

January/February 2021



Early Childhood Center

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Dear Families,

Hello 2021! We hope that you all had a wonderful winter break and were able to stay healthy and had fun!

With 2021 we have new parenting classes being offered and doing more fun activities in the classrooms. Please check your child's backpacks daily for any letters from the teachers. Also check out our Facebook page, The Early Childhood Center, for any new information.

Stay safe and warm this winter!

Upcoming Events

January 14

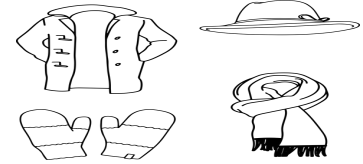
Triple P Parenting Class

January 18

Martin Luther King Jr. Day - No School

February 15

Presidents Day - No School



Weather Policy

It is a bit chilly outside nowadays. The school policy is that we try to be outside everyday but if temperatures are less than 22 degrees we will be inside. *So please remember to send warm coats, hats, and gloves to school with your child.*

Staying Active In The Winter and Developing Motor Skills

It is important to stay active but so many of us almost go into hibernation mode when it is cold outside. Well here are a few fun ideas for you and your family:

- ★ Have a dance off
- ★ In-door hopscotch using painters tape for lines
- ★ Walk the lines of the painters tape (balance beam)
- ★ Yoga
- ★ Create an obstacle course

By staying active you are also helping your child's motor skills development even more!

What is motor development?

Motor development means the physical growth and strengthening of a child's bones, muscles and ability to move and touch his/her surroundings. Motor development is important throughout a child's early life, because physical development is tied to other development areas.

The three stages of development in young children are physical, cognitive, and psychosocial development.

So let's keep moving!

Heavy Work

When you think of heavy work what do you think of? Did you know that heavy work is very beneficial? So what is it?

Heavy work is any type of activity that pushes or pulls against the body. Heavy work activities can help kids with sensory processing issues feel centered. It engages a sense called proprioception, or body awareness.

This sense is stimulated through running, jumping, crashing, hugging, climbing, pushing, lifting, and pulling. Many kids, adults, and those with special needs relax, calm down, and even have improved focus when they get proprioceptive input.

Here are some heavy work activities and ideas for small spaces:

- ❖ Yoga Poses
- ❖ Playing passing games with weighted stuffed animals
- ❖ Weighted sensory bottles
- ❖ Squeezing putty or play dough
- ❖ Wall sits
- ❖ Pushing/pulling laundry basket
- ❖ Vacuuming
- ❖ Carry groceries from car at home

No matter what type of heavy work activity your child is doing, remember that you'll want to look for their response. Do they seem focused and relaxed either during or after the activity? Would it help to follow up with some sensory input like listening to quiet music, swinging, or hanging out in a cool down spot?

Just remember that one heavy work activity that works for one child does not always work for another.

If you would like more ideas please come visit us and see how we incorporate heavy work into our curriculums.



Chicken Cordon Bleu Bubble-Up Bake



Prep 20 min Total 60 min

Ingredients

- 1 container (8oz) chives-and-onion cream cheese
- 1 package (8oz) shredded Swiss Cheese (2 cups)
- $\frac{3}{4}$ cup milk
- 1 can (16.3oz) Pillsbury Grands! Flaky layers refrigerated Original biscuits
- 2 cups chopped deli rotisserie chicken
- 1 cup diced cooked ham (about 8 oz)
- Sliced green onions, if desired

Steps

1. Heat oven to 350 degrees F. Spray a 13x9-inch baking dish with cooking spray.
2. In a large microwavable bowl, mix cream cheese and 1 cup of swiss cheese. Microwave uncovered on High for 1 minute, stirring after 30 seconds, until softened and cheese is starting to melt; add additional 30 second intervals as needed. Beat in milk with whisk until mostly smooth; mixture may still be slightly lumpy.
3. Separate dough into 8 biscuits; cut each into sixths. Gently stir into cream cheese mixture; stir in chicken and ham. Spoon into baking dish. Top with remaining 1 cup cheese.
4. Bake 35-40 minutes or until deep golden brown and biscuits are baked through. Sprinkle with green onions.

