



College of San Mateo

Mary Meta Lazarus Child Development

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Small Prints

Promoting Children's Physical Development

"Active play is our brain's favorite way of learning." - Diane Ackerman

We may tend to see children's physical development as something that happens quite naturally without much adult intervention when they engage in play. Although some movement skills do appear spontaneously & will mature on their own through exploration & discovery, there are a range of locomotor, stability & gross motor manipulative skills that require adult guidance & instruction to develop to a more mature form. Research shows chil-

dren benefit when teachers intentionally plan movement experiences & structure physical activities that introduce them to a variety of movement options. Children need time, space & equipment to practice these newly emerging skills in a variety of contexts. Under close supervision, we also want children to be able to take reasonable risks & test & extend their physical limits through the experiences we offer. In addition, we are excited about our focus this year on fostering physical development because learning will also be fostered in other domains. Through movement education, children form concepts about space, learn movement vocabulary terms, express creativity, solve problems, experiment with direction & speed & engage socially with peers. Physical competence also boosts children's self-esteem & contributes to the development of a healthy lifestyle.

You will be hearing questions like "How many different ways can you bounce a ball?", "Who can stretch only one side of their body?" "Who can roll their legs like they're glued together?"

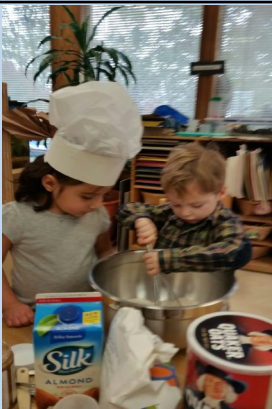
Join us & let's get moving together!

Healthy Eats, Active Feet: Our comprehensive health and nutrition program funded by Sequoia Healthcare District's Healthy Schools Initiative

Thanks to families and staff, our Fall Dinner, the kick-off to our **"Healthy Eats Active Feet"** program, was a huge success! The combination of relaxing family yoga in Classroom A, the rigorous obstacle course on the playground of Classroom B, followed by a nutritious, delicious dinner, all set the stage for

a year that promises to be filled with good health and friendship. Great information and resources for families are available at www.ChooseMyPlate.gov On the website, you will find "Get Moving Today" calendars by the month filled with fun activities to do with your child at home. There

are also helpful articles like, "Healthy Tips for Picky Eaters" and "10 Tips for Becoming More Active as a Family". The staff is using the "Let's Move! Child Care Checklist Quiz" to identify additional best practices for mealtimes at school. Our goal is to encourage the idea of food as a health-promoting option that can be shared and enjoyed in a relaxed, social atmosphere.



Yarezi & Gianluca bake w/whole wheat, oatmeal, almond butter & almond milk.



Children learn dance moves from CSM's Dance students.

Classroom A



When children engage in physical development activities and are successful, it not only builds their physical strength, it also allows them to feel a sense of pride and mastery of their skills that leads to a healthy self-image. Our teachers have been creating obstacle courses that include elements of stability. Children have had the opportunity to balance up ramps of different inclines, walk across wobbly spoos, and make their way around the narrow surface of our big blocks

outdoors. They have experimented with how best to use their arms, how they need to bend their knees, and where to look and focus in order to get across. We have witnessed children start off crawling to gain the confidence to cross standing up. When children are given the opportunity to explore and build on their skills, learning emerges, and growth and success happens.



Children coordinate their movements to transport a heavy hay bale across the yard.

Johnny, Ethan's dad, helps us assemble our new outdoor table.

Room A Family Engagement

*"The joy of physical movement is the sparkling common thread among dozens of ways to enliven children's learning."
-Mimi Brodsky Chenfeld*



Zeynep, Berat's mom, teaches us Turkish songs at circle-time.



Dentist Office

Going to the Dentist

We have been exploring the experience of going to the dentist through books, props, and dramatic play. For young children being able to role play scenarios helps them gain the confidence they need to face new, potentially scary situations. Young children acquire social-emotional skills through dramatic play experiences and varied activities.



Keira crawls through the spider web maze at our Fall Festival put on by CSM's Middle College students.

Classroom B



Our focus on fostering physical development is important because children who feel confident in their movement skills are likely to continue moving throughout their lives which leads to a healthy lifestyle. Our teachers are encouraging and supporting children's physical development by:

- Providing **all** children with opportunities that promote their physical development
- Offering a safe environment for children to explore
- Having developmentally appropriate expectations for children's physical growth and development
- Supporting children as they go through changes in their physical development
- Modeling healthy behavior and an active lifestyle
- Intentionally planning activities that gather information about a child's motor skills



Haybale.mp4

Use Quicktime to view video

Room B Family Engagement

Susan, Kloe's mom, came to make ornaments with the children.



Baraka, Balkis's mom shows the children how she styles Kiki's hair.

“
Movement is the song
of the body.”
Vanda Scaravelli

“First, we wash hair.
I need shampoo.
Ok, head back.
Ok, I need clips.
I need water.
Ok, now we are going to see your face.”
-Analise

Hair Salon



The hair salon is now open! Our hair salon focus began with several children pretending to wash each other's hair in the play sink. The teachers were amazed at how much the children already knew about the topic and began adding more realistic props, such as a blow dryer, curling iron, hair clips, mirrors, facial masks, aprons, appointment books, and shampoo bottles to enhance the children's play and extend their learning. Children are also developing language and literacy skills using new vocabulary words like stylist, gel, patron, curly, appointment book, perm, braid, and apron. As children write down their appointments, they are developing emergent writing skills and an understanding that print represents the spoken word. The children are excited about a visit to tour CSM's cosmetology lab on Friday, December 9 from 3:15-4pm where Jocelina's mom, Janell, is a student.

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Brennan, Kalea, and Kloe created an autumn collage with Teacher Izamar. From leaf collecting, to sponge painting, to the end result, their creation brought out the children's autumn joy.



Calendar of Events

December 6—CSM Dance Students Share a Dance They Choreographed & Teach the Children Some Great Dance Moves

December 8 — Family Holiday Celebration

December 12-16 — Finals Week

December 16 — Last day of Fall Semester

January 17 — Spring Semester Starts Children engaging in movement and dance.



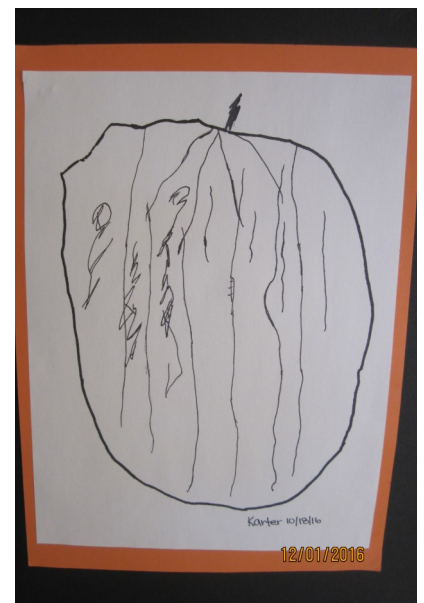
Spiced Citrus Playdough Recipe

- 2 cups plain flour
- 1 cup salt
- 2 tbs cream of tartar
- 2 tbs vegetable oil
- 2 cups water
- liquid food coloring

- Spiced Citrus Blend
- 12 whole cloves ground with a mortar and pestle
 - 1 tsp. ground cinnamon
 - 1 tsp. ground nutmeg
 - 1/4 cup lemon juice
 - zest of lemon finely grated

Place all the ingredients in a large saucepan. Stir constantly over medium heat until mixture congeals and forms a ball (3-5 min.). Remove from heat and knead until the dough is smooth.

Karter's Pumpkin Drawing



The children enjoy a celebration of El Dia de los Muertos w/ CSM's Puente students.