed

Next APTG Meeting will be April 25th TBA

Questions/Comments
Dr. Sue Barnd, Professor, K-12 Physical Education, Metropolitan State University and Mikel Hottendorf, MSUD Physical Education-Teacher Education Club President joined us as the guest speaker. Their focus was on keeping children healthy and active. Today, more than 8 hours a day a child spends on some type of screen. The goal is to get children up and moving, and to combat the high obesity rate in young children. Every 30 minutes children’s bodies are needing to get up and move, and children should not be expected to sit for longer than that. There are many fun and easy ways to incorporate movement into a child’s daily schedule. You can use different types of movement when children are transitioning from one activity to another, going into stores and incorporating fun ways to move their bodies as they get there, and different movements going up and down stairs, etc. There are two links on the attached informational sheet from Dr. Barnd, that have some great resources and fun activities to do with children.

We have lots of upcoming dates in April and some closures in May. Please remember to stop by the front desk the week of April 2nd to sign-up or opt-out of Summer Break. You are only billed for the days you opt-in for Summer Break. The week of April 9th is Summer Semester sign-up. Both sign-ups are for all families.

April 13th is Around the World Night. Please check with your classroom teacher to see which country your room is celebrating and to sign-up to help with food. We will be having a spirit week the week of April 16th along with a teacher appreciation breakfast and lunch. Please watch for more info to follow if you would like to sign-up to bring in dishes.

Please read through our Family Partnership Goals. The goals are set based on the Family Partnership Surveys and Recommendations. If you have any questions please see Rachel Ruiz.

We have a new APTG Parent Board in place. Our officers are listed on the first page.
<table>
<thead>
<tr>
<th>Type</th>
<th>Goal</th>
<th>Activity</th>
<th>Timeline</th>
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<tbody>
<tr>
<td>Parenting</td>
<td>Offer Parents education and workshops to help them gain confidence in parenting</td>
<td>Offer Love and Logic Sexual Abuse Training Informative articles</td>
<td>Fall 2018 and Spring 2019 Fall 2018 Monthly</td>
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<tr>
<td>Communicating</td>
<td>Parents will have the knowledge about the center</td>
<td>Parent Teacher Group Meetings Contor Newsletter – emailed and distributed</td>
<td>Monthly/ongoing</td>
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<td>Parents have knowledge of their child’s classroom and their child’s progress</td>
<td>Room Calendars Room Newsletters Articles about children’s issue Weekly or daily notes Conferences Individual parent meetings</td>
<td>Monthly Weekly Occasionally Weekly/Ongoing Offered once a semester &amp; when requested or needed</td>
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<td>Parents have the opportunity to network with other families</td>
<td>Back to School Night Auraria Around the World Night Summer Carnival Art Show Continuations Room Social events Barbeques Breakfasts Thanksgiving Feasts</td>
<td>Once a semester Ongoing</td>
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<td>Parents will have the ability to see upcoming events, pictures, and announcements and share this information with others</td>
<td>Facebook Website Blog</td>
<td>Weekly/ongoing Each semester</td>
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<td>Parents will receive knowledge of their child’s progress and development and timely information on transitions</td>
<td>Parent teacher conferences Weekly notes Daily notes TS Gold Parent Letter</td>
<td>Fall 2018 &amp; Spring 2019 Weekly Daily As needed</td>
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<td>Training staff on appropriate communication during pick up</td>
<td>Incorporate into staff manual-communication with parents during pick up</td>
<td>New Hire Staff Manual and ongoing as needed</td>
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Family Partnership Goals are created based on feedback from the Family Partnership Survey
## Family Partnership Goals 2018-2019

| Participating /Volunteering | Family partnerships will be formed through parents participating in their child’s education. Parents help the center with fundraising | Parents can read in the classroom or help with field trips, may also volunteer to help with center or classroom events. Fundraising APTG | When needed
|                          | Three times a year Fall 2017 and Spring 2018 Monthly (9 times a year) |
| Home Learning            | Parents spend quality time with their children and support the centers’ themes | Take home packs are available and home projects are recommended Parenting articles Home worksheets | Ongoing
|                          | Ongoing | Ongoing |
| Leadership/Decision Making | Parent have a sense of empowerment regarding the working of the center | Meetings encourage parent involvement Parent Teacher Group Meetings provide updates & parent input. Surveys are taken Website has information Suggestion box Feedback on prospective teachers Search committee’s | Monthly
|                          | Once a year | Ongoing Meet and Greets offered When needed |
| Community Involvement    | Parents are aware of events and resources in the community | Bulletin Boards Resource Library Ask (Auraria Supports Kids) Team helps parents find community resources Informational speakers from the community | Ongoing
|                          | Info on nutrition, behavior, potty training, etc.-as needed |
| Security                 | Update security practices within the Center | Continue to monitor and update security | Ongoing |

*Family Partnership Goals are created based on feedback from the Family Partnership Survey*
Family friendly preschool activities for you to do with your child.


Tips for being active with your preschoolers

Make it fun! When physical activity is enjoyable, both you and your children will WANT to play! Be active together! Use physical activity as family bonding time. When you play together, she has the opportunity and support to try and master new skills such as: running, jumping, hopping, galloping, pedaling, climbing, catching and throwing. Be a great role model for healthy habits. Add physical activity to the things you do already. Park farther away from the door when you go shopping. Walk to get your mail instead of driving up to the mailbox. Take the stairs instead of the elevator. You don’t have to do the same physical activity for a whole hour or even do it all at one time. You and your family can do as many different activities as you want throughout the day in blocks of at least ten minutes. Then, add up the minutes to meet your goal of at least one hour of physical activity per day. Offer a wide range of opportunities for physical activity as well as some basic equipment:

• Different kinds of balls and bean bags

• Old boxes or tunnels to crawl through

• Tricycle or other riding toy

• Push-pull toys like wagons, doll buggies or lawn mowers

• Access to climbing equipment at a playground

Have a “Movement Parade.” March around the room or outside and call out different things that you and she can do like twirl, leap, hop, jump, etc.

Go on a nature hunt. Find acorns, pine cones, bird feathers, shiny rocks, etc.

Play simple singing games that involve movement: “Hokey-Pokey,” “Head, Shoulders, Knees and Toes”

Mikel Hottendorf, MSUD Physical Education- Teacher Education Club President, mhottend@msudenver.edu

Dr. Sue Barnd, Professor, K-12 Physical Education, Metropolitan State University of Denver sbarnd@msudenver.edu
Move Together!

Look at me! Look at you!
Look what our bodies can do.

Dance! Dance!
Run! Run!
Moving our bodies is so much fun!
We can jump. Jump!
We can hop. Hop!
We can wiggle. Wiggle!
We can stop. Stop!
We can twist. Twist!
We can tap. Tap!
We can stomp. Stomp!
We can clap. Clap!

And we can sit...sit (whisper slowly)
And we can rest...rest
So that we can be our very best.

We whisper. We breathe.
We smile and then,
We start to move all over again!

Say it, do it! Copy this poem, post it, and use it over and over again.

Read the poem together in an area where everyone has space to move.

When you come to an “action word,” encourage children to demonstrate it. To really get moving, repeat several times.

Use a louder voice for action words, like “jump.” Whisper the “calm” words like “sit” so that children experience the difference between moving actively and calming down.

Ask children to add their own moves. Every time you come to “We can point to a child and ask her to make up a move for other children to copy. Record your new poem on a large sheet of paper.

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