

# Monthly Family Newsletter

March 2021

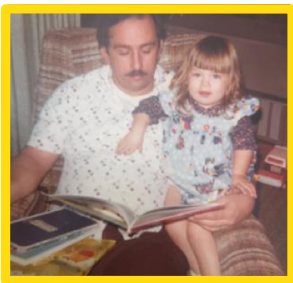
## March is Reading Month!

There are so many reasons why reading to your child is so important. Birth- 5 years old, children are sponges that soak in practically everything in their environments. It's true! Even during story time, their minds are at work, taking in all the language they hear and lessons the characters learn. Reading to your child at any age will boost their brain development, your bond, and so much more.

Reading develops a child's imagination and creativity and is a great approach to support your child to dream! In addition, reading supports logical thinking and problem-solving skills. Your child is developing useful communication skills by seeing the interactions between the characters in the books. It is also a great opportunity to spend quality time together and bond with your child. Many children, as they get older, have fond memories of times spent reading with parents.

When you're reading, you sit in a silent location, relax your mind, and focus on whatever it is that you are reading. Your brain slows down, and you're normally calm. This comfortable state is similar to meditating, and through reading, your child will profit by acquiring the habit of relaxation.

Schedule a time to read to your child every day, bedtime is always the best time and gives you both a set routine for years to come.



Here is a picture of my dad and me. This is one of my favorite memories, I would bring my dad a ton of books for him to read.

- Michelle Townsend

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### CUMMINGS GREAT EXPECTATIONS

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## Meet The Cummings Family!

Jessica Pumfrey is an Associate Teacher, in the virtual headstart classroom and has worked at Cummings full time since 2018. Her all-time favorite food is pizza, she could eat it everyday! Her favorite color is pink and her favorite season is summer because warm weather is her favorite. Jessica enjoys roller skating and spending time with her sons. Her favorite thing to do with the kids this year is being on zoom lessons and having meaningful conversations. The individual lessons really help build and strengthen the relationship with the families. Her current favorite author is Vivian Paley, because she has written so many inspiring books for educators. Her favorite childhood book was *Where the Sidewalk Ends* by Shel Silverstein.

**“The families at Cummings are truly what makes the school special to me.”**

## From Our Executive Director

JA'NEL JAMERSON

March is Women's History Month and National Reading Month, which means it's the perfect time to curl up with your little one and read books about women's achievements and contributions in music, politics, science, and more. By learning about these successes, they'll have an easier time envisioning their own. As we celebrate women's history month, an annual celebration of the contributions of women to American history, help spark the dreams of young girls by sharing these high-quality biographical picture books with the kids in your life with these books: *A Computer Called Katherine*, *A Is For Awesome!*, *Brave Ballerina*, *Gloria Takes A Stand*, *I am Sonia*, *Little Dreamers*, *Secret Engineer*, *She Persisted* & *Voice of Freedom*



## Mark Your Calendars:



### Important Dates

- March 3 Virtual parent meeting 1:00-1:30
- March 9 Great Expectations Market Curbside Pickup
- March 25 Parent Cafe 9:30am-10:30am

## From Our School Director

MICHELLE TOWNSEND

As we usher in March and Literacy Month, we will begin with a birthday celebration for Dr. Seuss on March 1st!

We will continue the month-long celebration by focusing on various famous children's books as well as student's will participate in fun crafts and activities based on these stories

*We look forward to a fun-filled March!*

**“Books are mirrors to our world and windows to opportunity; but they are also much more: they are actual doors to a life of sustainability and success, to our lives, and each of us has a responsibility to walk through them.”**

-Kwame Alexander



Scan this QR code to complete the health check survey each morning.

## From Our Family Engagement Coordinator

MIKE KILDEE

### What Can I Do To Help My Child Be Successful?

These **4** simple ideas can make a huge difference!

1. **Read to you children for at least 20 minutes each day.** Reading to your children creates a lifelong interest in reading, it extends their attention span, improves language development, and builds their comprehension, plus it's great bonding time.
2. **Speak with your children often, even about small tasks like picking out food at the grocery store or preparing a meal.** The more words that children hear when they are young, will increase their vocabulary and greatly improve their brain development.
3. **Establish consistent routines at home.** Children feel less stress and learn better when they have a routine and know what to expect at certain times of the day. A bedtime routine is extremely important for young children. They need the appropriate amount of sleep to be ready to learn while at school. It is recommended that pre-school age children get at least 10 hours of sleep per night.
4. **Use positive discipline.** Praise your children when they do well, instead of saying “no” when they do something wrong. Taking a little extra time to talk with your children about a mistake can help develop positive self-esteem and give them the confidence they need to always want to do better.

If you would like additional resources on effective parenting, please contact Rob Royce, your Family Engagement Advocate (**810-600-5462**) or your child's Teacher.



**THANK YOU FOR ALLOWING US TO BE A PART OF YOUR FAMILY!**