

# ***FORT ZUMWALT SCHOOL DISTRICT***

## **EARLY CHILDHOOD EDUCATION**

Honored for "Distinction in Performance" by the State Board of Education

317 School Street  
O'Fallon, MO 63366  
Telephone: (636) 281-9815 or 379-0930  
Website: [www.fz.k12.mo.us](http://www.fz.k12.mo.us)

**Dr. Bernard J. DuBray, Superintendent**  
**Mr. Paul Myers, Ass't. Supt. Special Services**  
**Mrs. Linda Jennings, Coordinator**

### Parents as Teachers Staff

#### Parent Educators:

Judy Aloisio  
Dayna Brandmeyer  
Jill Collier  
Karen Finnegan  
Jennifer Freund  
Kathie Howard  
Vicki Jones  
Vivienne Johnson  
Susi Kayser  
Sara Kappelmann  
Kathy Kroenung  
Karen Morse  
Tricia Paddock  
Lisa Randall  
Janet Roeder  
Suzy Schmitt  
Diane Schweppe  
Carrie Simpson  
Jenni Toth  
Anne-Marie Wegner

#### Secretary:

Debbie Morris

September 1, 2011

Dear Parents,

Welcome to the 2011-12 school year. We at Parents as Teachers are happy to be able to offer the following services to young children and their families.

- Developmental, hearing, and vision screenings for children ages 3 months to kindergarten entry.
- Private visits to families who are expecting a child or have a child under kindergarten age and meet the state's characteristics for high needs.
- A limited number of private visits to families who are expecting a child or have a child under age 3 and do not meet any of the state's characteristics for high needs.
- Monthly group meetings.

If you are anticipating private visits this year, you should be contacted by your parent educator by mid-September. If you have not heard from our staff by then, please call the office.

Please refer to the following pages in this newsletter for more detailed information on screenings and group meetings.

We appreciate the opportunity to work with your family. Thank you for your continued support of Parents as Teachers.

Sincerely,

*Linda Jennings*

Linda Jennings  
Coordinator



#### Board of Education

**Mike Price\***  
President

**Barb Story\***  
Vice President

**Carol Russell\***  
Member

**Scott Grasser\***  
Member

**Mike MacCormack\***  
Member

**Dr. Renee Porter**  
Member

**Laure Schmidt\***  
Member

\*C.B.M. – Certified Board Member

## Group Events 2011-12

### Live Well Expo and Renaud Spirit Center Open House

Saturday, September 24, 2011

10 a.m.—1 p.m.

Renaud Spirit Center — 2650 Tri-Sports Circle, O'Fallon, MO 63368

Join us for this hands-on fitness, health, and recreation event.

Free for the entire family!! Raffles and prizes, children's activities, family fitness challenge and more!

No reservations needed.

Visit [www.renaudspiritcenter.com](http://www.renaudspiritcenter.com) for more information.



### "Kickaroos" at Vetta Sports

Vetta Sports is offering families a fun and free introduction to sports! Centered around soccer, the class will be a great way to incorporate physical fitness, coordination, simple agility and smiles. Following each class, Vetta will let the children play in the jump area for more large muscle fun!

Thursday, October 6, 2011

5:15 p.m.—2 year olds

6:00 p.m.—3 year olds

6:40 p.m.—4 & 5 year olds



Vetta Sports —  
1425 St. Peters-Cottleville Rd., St. Peters, MO 63376

**This has been a very popular event!**

**Please make reservations by Friday, Sept. 30th.**

**Call: 636-474-8445**

### Bear Necessities: Teddy Bear Clinic

Barnes-Jewish St. Peters Hospital's Bee Jay Bear will make an appearance at this fun-filled teddy bear clinic. Children will perform first aid techniques on their favorite stuffed animal from home with guidance from the hospital's team of experts. Safety, good nutrition, exercise and other tips to keep your little one strong and healthy will be discussed. **Don't forget to bring a favorite stuffed animal.**

Ages 2 to 5 with a parent.

Thursday, November 3, 2011

10—11 a.m. or 6—7 p.m.

Barnes Jewish Hospital Professional Building 1,  
6 Jungerman Circle, Suite 117, St. Peters, MO 63376

Reservations can be made beginning October 7.

Call: 636-474-8445



**“Make It & Take It” Language Kits**

Learn strategies to enhance your child’s language and play skills. Participate in making imaginative play tools from items found around the house. Speech and language therapists from Leaps and Bounds Pediatric Therapy Center will give instructions on how and why to use each of these take home projects.

Parents only.

Thursday, December 8, 2011  
7—8:30 p.m.

Special Services Building  
317 S. School Street, O’Fallon, MO  
63366

Reservations can be made  
beginning November 7.

Call: 636-474-8445

**Diapers to Underpants**

A trained expert from St. Louis Children’s Hospital will help parents learn to identify their child’s signs of readiness for toilet learning. Parents will also learn that there is an increased chance of success when the process is made to be a fun learning experience.

Parents only.

Tuesday, January 10, 2012  
6:30—8 p.m.

Special Services Building  
317 S. School St., O’Fallon, MO 63366

Preregistration is Required.

Call 314-454-5437 or  
800-678-5437.

Press 3 and give:

- Presentation date
- Presentation location



**Every Child Ready to Read Storytime**

Fun books, songs, and rhymes for children, plus information for parents about the skills that children need before they start school to be successful readers.

Saturday, February 25, 2012

Deer Run Library  
1300 North Main, O’Fallon, MO 63366

- 9-9:45 a. m. — for babies under age 2 and parents
- 10 –10:45 a. m. — 2 and 3 year olds and parents
- 11:-11:45 a.m. — 4 and 5 year olds and parents

Reservations can be made  
beginning February 1, 2012.

Call: 636-474-8445



Parents as Teachers’  
Vision:

“All children will  
learn, grow, and  
develop to realize  
their full potential.”



## Group Events 2011-12

### **Food Choices & Food Fights — healthy eating in the early years**

Dr. Doug Barton, a board certified pediatrician from SSM will present on this always popular topic. Learn ways to ease frustration when dealing with your infant/toddler's diet.

Thursday, March 1, 2012

6:30—8 p.m.

Special Services Building  
317 S. School St., O'Fallon, Mo 63366

Reservations may be made  
beginning February 1.  
636-474-8445



### **Love & Logic®**

It's never too early to use Love and Logic's® proven methods for turning the "terrible twos" into "terrific twos". The speaker will provide simple and easy to use techniques to help you have more fun and less stress while raising responsible children.

Wednesday, April 18, 2012

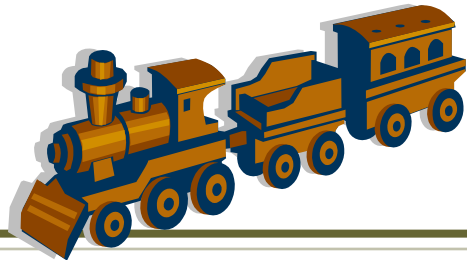
6:30—8 p.m.

Hope High School  
307 W. Pitman, O'Fallon, MO 63366

Reservations may be made beginning March 12.  
636-474-8445

Parents, please  
remember that all  
Parents as Teachers'  
activities are school  
functions and there-  
fore smoke-free.

Thank you for your  
cooperation.



### **Public Works Fair**

Parents as Teachers will again join the City of O'Fallon at the Annual Public Works Fair. The event includes kid rides on the Krekel Line Train, giveaways, and activities designed just for kids. See city equipment "up close and personal".

Wednesday, May 23, 2012

10 a.m. — 2 p.m.

T. R. Hughes Ballpark Parking Lot

No reservations needed.



### KINDERGARTEN SCREENING

The Ft. Zumwalt School district is currently scheduling screening appointments for children entering kindergarten in the fall of 2012. Early screening is beneficial towards preparing children for kindergarten.

An assessment of large and small muscle skills, speech and language use, and concept knowledge will take place as well as vision and hearing screening. (This vision screening does not meet the new state law requirements for the comprehensive vision examination.) The process takes approximately one hour. Day and evening appointments are available.

To schedule a child's appointment or for more information, please call 636-474-8445, between 8 a.m. and 4 p.m., Monday through Friday.



#### Kindergarten Entrance:

The entrance age for pupils entering kindergarten is five years old before August 1 of that year. Therefore, to enter kindergarten in the fall of 2012, a child must turn five on or before July 31, 2012.

#### What is.....

- *Fine motor (or small muscle skills)?* This involves the hands, fingers, etc. and refers to the skills necessary for activities such as holding a pencil correctly, cutting with scissors, stacking blocks.
- *Gross motor (or large muscle skills?)* This pertains to the arms, legs, trunk, etc. and includes the skills needed to throw a ball, hop on one foot, run, and other activities that require coordination.
- *Concept knowledge?* This area includes the ability to count, name colors, and sort objects by size, color, or shape.
- *Language?* This relates to how children understand and use language. Can they answer simple questions? Can they follow one, two, or three step directions?
- *Speech?* This refers to how a child speaks. Are people outside of your family able to understand what your child is saying?

### ATTENTION PARENTS OF PRESCHOOLERS...

Do you wonder if your child is benefitting from his/her learning experience? Is your child on target with his/her development? You are invited to schedule a developmental screening for your child that will answer these questions.

**Who:** 3 and 4 year olds

**Why:** to assess skills in motor, concepts, and language areas. Hearing and vision screening are also provided.

**Where:** Early Childhood Office, Special Services Building, 317 School Street, O'Fallon

**When:** NOW!!

Call for more information or  
to schedule an appointment!!  
636-474-8445.



Parents as Teachers'  
**PARENT PAGE**

# Keeping your child safe in the car: new recommendations from the American Academy of Pediatrics

**THE EXPERTS ARE BUCKLING DOWN ON THE WAYS THAT** children buckle up. The leading cause of death among children is car crashes, prompting the American Academy of Pediatrics (AAP) to update its recommendations on car seats:

- Children should ride in rear-facing car seats until age 2, or until they reach the maximum height and weight for their seat.
- Children should ride in belt-positioning booster seats until they have reached 4 feet 9 inches tall and are between 8 and 12 years of age.

These changes are supported by research that shows that using rear-facing seats has been effective at reducing injuries and death. Children under age 2 are 75 percent less likely to die or be severely injured in a crash if they are riding rear-facing, according to a study by the journal *Injury Prevention*. The new recommendations also clarify the importance of meeting height and weight requirements rather than age requirements before transitioning to the next car seat stage.

"Parents often look forward to transitioning from one stage to the next, but these transitions should generally be delayed until they're necessary, when the child fully outgrows the limits for his or her current stage," said Dennis Durbin, MD, FAAP, lead author of the AAP's policy statement and accompanying technical report.

"A rear-facing child safety seat does a better job of supporting the head, neck and spine of infants and toddlers in a crash, because it distributes the force of the collision over the entire body," Dr. Durbin said. "For larger children, a forward-facing seat with a harness is safer than a booster, and a belt-positioning booster seat provides better protection than a seat belt alone until the seat belt fits correctly."

#### **Booster basics**

- Children should not transition from a rear-facing seat to a forward-facing seat with a harness until they reach the maximum weight or height for that seat.
- A booster will make sure the vehicle's lap-and-shoulder belt fit properly.
- The shoulder belt should lie across the middle of the chest and shoulder, not near the neck or face.
- The lap belt should fit low and snug on the hips and upper thighs, not across the belly.
- Most children will need a booster seat until they have reached 4 feet 9 inches tall and are between 8 and 12 years old.
- Children should ride in the rear of a vehicle until they are 13 years old.

Of course, it's important to be sure your car seat or booster seat is installed correctly, whatever your child's age. In many communities, local fire departments and hospitals offer free car seat installation and safety checks. To find resources in your neighborhood, visit [www.seatcheck.org](http://www.seatcheck.org). ❖



**FORT ZUMWALT SCHOOL DISTRICT**  
**Parents as Teachers**  
**Program Evaluation**

Parent Educator's Name: \_\_\_\_\_

To help us make our program the best it can be, please complete this short survey and **mail to PAT, 317 School St., O'Fallon, MO 63366**. All responses will be kept confidential. Thank you!

Circle the number that best describes your experience in our program. Circle NA (not applicable) if questions do not apply to you. Please note that ratings go from left to right.						
<b>PERSONAL VISITS</b>	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	NA
Personal visits are scheduled at a time that is convenient for me and my family.	1	2	3	4	5	NA
My parent educator makes me feel comfortable.	1	2	3	4	5	NA
My parent educator has helped me understand how my child grows and learns.	1	2	3	4	5	NA
My parent educator has helped me feel more confident as a parent.	1	2	3	4	5	NA
My parent educator helped me understand the importance of books and reading to my child.	1	2	3	4	5	NA
<b>GROUP MEETINGS</b>						
Group meetings are held at times and places that make it easy for me to participate.	1	2	3	4	5	NA
The topics and activities offered were of interest to me.	1	2	3	4	5	NA
I feel welcome and comfortable at group meetings.	1	2	3	4	5	NA
Group meetings have helped me understand how my child grows and learns.	1	2	3	4	5	NA
<b>SCREENING</b>						
My child and I have felt comfortable during the screening process.	1	2	3	4	5	NA
Screening has helped me understand how my child grows and learns.	1	2	3	4	5	NA
Screening has identified my child's strengths and abilities or areas of concerns.	1	2	3	4	5	NA
<b>OVERALL PROGRAM</b>						
I am very satisfied with Parents as Teachers.	1	2	3	4	5	NA
I would recommend this program to a friend.	1	2	3	4	5	NA
Parents as Teachers has helped me be my child's best first teacher.	1	2	3	4	5	NA
Parents as Teachers has strengthened my child's development.	1	2	3	4	5	NA
I set and reached a child development and/or parenting goal with my parent educator.	1	2	3	4	5	NA

What about this program has been most helpful to you and your child(ren)?

What could be improved about this program?

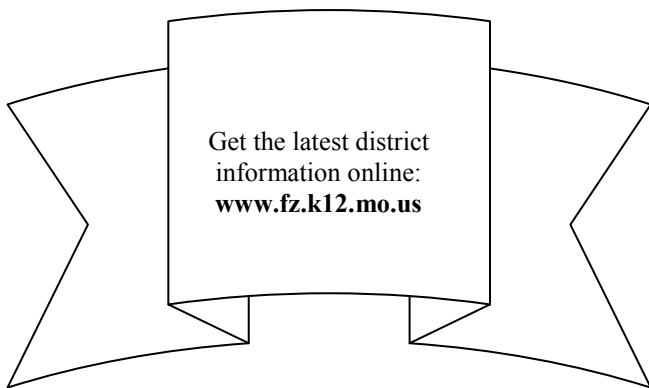
Additional Comments:



Parents as Teachers  
Fort Zumwalt School District  
317 School Street  
O'Fallon, MO 63366

636-281-9815  
636-379-0930

Address Service Requested



## Parents as Teachers Newsletter 2011-12

Please note the following requests for safe and healthy visits this school year.

- ♦ **Cold and Flu Season:** If someone in your home has a contagious or infectious illness, please call your parent educator to reschedule your visit. Remember that parent educators travel from home to home and appreciate your help in controlling the spread of colds and flu.
- ♦ **Safety:** As your parent educator visits this year, please help ensure her safety by lighting your home and entry way before and after the visit, by clearing a pathway to your home, and by watching as she leaves your home in her vehicle.

Thank you for your help!