



What's The Buzz

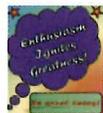


Volume 1 Issue 3 <https://www.knoxschools.org/fairgarden>

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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:



- 9/30/19- Parent Conferences Begin This Week (reach out to your child's teacher)
- 10/7-10/11- Fall Break (No School)
- 10/15- Fall Picture (Retakes)
- 10/18/19- Dawgs For Dads (During your child's lunch time)
- 10/28/19- Fall Festival and STEM Night (5-7 pm)
- 11/1/19- Flu Mist For Fair Garden Students (Please return your child's form.)
- 11/3/19- Daylight Savings Time (Turn clocks back 1 hour)
- 11/5/19- In-Service Day (No School)
- 11/8/19- Top Coupon Book Seller (Goes to Main Event)
- 11/11-11/15- Food Drive
- 11/27-11/29- Thanksgiving Holidays (No School)
- 11/27- Fantasy of Trees
- 12/19- WinterFest (9:00 am)
- 12/20- ½ Day For Students (11:15 dismissal)
- 12/23- 1/6- Winter Holidays (No School)



Important: Please make sure to sign and return the **Fair Garden Parent Handbook and Important Documentation Confirmation** form, as soon as possible. Thank you.

A Note From Our Social Worker

Feelings in Preschoolers can fluctuate so dramatically. Ask any parent. And while your 4 year old is enjoyable and funny when he/she is feeling happy, they can just as easily find that "one nerve" you had left when they are feeling overtired, defiant, or over-the-top excited. Preschoolers can't always identify what they are feeling. They just know they feel. And out of those feelings ... come behaviors.

As a school, we start out each new academic year teaching the children how to identify what they are feeling and then learning to communicate it to those around them. We teach them that ALL feelings are okay BUT it's their job to learn to manage those feelings and the behaviors that come out of them. If a child is feeling angry, we often reflect back to them what they are feeling. "You are feeling angry," we say. I might add on, "I see that your face is red and your fists are balled up by your sides." When a child feels that you "see" or acknowledge how they are feeling, then they often will stop going to extremes in their behavior to get you to notice they are unhappy or mad. Our goal is to get our students to say to themselves or to an adult how they feel. As our children progress in their maturity, they now learn that they can self-regulate themselves. If they are angry, then they have 4-5 things they can do that will help them stop feeling angry. This includes a "Calm and Cozy Corner" in each classroom which is a place that they can choose to go to in order to separate themselves and calm down.

Your Preschooler should now be able to identify the major feelings of happiness, anger, sadness, and fear. We also talk about the variations in feelings, such as frustration, excitement, worry, shyness, and feeling tired. Ask your child about their feelings. Not only should they be able to identify what their feelings "look" like but many of them can now use "I" statements to say "I feel angry when you take away my toy. Please stop."

If you're interested in working more with your Preschooler on identifying and managing their emotions, try the "Snappy Kids" app. <https://snappykids.cc/>

Ms. Gnage (Social Worker)

Positive Quote:



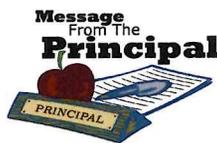
A Message from Mrs. Spikes



I can learn anything. I can know anything. I can be anything.

I have amazing potential and I can make good choices.

Thank you to everyone that sold coupon books. We haven't met our goal yet, but we have sold **361** books currently. Parents, we want you to volunteer in our classes. We want each and every family of Fair Garden to feel welcomed to come to all of our school activities. 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. "Together we can make a difference."

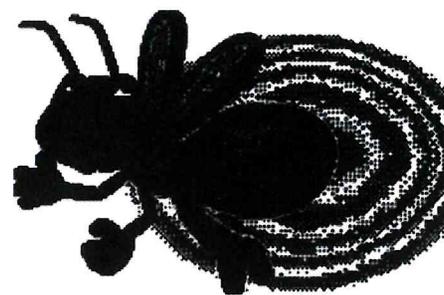


When you visit Food City to do your grocery shopping, please sign-up for the School Bucks Challenge to benefit Fair Garden. Our school code is: 41207. Thank you for your support of Fair Garden, as you are doing your grocery shopping. You can link your ValuCard at checkout in the store or online at foodcity.com/schoolbucks.



En-Lightening

News from Nurse Amanda



Flu Vaccines! The Knox County Health Department will be administering flu vaccinations for students at Fair Garden on **Friday, November 1st**. Remember to turn in permission forms to your teacher!

What is asthma?

Asthma is a chronic disease that affects the airways of the lungs. During normal breathing, the bands of muscle that surround the airways are relaxed and air moves freely. During an asthma episode or "attack," there are three main changes that stop air from moving easily through the airways:

- The bands of muscle that surround the airways tighten and make the airways narrow. This tightening is called bronchospasm.
- The lining of the airways becomes swollen or inflamed.
- The cells that line the airways produce more mucus, which is thicker than normal and clogs the airways.

These three factors - **bronchospasm, inflammation, and mucus production** - cause symptoms such as difficulty breathing, wheezing, and coughing.

<https://my.clevelandclinic.org/health/diseases/6424-asthma>

Ways to **STOP** Common Asthma Triggers

Keep it Clean!

- Vacuum carpets and furniture often to control dust.
- Use nontoxic household cleaners.
- Wash bedding, blankets, and stuffed toys regularly in hot water to kill dust mites.

Household Fixes

- Use an exhaust fan or open windows when cooking on a gas stove to reduce nitrogen dioxide.
- Store food in airtight containers to discourage pests.
- Fix leaky faucets to prevent mold.
- Change air filters regularly, at least every 3 months.

Check Outdoor Air Quality

- Road dust, car exhaust, and smoke may contribute to asthma.
- Extremely hot or cold weather, or even thunderstorms can also trigger asthma.

If your child has asthma be sure to let the teacher and the school nurse know about it. If your child requires an inhaler to be used at school, have the KCS medication order form and Asthma Action Plan filled out by your doctor then sign it and bring it to school along with the medication.

Through good health and a safe environment, every child can achieve their optimal potential.

Fair Garden Early Learning Center

400 Fern Street

Knoxville, Tennessee 37914

Phone: (865) 594-1320 Fax (865) 594-1155

Tara Howell-Spikes, Principal



Fair Garden Parent Handbook and Important Documentation Confirmation

Date: _____

Please sign and return this paper to Fair Garden. I have read the Fair Garden Handbook and the below important documents. I have signed and returned the following important items to Fair Garden, as per the requirement by the Office Of Early Learning and Literacy Office Of School- Based Support Services.

1. _____ Fair Garden's Policies and Procedures (Parent Handbook)
2. _____ Abuse Information (Parent Handbook)
3. _____ Personal Safety Curriculum
4. _____ Department Of Education Summary (Parent Handbook)
5. _____ Medical Release Form

Student's Name: _____

Parent's Name: _____

Parent's Signature: _____

Classroom Teacher: _____