

# PRESCHOOL PRESS



A Publication of the Anchorage School District STEP Center and  
the Early Childhood and Elementary Special Education Department

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## About *Preschool Press*

This publication is designed for preschool families in the Anchorage School District. Email subscriptions are available. If you wish to subscribe contact:

[Johnson\\_Karren@asdk12.org](mailto:Johnson_Karren@asdk12.org)  
or call 742-3870.

Past copies of the *Preschool Press* can be found on [www.asdk12.org/depts/step/](http://www.asdk12.org/depts/step/)

## Parent Conferences

Parent Conferences will be taking place periodically. Here are some tips for having a successful conference. These were taken from the ASD Web site:

<http://www.asdk12.org/parents/conferences.asp>

### Before the conference

- \* Decide what you want to ask the teacher and write the questions down.
- \* Consider making a list for your child's teacher of things that will help create a better understanding of your child; for example, family conflicts, feelings about school, hobbies, special health problems.
- \* Ask your child some questions: what's her favorite thing to do at school what's her least favorite? What do you want me to tell your teacher?
- \* Be on time. Write down the time of your appointment and arrive promptly. If you can't make the conference as scheduled, call and notify the teacher.

### During the conference

- \* If you have a specific point to discuss or have a complaint, listen to the teacher's point before criticizing.
- \* The teacher may have some questions too -- not trying to pry into your personal life, but only to obtain information that will help her or him to work better with your child.
- \* Before you leave develop an action plan. If need be, set up a way to check on your child's progress. You and the teacher can decide how best to stay in touch. Finally, follow through with the plan.
- \* Leave promptly to allow other parents to have as much time as you had with the teacher. If you feel the need to continue, schedule another conference with the teacher.

### Need more information to help you get ready? Check out:

- [www.nea.org/parents/ptconf.html](http://www.nea.org/parents/ptconf.html)
- <http://school.familyeducation.com/parents-and-school/parent-teacher-conferences/38585.html>
- <http://school.familyeducation.com/parents-and-school/parent-teacher-conferences/38586.html>



## Get Connected

Each month an agency from the community is highlighted that may help you “Get Connected”. Here is the one for this month:



### What is it?

*The STEP Center is a division of the Anchorage School District's Special Education Department and a resource center for everyone. It is full of materials (books, videos and DVD's) dealing with issues from Aspergers, to bullying, to hearing issues, to puberty and everything in between. There are pamphlets on local and state agencies and even a computer with Boardmaker on it for public use.*

### Where is it?

*Anchorage School District Education Center  
5530 E. Northern Lights (southeast corner of Boniface Parkway and Northern Lights)*

### How can it help me?

*Besides the resources listed above the STEP Center maintains a website (<http://www.asdk12.org/depts/step/>) with other resources on it including Preschool Press' sister publications “Options for Tomorrow” and “AK Connect” along with links to disability related websites. To find out what is happening around the state check out Alaska Family Directory.*

### How do I use it?

*Come into the STEP Center, and start looking through the materials. If you find something you want to check out, fill out a simple sheet, and it's yours to review for the next couple of weeks - FREE of charge. You can call at 742-3872 or email [step@asdk12.org](mailto:step@asdk12.org).*



## Family Activities

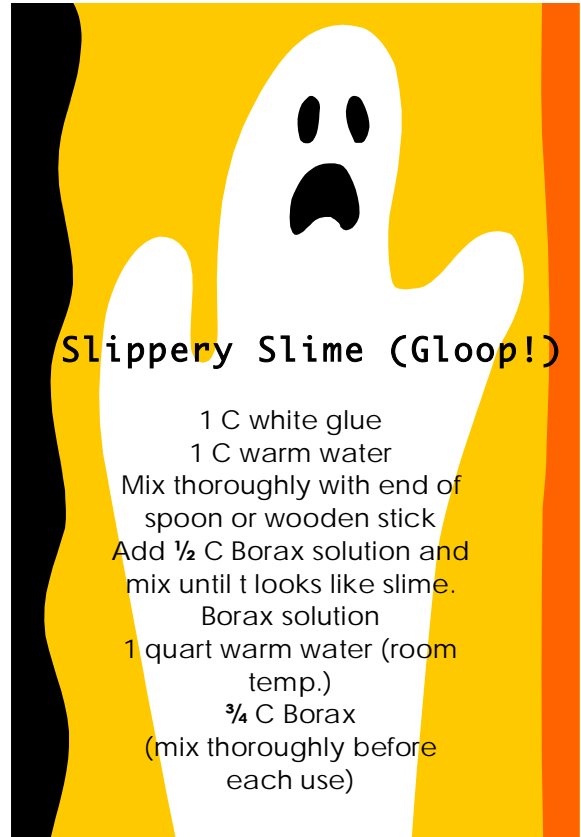


### Halloween Safety Tips for Trick-or-Treaters

While out with your children this Halloween season you may want to keep in mind these tips from:

[www.sosnet.com/safety/halloween.tip.html](http://www.sosnet.com/safety/halloween.tip.html)

- Carry a flashlight
- Walk, don't run
- Stay on sidewalks
- Obey traffic signals
- Stay in familiar neighborhoods
- Don't cut across yards or driveways
- Wear a watch you can read in the dark
- Make sure costumes don't drag on the ground
- Shoes should fit (even if they don't go with your costume)
- Avoid wearing masks while walking from house to house
- Carry only flexible knives, swords or other props
- (If no sidewalk) walk on the left side of the road facing traffic
- Wear clothing with reflective markings or tape
- Approach only houses that are lit
- Stay away from and don't pet animals you don't know



**Preschoolers should always be accompanied by an adult while participating in Halloween activities.**



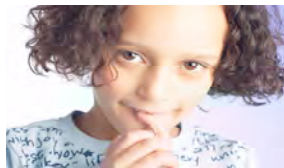


## Helping Kids Succeed Alaskan Style

*Interpersonal Skills: Youth has empathy, sensitivity, and friendship skills.*

Parents and extended family can...

- Treat your children the way you would like to see them treating others.
- Include many different people as visitors in your home and among our family's circle of friends. Encourage your children to get to know different types of people, and let them "live sensitivity."
- Help your children look at their own friendships, at what they and others *do* to make a good friendship. Comment, sometimes, when you see them showing (or not showing) good relationship skills.



From:

*Alaska Ice:  
Initiative for  
Community Engagement  
Helping Kids Succeed –  
Alaskan Style  
<http://www.alaskaice.org/>*

## Alaska Museum of Natural History



On Tuesdays and Wednesdays the Alaska Museum of Natural History has "Tinker Time" for preschoolers. Drop in time is between 10:00 to noon. Preschoolers ages 2-5 learn about various science topics by doing hands on crafts and activities. Cost is \$5.00 (nonmembers) and \$2.00 (members) per child. Adults are free. The museum is located at 201 N. Bragaw, 274-2400. For weekly topics visit <http://www.alaskamuseum.org>.

## ZAC (Zone for Autistic Children) Browser

**ZAC is the first web browser developed specifically for children with autism, and autism spectrum disorders such as Asperger syndrome, pervasive developmental disorders (PDD), and PDD-NOS. Here is a browser for the children's enjoyment, enrichment, and freedom. Children touch it, use it, play it, interact with it and experience independence through ZAC. At this site you will also find information for parents and other useful links.**

<http://zacbrowser.com>



# Activity Calendar

**Mondays, Thursdays and Saturdays from Noon to 1 p.m.:** Cuddlers Group. Sponsored by the Parenting with Providence program this group is designed for new parents to help them adjust to their role of being a parent and other topics. Takes place at the Providence House, entrance #6 behind the Providence Hospital parking garage. For more information contact Jennifer Aist at 261-3062 or Parenting with Providence at 261-5886.

**Tuesdays from Noon - 1:00 p.m.:** Cruisers Group. This is for parents of children who are crawling to age 15 months. No pre-registration or fees are required. Held at the Providence House, entrance #6 behind the Providence Hospital Parking garage. For more information call Jennifer Aist at 261-3062 or Parenting with Providence at 261-5886.

**1<sup>st</sup> and 3<sup>rd</sup> Tuesdays from 1:30 - 2:30 p.m.:** Double Cuddles Group. This is for parents of multiples ages birth to 18 months. They talk about topics related to raising more than one baby at a time. No pre-registration or fees are required. Held at the Providence House, entrance #6 behind the Providence Hospital Parking garage. For more information call Jennifer Aist at 261-3062 or Parenting with Providence at 261-5886.

**2<sup>nd</sup> and 4<sup>th</sup> Tuesdays from 10 a.m. to Noon:** MOPS International (Mothers of Preschoolers). Mothers (including moms to be) with children ages birth through kindergarten come for education and support. Located at the Cornerstone Church of God, 10431 Brayton Drive. Contact Danielle Kern at 345-9451 for more information.

**Tuesdays and Wednesdays from 10:00 to Noon:** Tinker Time at the Alaska Museum of Natural History for ages 2-5. Preschoolers learn about various science topics by doing hands on activities. Cost is \$5.00 (nonmembers) and \$2.00 (members) per child, adults are free. The museum is located at 201 N. Bragaw, 274-2400. For weekly topics visit their website at [www.alaskamuseum.org](http://www.alaskamuseum.org)

**Wednesdays at 10:30 a.m.:** Storytime at the Alaska Zoo. Animal-themed stories are read to young children and adults. Story sessions are followed by animal encounters. Storytime lasts approximately 30 - 45 minutes, including the animal encounter. Children must be accompanied by adults during the program. No program fee - regular admission rates apply. You may go to the zoo's website for further information <http://www.alaskazoo.org/>

**The Last Wednesday of every month from 9:45 to 11:15 a.m.:** Mother's of Preschoolers. Mothers meet for encouragement, friendship and nurturing. The group meets at the Trinity Christian Reformed Church, 3000 E. 16<sup>th</sup> Ave. Need more information? Email [trinitycrc@acsalaska.net](mailto:trinitycrc@acsalaska.net) or call 272-8431.

**Thursdays from 9:30 to 11:00 a.m.:** Toddle Time. Sponsored by Anchorage Parks and Rec., gives toddlers time to move and explore as well as make new friends. For ages 0-3 years. Cost is \$5/visit or \$18/4 visits. Located at the Spenard Recreation Center, 2020 W. 48<sup>th</sup> Ave. For more information contact Melissa McDermott at 343-4167.

**Fridays from 10:00 to 11:30 a.m.:** Kindergym. Sponsored by Anchorage Parks and Rec., toddlers experience a variety of play equipment. Cost is \$5/visit or \$18/4 visits. Located at the Spenard Recreation Center, 2020 W. 48<sup>th</sup> Ave. For more information contact Melissa McDermott at 343-4167.

**Anchorage Public Libraries:** Check out their current events in your neighborhood by going to their website at: <http://lexicon.ci.anchorage.ak.us/>

**The Imaginarium:** Has monthly preschool activities and special events for the whole family. The events typically have a nominal participation fee. They are located in the Glacier Brewhouse Mall at 737 W. 5<sup>th</sup> Ave. To find out what is happening and for specific information check out their website at: <http://www.imaginarium.org/>



Anchorage School District  
The STEP Center  
5530 E. Northern Lights Blvd.  
Anchorage, AK 99504

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Anchorage, AK

**Statement of non-discrimination:**

The Anchorage School Board is committed to a policy of nondiscrimination on the basis of race, religion, sex, age, national origin, economic status, handicap, and other human differences protected by law. No person shall be excluded from participation in, or denied the benefits of educational opportunities and services, academic or extracurricular, offered by the district.