

## **November 2003 PreK-12 Newsletter**

### **November Is...**

Aviation History Month  
Peanut Butter Lover's Month  
Jewish Book Month  
National Alzheimer's Disease Month  
National Diabetes Month  
National Epilepsy Month  
National Hospice Month  
National Pepper Month  
National Stamp Collecting Month

#### **Asthma Awareness Day**

The North Carolina Association of Health Plans—Putting People First—has declared November 8, 2003 as Asthma Awareness Day.

All Saints Day (11/1)  
Election Day (11/4)  
Veterans Day (11/11)  
Sadie Hawkins' Day (11/2)  
American Education Week (11/16-22)  
Thanksgiving Day (11/27)

#### **National Education Week**

It is the time of year when we can recognize the educators and school staff who keep our children safe and healthy, as well as help them achieve. Wednesday (Nov. 19) will be a special day to honor the school bus drivers, cafeteria workers, teachers' aides and other education support professionals who positively impact our school communities. Friday (Nov. 21) will be a special day to honor the work of substitute educators.

American Education Week was first observed December 4-10, 1921. NEA and the American Legion were co-sponsors. A year later, the U.S. Office of Education joined as an additional cosponsor. The National PTA followed in 1938.

Earliest observances featured a different theme for each day of AEW. This changed in 1929 as the cosponsors decided to select a single theme that reflected the current national concern.

American Education Week is always celebrated the first full week before Thanksgiving.

## Sites to See

Check out the North Carolina Healthy Start Foundation and the work it does to promote healthy birth outcomes and to reduce the rate of infant death, illness, and disability in our state. <http://www.nchealthystart.org/>

**North Carolina ECHO, *Exploring Cultural Heritage Online***, is the World Wide Web's doorway to the special collections of North Carolina's libraries, archives, museums, historic sites, and other cultural institutions. <http://www.ncecho.org/>

## LET'S READ ABOUT

### Just A Taste of Thanksgiving—Calorie Free

*My First Thanksgiving*, Tomie dePaola, (a board book)

*The First Thanksgiving*, Dana Stewart (a board book)

*Three Little Pilgrims*, Janet Craig

*Barney's Thanksgiving*, Stephen White

*Thanksgiving*, Miriam Nerlove

*The Tasty Thanksgiving Feast*, Suzy-Jane Tanner (a lift the flap book)

*Pilgrim Children Had Their Chores*, Gina Lems-Tardif

*What is Thanksgiving*, Harriet Ziefert, (a lift the flap book)

## **Yummy Recipes from Caillou**

### **Toasted Pumpkin Seeds**

Wash seeds and spread out evenly on paper towels to dry. In a bowl, mix 2 Tbsp. melted butter, 1/2 tsp. Worcestershire sauce, and a dash of salt. Stir in pumpkin seeds and coat with mixture. Spread seeds on a baking sheet with an edge and toast for 1 hour at 250°.

### **Empanadas**

An empanada is similar to a turnover. Empanadas are traditionally stuffed with fillings, such as meats and cheeses or fruit, and are then deep-fried. Adapt this traditional dish by baking the empanadas instead. Have each child press a plastic lid onto a piecrust sheet to cut out a circle. Place the circle on a cookie sheet sprayed with nonstick spray. Then place a heaping tablespoon of cooked, spiced ground meat and shredded cheese or fruit pie filling in the center of the circle. Fold the circle over and press the edges together to seal them. Bake the empanadas at 400° until lightly browned. Fruit-filled empanadas are great sprinkled with cinnamon sugar. Allow empanadas to cool before serving.

### **Frozen Pumpkin Pie**

Prepared graham cracker crumb crust  
1 cup canned mashed pumpkin  
1/4 cup brown sugar, firmly packed  
4 cups low-fat vanilla ice cream or frozen yogurt, softened  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
1/2 teaspoon ginger  
1/4 teaspoon nutmeg  
Raisins

Mix pumpkin with brown sugar, salt, and spices. Fold in softened low-fat ice cream or frozen yogurt. Pour mixture into crust. For Halloween, arrange raisins on top to make a funny face. Freeze until firm.

## **Friends are Like Peanut Butter and Jelly**

**Nadine Bernard Westcott (Illustrator )**

Mix peanut butter and jelly to make sandwiches. After helping stir the peanut butter and jelly together children can use blunt plastic knives to spread the mixture on bread. Remind the children that peanut butter is good all by itself and so is jelly, but together they make an especially good sandwich. Help them compare this to playing alone and playing together as friends.

## **Caillou**

Based on the popular children's books by Canadian author Hélène Desputeaux, this series follows the adventures of the lovable Caillou. Each of Caillou's mini-adventures revolves around a major issue in his life, such as making new friends, visiting the doctor, and going to daycare for the first time. Caillou deals with these problems as only he can with one part baby logic and one part imagination. With every step and every adventure, he furthers his emotional development.

This wide-eyed four-year-old learns about life - one adventure at a time! The foundation for each episode is the four animated stories totaling about 16 minutes. Each of these stories relates to a theme of the day. The themes include growing up, sibling relations, and making and keeping friends, taking care of pets, feeling sick and so on, all subjects that preschoolers discover, try, learn or do every day. Caillou helps children sort out their world as he sorts out his own.

### Workshops for Parents and Caregivers

The goal of these workshops is to help parents and caregivers of 2 to 6 year olds use the CAILLOU series and activities as springboards to discussions with their children. Topics include growing up, sibling relations, making and keeping friends, taking care of pets, feeling sick and so on. Each workshop gives participants the opportunity to discuss the topic with other parents, view a related CAILLOU clip and try out activities.

## IN THE NEWS

### **Free Activity Kit Available from CDC**

As part of the VERB Extra Hour For Extra Action program (Oct. 27-Nov. 21), CDC has a free activity kit available for teachers and program leaders who work with youth. Each kit includes an activity guide with ideas for taking part in the program, colorful action cards to use with kids that encourage fun-filled activities, posters, a letter to parents, and a reward card for kids who took an "extra hour for extra action" each week and increased their amount of physical activity.

To view and print the materials at no cost in electronic form, visit <http://www.verbparents.com/ehea.php>. This site also has a link to an online ordering store with Kinkos where additional copies of materials can be printed in high quality and color at a cost.

## IN THE COMMUNITY

### **Camp Lejuene, N.C.**

*From The Globe, Camp Lejuene, N. C.*

*October 23, 2003*

### **PBS Workshop Teaches Love of Reading** by Jean Sybrant

*"Workshops consist of interaction, instruction and aids; classes to promote literacy, love of books and good character traits using PBS Children's programs."*

### **Camp Lejuene Workshop Comments**

*"Wonderful opportunity for Camp Lejuene area—hope [workshop is] available again."*

*"Great presentation. Definitely worth coming out on a miserable rainy night."*

*"I'm working with LD children. The information on extending lessons—how to evaluate TV shows will be most helpful."*

*"Thanks for coming. I appreciated being able to have your programming clearly explained. It will help me to better use UNC-TV in my home."*

### **Supply, N. C.**

### **Workshop Comments**

*"Wonderful ideas and a wealth of valuable information and materials. Your generosity is greatly appreciated."*

*"Great to know the resource is available."*

“I am excited about having access to additional information and activities to help the children in my class who need extra assistance, extra motivation, and who do not respond to certain ways of learning.”

## **LITERACY PARTIES**

### **Operation Breakthrough Head Start and UNC-TV Celebrate Literacy and Fire Safety**

#### **Let's see a real fire truck!**

On October 8, 2003 from 9:30 am –11:00 am, UNC-TV's Ready To Learn department hosted its first literacy party for childcare providers and children in the UNC-TV Boardroom. Four-year-old children and adult staff from Operation Breakthrough Head Start (OBT), 200 East Umstead Street, Durham, NC under the supervision of lead teacher Ms. Lillian Bryd. Each child received a free book, made a UNC-TV fire hat (designed by UNC-TV Designer Helen Buiskool), and heard stories related to the theme of community helpers, literacy, and fire safety. Shannon Vickery (NCNOW) read a story to the children and talked about her job as a news reporter. The title of the book is *What Will I Be?* By James Levin. This book encourages the children to respond to the question, "What will I be?" The children received healthy snacks and participated in hands-on Read, View, Do, activities.

Fire fighters from Bethesda Fire Department led by Lewis Womack demonstrated to the children and adults general fire safety and introduced the Risk Watch Program. Firefighters helped to children to understand how the various pieces of protective clothing protected the firefighters. Children were able to see the transformation as each new piece was added. The firefighters stressed that the man or woman inside the safety equipment was the same person without that equipment. This was done to help the children to recognize the firefighter as a person who could help them in a fire. The children went outside to see the fire truck. Firefighters demonstrated each aspect of the outdoor equipment and the children were able to see their teachers (a trusted adult) ascend up the rescue ladder. This, again, was done to reduce the element of fear for the children. Each child received a coloring book, pencil pack, crayons, and stickers from the Fire Department.

## **Berenstain Bears Brother and Sister Bear's Literacy Parties**

Brother Bear and Sister Bear (UNC-TV's Reisha Drumgold and Kamona Herring) visited some FANTASTIC children on Monday, October 27, 2003 at Lincoln Heights Elementary School. The children were greeted by the Berenstain Bears, and given lots of hugs. Ms. Tara Whitaker, UNC-TV's Ready To Learn trainer conducted the educational mini-workshop for the teachers and children. Ms. Whitaker showed the children episode clips from a Berenstain Bear show, "Too Much TV." Ms. Whitaker read the book "Too Much TV" and engaged the children in active learning through the lesson plan for TV Talk modified to meet the needs of the children.

**The Berenstain Bears also visited** Johnson Pond Learning Center for a meet and greet with Brother Bear and Sister Bear. Now you can implement this lesson at your site or home. A lesson plan is included below.

### **Video Lesson Plan #11 TV Talk**

Exploring the idea that watching too much TV may not be as fun as choosing ideas (from TV or other interests) to make up new shows or perform hands-on activities.

**Learning Area(s):** Making Thoughtful Choices...To help children feel confident about themselves as decision-makers.

**Episode: "Too Much TV" Synopsis:** Brother, Sister and Papa realize that their interests extend well beyond the television set. They grow to realize just how entertaining "simple" pleasures can be.

### **SEE, THINK & DO ACTIVITY GUIDE**

#### **CHOICES & DECISION MAKING**

**Objectives:** Children will:

- Identify the "choice-related" television viewing problems characters face in a clip from "Too Much TV."
- Listen to the story *Too Much TV* read to them, and then compare the problems and choices characters faced in the book – with ones encountered in the video clip.
- Identify fun alternatives to TV and computer usage—then put these ideas into action at home.
- Create show concepts verbally, with drawings, and writing.

**Grades:** K-2

**McRel Standard(s):**

- Life Skills - Thinking and Reasoning Standard 5.1, Identifies simple problems and possible solutions.
- Life Skills - Thinking and Reasoning Standard 6.1, Makes and defends decisions about daily activities

- Language Arts - Media-Standard 10.4, Understands that media messages and products are created by people and represent real and imaginary experience.

**Learning & Curriculum Area(s):** Critical Thinking, Language Arts, Creative Expression

**Vocabulary Words:** Choices, Problem, Ideas, Concept, Show, Characters, Setting, and Title

**Materials Needed:** Outreach Videotape, VCR, TV set, book, *Too Much TV* – provided healthy snacks.

(For follow up by teachers—use chart paper, construction paper, marker, tape, stapler, paper, finger or watercolor paints, paint brushes)

***Think & Do Activity Description:***

Discuss the clip in relation to choice making, such as:

- Why do you think Mother Bear decided that the cubs were watching too much TV?
- Do you think she was right?
- Have you ever not been able to watch a TV show when you really wanted to? (If yes) What did you do, instead?"
- What do you think the bears should do now that they cannot watch TV?
- What other activities could you do besides watch TV?

***“Think” – about similar ideas within a Reading Extension***

Read “When the TV Broke“ (or a similar-themed book about not getting to do what you want – and therefore coming up with other choices or ideas).

Encourage students to compare the storylines of the book and video, such as:

\*How is Jeffrey’s problem like the bear cubs in the video? How is it different?

\*What kinds of things did Jeffrey come up with to do when his TV broke? Did it look like he was having fun even though the TV was gone? (If yes) Why do you think he started having fun? Do you think the cubs could do some of the things he did and have fun, too?

***“Do” – a hands-on Activity***

\*Note: one or both of the following activities may be used in this lesson plan depending on time available and children’s interest.

**FOLLOW UP ALTERNATIVES**

**Activity One – Finding TV Alternatives**

1. Tell the class to imagine that all the TV’s and computers in the world have broken down for a day – so they’ll have to come up with something else they can do.

2. Ask children to actually perform this activity in place of watching a favorite TV show that afternoon or evening. And give them the parent note.

3. The next day, allow students who were able to complete the in-home assignment, to talk about their experience with the class.

### **Activity Two – Creating Original Show Ideas**

1. Explain to children that writers come up with the ideas in shows they watch on TV – like Jan and Stan Berenstain created a show about bears using their own last name! And now that they've seen part of a show by other writers – they're now going to get to create their own show. They should draw pictures of and write about their show idea. [Children unable to write should draw pictures and have the teacher write down words used to describe the show and illustration.]
2. Tell children to keep in mind several key things that a show contains: characters (who's in the show), setting (where the show takes place), concept (what the show is about) – and a title (what the show is called). They should also think about why their show is special and what makes it interesting and/or different from other programs they've seen. [Write these concepts on the board for children who read.]
3. Allow children to draw and write (in whatever creative way they choose) about their new show.
4. Encourage children to share their show ideas and pictures with the class – and why they chose that particular subject.

### **Additional Activities**

1. If a VCR is available, tape the full episode of “Too Much TV” (see How to Locate Episode). Ask children what they think happened during the bears' week of no TV—then show the actual outcome.
2. Mention that other books children might enjoy reading (about this subject) are: “Fix It” by David M. McPhail, and “Mouse TV” by Matt Novak.

### **Home Connections**

Parent Suggestion: Children will exercise more responsible viewing habits if they are allowed to choose a few (pre-approved) shows or videos to watch. Sit down with children and talk about what types of shows they like to watch and why. Then collaborate on a list of programs to view together.