



Huntington Beach

City School District



May 2nd, 2016

Greetings!

*In this edition of the Early Childhood Newsletter, you will find information on a new initiative, **One Billion Acts of Kindness**, from the Orange County Department of Education. You will also find ways to celebrate **Screen Free Week**, May 2nd through May 8th. Information on the third **community forum** in the Huntington Beach City School District for the Local Control Accountability Plan (LCAP) is included, along with a monthly **read aloud** reminder. The resource this month comes from the Center for the Study of Social Policy and focuses on **protective factors** for families. And finally, we're thrilled to share more about **a new program** we will open in the fall of 2016 and remind you about our **summer camp** program for children entering Kindergarten or Preppy K programming in the fall.*

GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



printable yoga poster

One Billion Acts of Kindness



"Beginning in May, the Orange County Department of Education will launch a new initiative asking the citizens of Orange County to pursue the goal of one billion acts of kindness.

What constitutes an act of kindness? Well, that's somewhat subjective. It could be as simple as picking up a discarded cup along the sidewalk or allowing a car to merge in front of you on a busy interchange. Or it could be more involved, like visiting a home for senior citizens, joining a beach clean-up or volunteering at a local animal shelter. Either way, it's about doing something kind with no expectations of reciprocity."

[Kindness 1 Billion](#)

Screen Free Week: May 2nd-8th, 2016

Family Tested Tips to Unplug and Play: [Tips](#)

LISTEN TO THE RADIO.
WRITE A LETTER. SHOOT SOME
HOOPS. PAINT A PICTURE.
PLANT A GARDEN.
READ A BOOK. VOLUNTEER.
READ TO SOMEONE ELSE.
GO SWIMMING.
MAKE A PUPPET SHOW.
REDECORATE YOUR HOUSE.
MAKE COOKIES. PLAY TAG.
HAVE A GARAGE SALE.
FLY A KITE. GO FOR A HIKE.
PLAY CARDS. MAKE A FORT.
HAVE A DANCE PARTY.
START A ROCK BAND.
BIKE RIDE. WRITE A PLAY.
VISIT THE ZOO.

**WHAT ARE YOU DOING FOR
NATIONAL SCREEN-FREE WEEK?**



**Huntington Beach City
School District**
MAY 2 - 8, 2016
SCREENFREE.ORG



Healthy Kids in a Digital World

PRECHOOLERS

Remember
to unplug!

Unplug to **CONNECT**

Children need nurturing relationships!

Kids who spend less time with screens spend more time with their families.

Caring adults help children:

- Feel comfortable with themselves
- Have successful friendships
- Love learning

HEALTHY KID TIPS

Screen-free connections don't have to take a lot of time; they can easily happen every day:

- Chat on the way home from child care.
- Cook meals together. Kids love stirring and measuring.
- Share songs and stories during bath time.

No app or program is as interactive as a teacher, parent, or playmate.

Children benefit from connecting with nature, too

Watch clouds • Splash through puddles • Collect leaves

Unplug to **LEARN**

How do preschoolers learn best?

- Exploring with all their senses
- Through hands-on, free play
- Having lots of conversations
- When grown-ups read to them

Children who spend less time with screens:

- Do better in school
- Have more time for creative play and interacting with caring adults, two activities essential to learning

HEALTHY KID TIP

Choose books without added noises and moving pictures—let kids imagine their own. Digital features can interfere with story understanding, which is an important step toward literacy.

Smart phones, tablets, e-books, TV, apps, digital games, videos...

Screen-free time is more important than ever!

ccfc

Campaign for a Commercial-Free Childhood

commercialfreechildhood.org

Unplug for **HEALTH**

Children who spend less time with screens:

- Fall asleep faster
- Sleep longer
- Eat better
- Get more exercise

Be a positive role model

Kids learn screen-time habits from parents and caregivers.

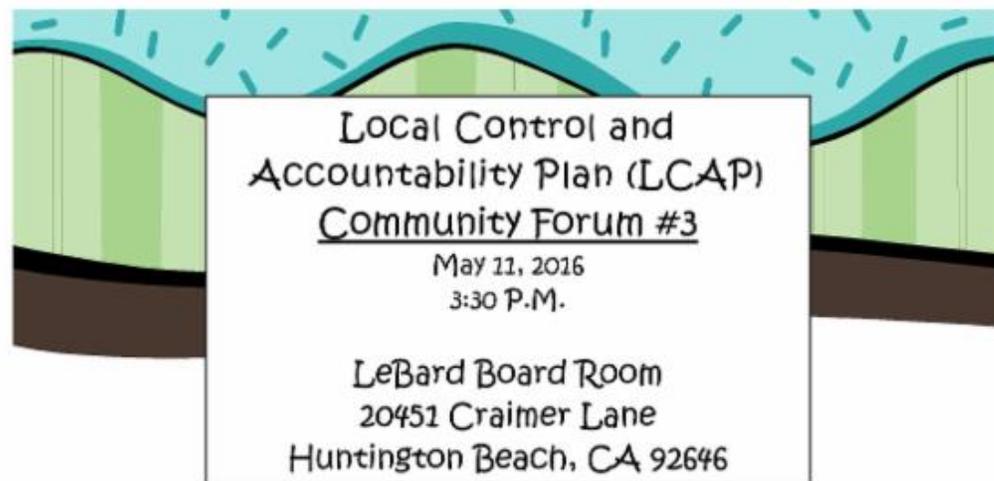
HEALTHY KID TIP

- Encourage outdoor, free play as often as possible—it helps develop strong, healthy bodies.
- Make bedtime routines screen-free—kids who use screens at night have more sleep problems.
- Keep screens out of bedrooms.
- Enjoy screen-free, family meals—they encourage healthy eating.

Given the chance, young children love to run, skip, jump, dance, and climb.

Last year, funding was allocated through this process as an investment in early learning in the Huntington Beach City School District. We continue to encourage your attendance, support and participation in these important discussions that affect children currently enrolled in the Huntington Beach City School District and also those who may not yet have joined us. Should you be unable to attend in person but would like to find out more and to have your voice heard, please find out more here: [LCAP Information](#).

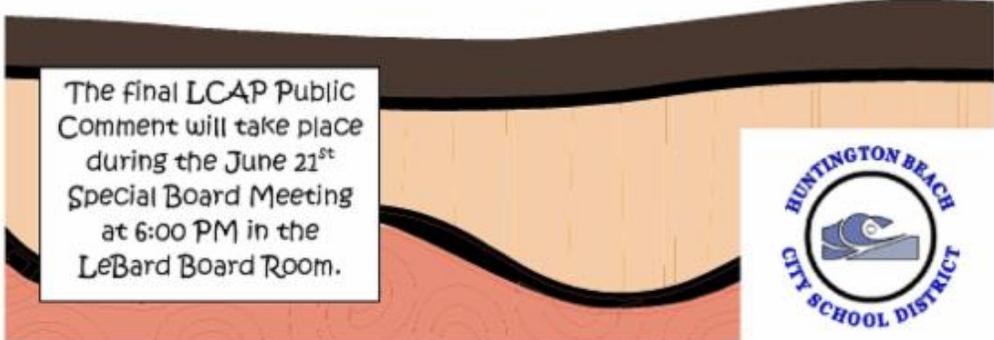
The Comment Box can be found here: [LCAP Comment Box](#).



The LCAP process is a wonderful opportunity for all District stakeholders, including parents, community members, and both classified and certificated staff, to share ideas and input on ways HBCSD can improve and build upon our instructional program offerings.

Please join us to learn more about how the District is using funds provided by the Local Control Funding Formula to address our three goals: Core Standards, Communication, & Connections.

At our final Community Forum, we will discuss changes being made to the LCAP based on the input received at Community Forums and Public Comments.

A graphic with a stylized background of brown and orange wavy lines. On the left is a white rectangular box with black text. On the right is the Huntington Beach City School District logo, which is a circular seal with a blue and white design and the text "HUNTINGTON BEACH CITY SCHOOL DISTRICT" around the perimeter.

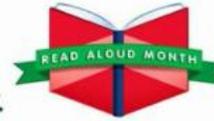
The final LCAP Public
Comment will take place
during the June 21st
Special Board Meeting
at 6:00 PM in the
LeBard Board Room.





Read Aloud
15 MINUTES

Every child. Every parent. Every day.



If you wait, it's too late

THE 'MOST IMPORTANT' THING...

Experts agree: Reading aloud is the single most important thing a parent or caregiver can do to help a child prepare for reading and learning.



Resource of the Month!

The Strengthening Families Protective Factors



Think about your own family and other families you know. Some of these protective factors are probably strengths, and some you might need more assistance with at times. That's completely normal.

All families go through times when they need more support. Some of us get that from extended families, faith communities or neighbors. Others may rely more on formal programs. Either way, being intentional about taking care of yourself and getting the help and information you need can help keep you and your family strong.

The Center for the Study of Social Policy (CSSP) has a vision of child, family and community well being as a unifying framework for policy, systems reform and creating opportunities that contribute to well-being and economic success.

The Strengthening Families Protective Factors Framework consists of:

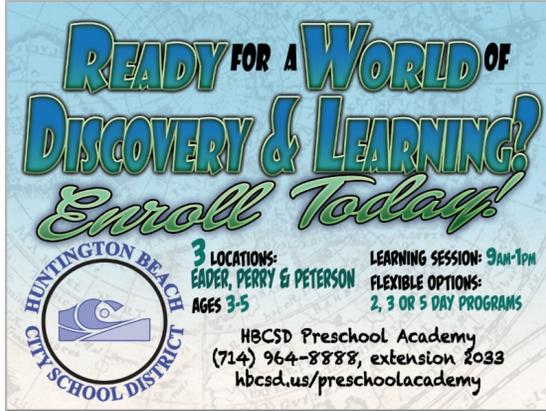
- 1) Parental Resilience
- 2) Social Connections
- 3) Concrete Support in Times of Need
- 4) Knowledge of Parenting and Child Development
- 5) Social and Emotional Competence of Children

When these five protective factors are well-established, they build strong families and an environment that promotes optimal child and youth development.

Find out more here, including tips for strengthening these protective factors:

[**Family Brochure**](#)

Early Childhood Opportunities in the HBCSD



The Preschool Academy is thrilled to announce that funding has been awarded to our district from the California Department of Education, and we will be offering a state preschool program that will be **free to families who qualify**.

Check income ceilings here:

[California State Preschool Income Ceilings](#)

This program will be offered on the campus of Perry Elementary School, and registration will begin in July. It will operate from 9:00am-12:30pm, and will follow the Preschool Academy academic calendar.

If you would like to stay connected prior to when enrollment begins in July, please e-mail us at:

earlychildhood@hbcasd.us

Please share this information with those who might be interested!

We hope you have found this information to be of value. It was sent to you because you provided your e-mail address to the Huntington Beach City School District in order to receive periodic updates and information related to Early Childhood Education. The content provided within this e-mail is for informational purposes only and does not constitute an endorsement of any person, program, agency or organization. The Huntington Beach City School District (HBCSD) is not responsible for the accuracy or content of information provided. If you would like to forward this on to others, or if you do not wish to receive future e-mails, please use the links below.

The Preschool Academy Program is excited to offer the Jumpstart Summer Camp Program for 6 weeks starting July 25th. This program is specifically designed for children who will enter Kindergarten or Preppy K in September of 2016. Operating on the campus of Perry Elementary School Mondays-Thursday from 9:00am-1:00pm, this program is intentionally designed to bridge the transition between preschool and the Kindergarten experience. This is a tuition based program, and fees are \$105/week for any combination of weeks that fit your summer needs.

Preschool Academy Website:

[Preschool Academy Registration](#)

Contact us for more information:

earlychildhood@hbcasd.us

"Listen earnestly to [anything] your children want to tell you, no matter what. If you don't listen eagerly to the little stuff when they are little, they won't tell you the big stuff when they are big, because to them all of it has always been big stuff."

- Catherine M. Wallace



Sincerely,

Jenn Kinkel

Director of Early Childhood Education, Huntington Beach City School District

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