



December 2017

*A Message from our Teachers*

Dear Parents,

What a wonderful Fall 2017 it has been for Discovery! This month we have been immersed in studying our faces, emotions, and the tools that we each need to regulate these emotions. We started a program that we call, “How Does your Engine Run?” Perhaps you’ve heard your child tell you they are feeling slow (sad or tired, otherwise known as yellow engine), or fast (over excited, energetic, or angry otherwise referred to as red engine), or just right (green engine). The purpose of this program is to help the students identify how they are feeling in the moment and then determine which tools they need to overcome those emotions in order to feel “Just Right.” By introducing different tools – hand tools (or fidget tools), eye tools (such as the calming bottles we made), or body tools (which might include hugs, breath work, a nap, exercise, or heavy lifting) – the students are now using this new vocabulary to identify their feelings. Much like the personal weather report, gauging how we feel in the moment allows the students to understand that emotions come and go, just like the weather, and if we use the appropriate tools then it is easy to get back to feeling just right. We are so pleased with the emotional intelligence that is manifesting before our eyes!

Now that we’ve worked for a few weeks on our own feelings, we have now progressed to understanding the feelings of others. Bucket filling is a wonderful analogy and this has come in perfect timing for the holiday season of spreading joy and love. When our personal invisible buckets are full, we feel happy and good (green zone). But when these buckets are empty (yellow or red zone), we don’t feel so good anymore. If someone is being mean or yelling at another, that means their bucket is also empty. So how do we get a full bucket? We

**Important Dates**

- Thursday December 7- Clean up night
- Thursday December 7- Field trip 3-5 class
- Friday December 8- No school!
- December 21- Holiday party!

do kind things for one another when we see that they're not in the green zone, and when we're nice to one another, it fills up both of our buckets. Hurray! We ask that you encourage acts of kindness around the house and to talk about your feelings with your children – let them know when your bucket is empty or when you see them do something that fills your bucket. Every ounce of positive reinforcement goes a long way.

This Thursday, December 7th, the 3-5's class will enjoy their first out-of-school field trip to the Children's Reading Place in Inglewood. This beautiful and relaxing space has already been enjoyed by the 3's class and we can't wait to go! Our holiday party this year will be a little different than in the past. This year, we invite all the families to come together for one big party on December 21st to celebrate our different cultural backgrounds, inspired by the upcoming 2018 Winter Olympics. You have already received a request from our Special Events coordinator, Suzie, for your participation in this event. We strongly recommend and encourage your participation in this community effort to make this party great! If you have any questions, please email us or chat with us after class.

As many of you already know, Miss Aleks will be enjoying her last month with the students before traveling in January. It has been a most fulfilling experience being back at Discovery Preschool, but she and Miss Danielle are very excited to welcome Miss Natalie to the morning classes!

Happy Holidays,  
Miss Aleks, Miss Danielle and Miss Natalie

### ***A Message from the Board***

- Just a friendly reminder to the parents that signed up, there is a clean up night this Thursday December 7
- The board has been approached by several parents wanting to contribute to the preschool in the spirit of giving this holiday season. We have tasked the teachers with creating a 'wishing tree' to be displayed in the boot room area beginning next week, with ornaments that each have a preschool supplies 'wish' written on it. If you would like to participate in donating a gift to the preschool, large or small, please remove the ornament with that wish from the tree. Any and every little bit helps our preschool and would be very much appreciated!

