



# All Saints' Day School

## Learning Through Play Since 1969



May 2020



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## ASDS Is STILL CLOSED...

As we start a new month, still in a holding pattern, I wanted to remind everyone that we will be making a final decision regarding June Daze on May 15th. Although it currently doesn't look like we will be allowed to have it, I'm holding out hope until that time. If it is cancelled, I will refund any money already paid.



With May being the last month of our school year, the teachers will continue to send lessons and ideas your way. I am so appreciative of them and the way in which they have figured out ways to help your children learn from home. From Zoom, to teacher made videos, to web-sourced links that teach and reinforce concepts, to creative ways to involve the entire family; our teachers have really stepped up to the plate. We thank YOU for your kind words and the donations that are helping us get through these very unstable and strange times. We really do have a wonderful community here at ASDS- even when we can't be together in person.

Happy Birthday Wishes to all of our Summer Birthdays!

**May:** Conner, Cam, Ava, Ragen, Kennedy, Hudson, Dylan, Izzy

**June:** Reese, Jade, Victoria, Katie, Josephine, Eileen, Jackson

**July:** Walter, Olive, Waylon, Declan

**August:** Easton, Paige, Blakely, Mollie, William, Riley, T. Dianne, T. Sandra, T. Jo Jo

Director Dianne

## Different "Look" to our Newsletter...

This "different" look to our newsletter is being used for our time away from ASDS. Our articles are supplemented by the **WONDERFUL PICTURES** you all are sharing of your children engaged in their lessons and activities. We are including every single one that makes it to our newsletter editor. It is so important for your children to be able to see their peers in action. It helps them (and us) feel like we are still in community. We cannot thank you enough for being such a faithful, willing, appreciative, and critical part of this new way of being school.

It is so sad to be missing out on all of our ASDS spring traditions. From the Book Fair, to the CHKD Trike-A-Thon, to the Art Show, to Splash Day, to our End-of The-Year Celebrations; this year spring has us all longing to return to our normal ebb and flow.

Thank you  
Danke  
Khawp khun  
Yum  
Mahalo  
Salamat  
Juspa  
Spacibo  
Arigato

## 10 Reasons a Daily Routine is Important for Your Child



All families need some type of routine to establish normalcy, a way to get things done and a sense of security.

Children often fear the unknown – whether it's the broccoli on their plate – or a big life change like moving to a different house or gaining a new sibling. While change is a learning opportunity, it can also be stressful for children [and adults!]. A normal routine brings comfort

and consistency to a child's life.

Daily [home] routines might include:

- The time to get ready in the morning
- Bath times, mealtimes, naptimes, and bedtimes
- Housework, cooking, and cleaning schedules
- Play time, family time, and outdoor play

When you include meaningful and important elements into your family life, you're letting your child know what's important. While daily routines look different across [households and] neighborhoods, the most important aspect is creating a routine that works for you and your family.

Here are 10 reasons a daily routine is Important for your child

### **1. Helps your child get on a schedule**

Consistent routine will help your children and their "body clocks" with many day-to-day basics such as:

- Ability to take naps and sleep well at night
- Ability to eat healthy, full meals
- Regular bowel movements
- Healthy play and outdoor time
- Calm, relaxed behavior at "down times" during the day

For example, because your children and their bodies know it's time to sleep, they are more easily able to wind down and rest.

### **2. Bonds the family together**

When a child knows what to expect and notices regular family activities, they begin to understand what's important. This strengthens shared values, beliefs, and interests.

The child, for example, might notice that eating breakfast together on Saturday mornings is important. They can see that family time together is special. Even if your children are young, they will pick up on these traditions. The family bonds together by doing regular, important things together.



### **3. Establishes expectations**

Rather than having a power struggle about picking up toys at the end of the day or taking a bath, a child becomes accustomed to knowing when "pick up time" and "bath time" are.

Children begin to expect and complete activities without issue. As the parent, you become a partner in that routine, rather than the person who is telling the child to "do this" and "not do this."

### **4. Creates a calmer household**

Because the child and other family members know what to expect, stress and anxiety are reduced.

The child will know what comes next. S/he will feel valued because they are included in the plans and don't feel as if they're being forced to do something.

### **5. Gives your child confidence and independence**

With a routine, a child will learn over time when it's time to brush their teeth or put on their pajamas.

They will take pride in knowing what they are supposed to do – and doing it by themselves.

Rather than always being told what needs to happen, your children will feel confident to go ahead and be in charge of themselves. When children feel empowered and independent, they are less likely to rebel or retaliate.



### **6. Establishes healthy, constructive habits**

From brushing teeth regularly to completing [chores and] homework, routines help establish constructive habits.

Children who practice these skills will be able to better manage their time. As they age, they'll have more self-discipline in terms of healthy grooming and eating habits, along with studying and cleaning their rooms.

### **7. Helps you (the parent) remember important things**

Whether it's ensuring your child takes his/her medicine every day or remembering to pay the bills every month, a routine helps you stay on track.

In the midst of busy family life, you'll be able to keep track of the important details – allowing for a more stress free household and quality time together as a family.

### **8. Offers your child an opportunity to get excited about what's ahead**

If your children know what's on the schedule, they anticipate and look forward to future events – such as going to the park on Friday afternoons or spending time with Dad on Sunday mornings.

When these activities are established, your child feels like a loved part of the family and the world.

### **9. Provides opportunity for special “daily rituals”**

When you build something into your day, like snuggling and reading to your child before bed, you instill special moments or “daily rituals.”

These dedicated times create increased bonding and connection with your child every day. Rather than just moving from one activity to the next, you have quality, relaxing time built into each day.

### **10. Offers stability during times of change or stress**

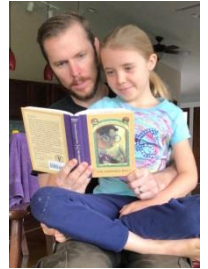
Changes and stresses such as a divorce, change in school system, [learning on-line without their peers] or [the] addition of a new sibling, impact a child's life and sense of security.

When the family has an established a routine, normalcy is present in the child's life, no matter what is going on. A child finds calmness, stability, and love through elements of routine, such as family dinners or regular Thursday trips to the playground.

### **The Importance of Flexibility**

While establishing and maintaining routine has a wealth of benefits, it's vital also to remain flexible. Spontaneity and creativity are important factors in a child's life. For example, the breakfast dishes can wait if there is an exciting animal in the backyard or a special Saturday carnival happening in the city.

Remember to stay sensitive and adaptable to the needs of each child (and adult). When a schedule becomes too regimented or strict, the benefits will be reduced, and children may feel controlled by it rather than freed by it; which is the ultimate goal.



For more information on How to Set Your Routine, please see the full piece at: <https://www.petitjourney.com.au/10-reasons-a-daily-routine-is-important-for-your-child-and-how-to-set-one/>

## **April In Our Home Classrooms**



### **Ms. Cathy & Ms Elaine**

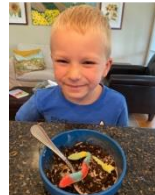
The Dolphin class remains hard at work learning their alphabet, sight words, and basic math concepts. A huge shout out to all those parents whose day-to-day schedules have been totally disrupted but are providing an encouraging educational environment at home.

In April, the kindergarteners normally would have been discussing Easter, Earth Day, and working in our garden. We would be reviewing our favorite recipes and science experiments.

Several math, reading, and sight word units have been sent home, along with Easter themed science and Earth Day units with emergent readers. With some guidance, the adults at home have done a wonderful job keeping their kindergarteners up to date academically.

On a fun note, we have been able to visit via Zoom. It's been a learning curve for Teacher Cathy, but the kindergarten kids have had a show and tell class and a cooking class via Zoom. Our most successful recipe was Worms in Dirt. Everyone had their own ingredients and we were all able to cook and create together. It was wonderful to see the children's faces and even better to hear their laughs.

I miss coming to school each day and seeing all those smiling faces! Please be healthy. I look forward to catching up in person once it's safe.







## Ms. Marianne & Ms. Teresa

Despite social distancing and learning from home, the Sea Otters have managed to remain engaged in learning activities and stay connected through Zoom meetings. Every Tuesday and Thursday the Sea Otters meet on Zoom and have a mini circle time where friends are asked to bring a specific object to share that is related to what we are learning about. Then, the students have been taking turns having their parents read their favorite stories to the class. During the first week of April the Sea Otters prepared for Easter by decorating Easter eggs and making Easter egg salt dough ornaments. We also engaged in some jelly bean math. The students counted, sorted, and graphed jelly beans. To review the alphabet, the sea otters went on a variety of different alphabet Easter egg hunts. Some friends printed up Easter eggs with alphabet letters on them, others wrote letters on Easter eggs. Then, parents hid the Easter eggs and the Sea Otters had to find and record the different alphabet Easter eggs as they found them. Over Spring Break, the Sea Otter parents gave their children preschool assessments. We are currently holding parent teacher phone conferences in the evenings. The assessments the parents gave to the students are being used to help us discuss each child's individual progress. The assessments also help in coming up with fun learning games and activities to help students progress and reach their full potential. For the past two weeks the Sea Otters have turned in to geologists and have been studying rocks. They have learned that all rocks can be categorized in to one of the following three categories: igneous, metamorphic, and sedimentary. The study of rocks has been an awesome way to provide the Sea Otters with hands on learning activities, promote interest in the world around them and get them learning OUTSIDE! Each day the Sea Otters are provided with a specific SciShow Kids clip that introduces a new geology term. Then, the Sea Otters are encouraged to write about that term in their very own geology journals that were emailed to them. Journal writing allows students to practice phonics by sounding out words and using sight words. Journal writing also allows students to practice their fine motor skills and writing by reviewing letter formation. After journaling the students are then given a science experiment to illustrate the term that they were introduced to. For example, one day the students were sent a SciShow Kids clip about volcanoes. Then they were asked to write something about volcanoes and illustrate a volcano in their journals. Lastly, they were asked to create their own volcano and make it erupt using baking soda and vinegar. Also, did you know that igneous rocks come from volcanoes? It has been so important to make sure that the Sea Otters continue with their learning in fun and engaging lessons. To ensure that as many students can participate as possible, I make sure that all of our materials can be found in the environment around us or at the grocery store. It is important for the students to know that although our time at school came to an abrupt end; their teachers still love them, miss them and are still teaching them from afar.



## Ms. Susan, Ms. Brooke, & Ms. Devin

I'm hoping everyone had a great Easter and Spring Break.

Thank you all for all the support you have given me and my students this year. I have never seen anything like this before. We are all working together as a team!!

The Stingrays have been working on fun projects for Spring, Easter, and Earth Day. I can't wait to see some of these projects over our Zoom Meetings. Thank you for your patience during our meetings. It gets a little crazy, but we'll keep on working out the kinks.

We also have been working on the letters Ww, Xx, and Yy, and we'll continue counting to 100 by 5's and 10's and doing some very basic addition and subtraction. We will start the letter Zz soon, then review the alphabet, and work on sight words. I hope you are making the most out of the Physical Education activities that I have sent. We have had some nice days, so I'm sure you have been able to get the children outside to play.

Thank you again for all your support and we will continue getting through this crisis together. Please text or call if you have any questions!



### Ms. Sandra & Ms. Beth & Ms. Terry

Even though Starfish students weren't physically in their classrooms, it didn't stop them from continuing to learn through our virtual classroom lessons and our wonderful parents who helped homeschool our students.

During the month of April, the letters Z, Y, and O were introduced to our students along with the numbers 13 and 14. Our units of study were about Bugs, Easter, Plants, and Oceans. Each week our parents received activities to do with their children along with a 30-minute Zoom class two to three times a week. Everyone was happy to see each other during our meetings where we tried to keep some consistency of what we would have done during Circle Time. We continued with our Songs, Welcome, Weather, and Days of the Week, and we continued Pattern Making with our calendar. Letters were introduced at this time, and then we played games related to our units and the children shared items they were asked to bring to our meetings. Activities involving pattern making and fine motor skills were sent to the parents to help the children continue mastering these skills.

During Easter week I showed the children how to dye Easter eggs using a baking soda-food coloring paste and vinegar. We called them Volcanic Easter Eggs. We also conducted an experiment to see which plastic Easter eggs would float or sink when we filled them with different objects.

Plants are always fun to learn about during this time of year. I asked the students to bring their favorite part of a plant to eat during one of our meetings, and I was surprised how many students brought broccoli. We played a hide and seek game called, "Where Is the Bumblebee," which the children loved because they are used to playing these types of hide and seek games on the Reading Bus.

With the weather getting warmer and the possibility of the beaches being open soon, we learned about animals that live in the ocean during our Oceans unit. We sang about an orange octopus for the letter O, discussed animals that live in the ocean and ones that live on land, played "Little Fish," hide and seek game, and guessed which ocean animal I was going to hold up using clues I gave them.

With everything that has been going on, we were able to have two birthday drive-by parties. It was great to see everyone that came out to celebrate these students.

It definitely has been a challenging month, but we are Starfish- Strong, and we will continue to learn throughout the year.





## Ms. JoJo & Ms. Patsy

In April, the Sea Turtles focused on the letters “Ee”, “Oo”, and “Rr”. Our number was 10. Our color was purple. Our shape was the diamond. We sang “Spring is Here” and “Wishy-Washy Washer Woman”. We focused on the Earth, Ocean Life, and Easter. The books that supported our topics were: Fish Wish, Under the Sea, Somewhere in the Ocean, The Earth and Sky, Ollie’s Eggs, Look! Peter Rabbit, and Bunny’s Garden.

For Ocean Life, we colored our own octopus, talked to our parents about what we did, and counted the legs. There were eight! We also made sea turtles from paper plates, construction paper, and googly eyes.

For the Earth, we made the solar system by cutting out the planets, the sun, the moon, and using a coffee filter and green and blue water colors to make the Earth.

For Easter, we decorated bags for our own Easter Egg Hunts, and made bunnies out of paper plates.

Because it was April and one of our letters was “Rr”, we cut out an “R”, and decorated it with raindrops and rainclouds.



## Music with Ms. Dana

Why should music be included in early childhood education?

1. Music activities help children express emotions and communicate their feelings.

2. Music encourages cultural awareness when children listen to music and play instruments from different places around the world.
3. Children use music to experiment with how sound is created and how it can be altered by their actions.
4. Music helps children develop listening skills.
5. Studies have shown that exposure to music helps advance children's cognitive development.
6. Music helps children develop large and small motor skills.
7. Music can be used for scaffolding activities. Music activities can be used as a bridge to learning other subjects.
8. Every child can feel successful in music activities.



I hope most of you have been able to try some of the at-home activities I have sent this month. During times of stress, music can help children work through emotions and may be calming as well.

Here are a couple of finger-plays the children are familiar with from class:

**Open Shut Them** <https://www.youtube.com/watch?v=ziSR3ZLeDR4>

Ask your child to sing the next verse:

*Creep them, crawl them, creep them, crawl them  
Right up to your nose, nose, nose  
Creep them, crawl them, creep them, crawl them,  
Right down to your toes, toes, toes  
Shake them, shake them, roll them, roll them  
Make them into little fists  
Shake them, shake them, roll, roll, roll  
Then you blow a kiss, kiss, kiss!*



**Bubble Bubble Pop!** <https://www.youtube.com/watch?v=Qi4AV2S4xA0>



Keep an eye on your email for more at-home music activities and new YouTube videos during the next few weeks!



## **Español with Maestra Mercedes**

Hola parents!

I hope everyone is healthy, safe, and sane! I miss seeing all of the children's smiling faces and hearing their Spanish accents! The month of April has been a month of trials and tribulations, at least for me. You were bombarded with emails and links to songs to listen and sing to, read aloud books, games to play, and videos to watch! I'm sorry to inundate you already overwhelmed parents with so many emails and links. Again, stay safe, healthy and sane...Miss seeing all of you! Here's a summary of the links I sent out:

**Songs:** (If you haven't checked them out yet, Maestra Mercedes has created her OWN YouTube videos!)

Buenos Dias (Good Morning) - <https://www.youtube.com/watch?v=i1BoQuS4mx4>

¡Hola! (Hello!) - <https://youtu.be/4deUxsQOGps>

La Araña Pequeñita (The Itsy Bitsy Spider) - <https://www.youtube.com/watch?v=nmCY11XqifM>

1 2 3 - <https://youtu.be/8ydJr1Is8xl>

Cabeza Hombros Rodillos Y Pies (Head, Shoulders, Knees, and Toes) - <https://youtu.be/RVF6YDBQkuo>

Adios (Good-bye) - <https://www.youtube.com/watch?v=7NYrRfKnnzA>

Tengo Dos Manitas (I Have Two Little Hands) -

[https://www.youtube.com/watch?v=tfxYgnVw4B0&list=PLXW9AhIHgjhTDTIvNIEhocySisOf\\_ycu3](https://www.youtube.com/watch?v=tfxYgnVw4B0&list=PLXW9AhIHgjhTDTIvNIEhocySisOf_ycu3)

10 Deditos (Ten Little Fingers) -

[https://www.youtube.com/watch?v=BeoQyQsMhel&list=PLXW9AhIHgjhTDTIvNIEhocySisOf\\_ycu3&index=2](https://www.youtube.com/watch?v=BeoQyQsMhel&list=PLXW9AhIHgjhTDTIvNIEhocySisOf_ycu3&index=2)



Hola Amigos (Hello, Friends) -

[https://www.youtube.com/watch?v=KQSJxtbZgxs&list=PLXW9AhlHgjhTDTlvNIEhocySisOf\\_ycu3&index=13](https://www.youtube.com/watch?v=KQSJxtbZgxs&list=PLXW9AhlHgjhTDTlvNIEhocySisOf_ycu3&index=13)

**Read aloud books:**

Me Puedes Dar Una Galleta? (May I Please Have a Cookie?) -

<https://www.loom.com/share/4f7071998988443f825776e06d2fb890>

Los Colores (The Colors) - <https://www.loom.com/share/bc9c36e8014745cba7a20bcaf9b7afcb>

Chap Chap Book - <https://www.loom.com/share/6907ba07be8a469eb35f5808bc4617e6>

Hay un Diplodocus En La Puerta (There's a T-Rex at the Door) -

<https://www.loom.com/share/5494c6b12aa049e0bfcd382f50f8eae7>

Donde Esta Spot? (Where is Spot?) -

<https://www.loom.com/share/2d1c3ee1c3084b7b8a1c5a6743030272>

Donde Esta? Los Numeros (Where Are the Numbers?) -

<https://www.loom.com/share/82af56e2e7c94b64a4b28ec318d081d6>

Donde Esta? Los Colores (Where Are The Colors?) - <https://www.loom.com/share/bc9c36e8014745cba7a20bcaf9b7afcb>

Buenos Dias (Good Morning) - <https://www.loom.com/share/1344ec24a00f43fbbcb96ffcd84aed8>

**Games:**

<https://www.loom.com/share/c939423243d64c76a06f7d73bb1d664b>

