



Happy April! Spring has arrived and everyone is looking forward to some warmer weather and the spring recess.

Enjoy the week with your family and hopefully Mother Nature will cooperate so the children can enjoy some time outdoors!

Be sure to check out this month's newsletter for some fun, upcoming family events!

Family Center Events



Preschool Story Time - Please join us at 6:30 p.m. Monday, April 7, at the Good Shepherd building. Librarians from the Henrietta Public Library will be there to read to preschool friends.



Please join us for our very first **UPK Art Show and Reception!** Every UPK student will have a piece of artwork on display at the Henrietta Recreation Center, Monday, April 28. Come anytime between 6:30 and 7:30 p.m. to find your child's unique creation. Light refreshments will be provided.

Parent Discussion Group

This month, Betsy Marshall will discuss how to "Discover Rochester with Children." She will take you through all of the wonderful opportunities our region provides for family outings. We welcome and encourage interested UPK parents to attend any session that fits their schedule. Every parent that attends this month will receive a **free book** to add to their family library. See the attached flyer for details and the calendar below for session dates and times!

Discover Rochester with Children

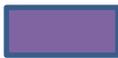
UPK Site	Date	Times
Augustin	Monday, April 21	9-10 a.m.
Care-a-lot	Monday, April 7	8-9 a.m.
Expressive Beginnings	Tuesday, April 8	8:30-9:30 a.m.
Good Shepherd	Tuesday, April 22	12-1 p.m. (new time)
Henrietta Recreation Center	Tuesday, April 8	11:30 a.m. -12:30 p.m.
Richard M. Guon Child Care Center at MCC	Tuesday, April 1	9-10 a.m.
Pride and Joy	Thursday, April 3	8:30-9:30 a.m.

Tips for Parents

Young children are natural-born scientists! They are naturally curious and when they play, they observe, experiment, ask questions, and try to figure out how things work. These are all key skills for school and life. Please read this month's "Family Focus" article to learn how you can support your little scientist!

Calendar

There will be no UPK classes April 14 -April 18 for Spring Recess. 🌸

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
		<p>Joke of the Month: What falls but never gets hurt?</p> <p>Rain! Happy April Fools' Day!</p>	<p>Help your child think of words that rhyme with pop (top, mop, stop) & can (man, fan, tan)</p>	<p>Give your child scrap paper and have them tear it into pieces. For an extension, have them glue the pieces onto another paper to make a collage.</p>	<p>Draw a rectangle. Discuss the 2 long sides and 2 short sides. Have your child find 5 rectangles in your house.</p> 	
6	7	8	9	10	11	12
	<p>Read a story to your child. Have them retell the story in their own words</p>	<p>For snack time give your child a variety of items (ex: goldfish, gummies, cheerios) and have them make patterns as they eat.</p>	<p>Have your child clap the syllables they hear in: Spring, flower, outside, grass, egg, bunny, April, rain, umbrella</p>	<p>Have your family members vote for their favorite season. Discuss the characteristics of each.</p>	<p>Brainstorm family activities for Spring Break. Make a list together and have your child check off any completed activities.</p>	
13	14	15	16	17	18	19
		<p>Spring Recess Play Outside!</p>		<p>Spring Recess Play Outside!</p>		
20	21	22	23	24	25	26
<p>Easter</p> 	<p>Write A, B, C, on paper. Ask, "What comes next?" Repeat with new letters.</p> 	<p>Go for a walk! Can your child skip, hop, jog, and walk backwards too?</p>	<p>Read a book together. Have your child identify the front cover, back cover, and title. Have them hold the book and turn the pages as you read.</p>	<p>Count out 10 pennies. Have your child point and count. Add 10 more and have them count again. (Save the pennies for tomorrow!)</p>	<p>Use household items to build a bridge (cups, spoons, toothpicks, cards etc.) Is it strong enough to hold 5 pennies? 10?</p> 	
27	28	29	30	1	2	3
	<p>Place 4 objects in a row. Ask, "Which one is first, second, last?" Mix up the order and repeat.</p>	<p>Help your child think of words that start the same as:</p> <p>Flower Rain Puddle</p>	<p>Practice name recognition. Write and cut up the letters in your child's first and last name. Help them put the letters in the right order.</p>			

Rush Henrietta Universal Pre-K
Parenting Education Programs



Discover Rochester With Children

- Learn about great places to take your children in and around Rochester.
- Free opportunities for adventures with your children right here in town.
- Get the scoop on where to go and what to do!
- Take home a free book just for attending!

Betsy Marshall, Parent Educator, will be providing a free hour long program for parents/caregivers. Attend any meeting that fits your schedule.

UPK Site	Date	Times
Richard M. Guon Child Care Center at MCC	Tuesday, April 1	9-10 a.m.
Pride & Joy	Thursday, April 3	8:30-9:30 a.m.
Care-A-Lot	Monday, April 7	8-9 a.m.
Rush Nursery School	Monday, April 7	2-3 p.m.
Expressive Beginnings	Tuesday, April 8	8:30 - 9:30 a.m.
Town Rec. Center	Tuesday, April 8	11:30 - 12:30 p.m.
Augustin	Monday, April 21	9 - 10 a.m.
Good Shepherd	Tuesday, April 22	12:00 - 1:00 pm (new time)

All are welcome! Please join us (any of the sites/times that work for your schedule). This is a free program for adults.

You are invited to the Rush-Henrietta Family Center's

PRESCHOOL STORY TIME

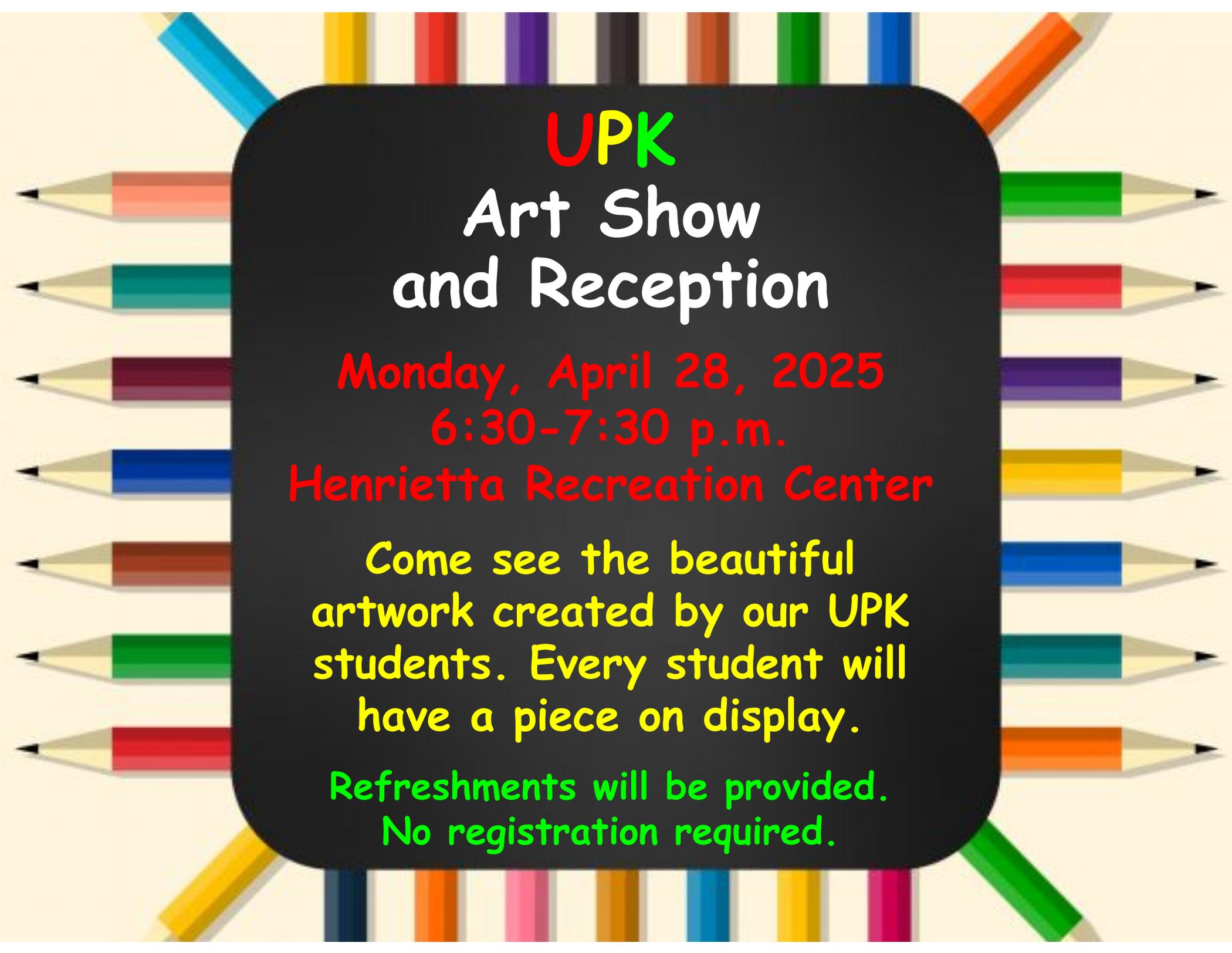
Monday, April 7, 2025 from
6:30 to 7:30 pm

Good Shepherd Building
3288 East Henrietta Rd, Henrietta, NY 14467

For Even Start and UPK Students ONLY.

A librarian from the Henrietta Public Library will be there to share stories and songs along with fun movements.



The background of the entire image is a collection of colorful pencils. Some pencils are oriented vertically, while others are horizontal, creating a vibrant, artistic border around the central text. The colors include blue, yellow, red, purple, grey, brown, green, and light blue.

UPK
**Art Show
and Reception**

**Monday, April 28, 2025
6:30-7:30 p.m.**

Henrietta Recreation Center

**Come see the beautiful
artwork created by our UPK
students. Every student will
have a piece on display.**

**Refreshments will be provided.
No registration required.**

Family Focus

Building a Foundation for School Success

Getting Ready for School Science with Your Child Everyday

Young children are natural born scientists! They are curious. When they play, they observe, experiment, ask questions and try to figure out how things work. Observing, experimenting, asking questions, and trying to figure things out are all key skills for school and life. You can support your little scientist!

Why is this important for school readiness?

Our world is changing and becoming more technological every day. Studies show that children can develop an interest in science, technology, engineering and math (STEM) when they are young. These areas will provide more career opportunities in their future.

Science helps children develop many different skills. They develop scientific skills like exploring, observing, making predictions, experimenting, and problem solving. Science also helps children develop their senses and awareness of the world around them.

Through science, children develop the ability to communicate their ideas, remain organized and focused, and develop critical thinking skills they will need throughout their lives.

Children are hands-on learners who explore the physical world around them through their play. "Like scientists using the scientific method, children have their theories about how the world works (their hypotheses), they test those theories (the experiment), they observe what happens (document the findings), and then try again (revise the theory and conduct another experiment)".

Science appeals to children because it gives them a way to be smart and to solve mysteries.

What can families do to help?

- ❖ Science can be fun and simple. You do not need fancy materials to provide your child with scientific learning opportunities. You can take advantage of everyday activities to support science by asking questions, talking with your child, and learning together.
- ❖ Observe outdoor animals such as birds, mammals (ex. squirrels), and insects. Talk about their features (ex. wings, legs), what they eat, and where they live.
- ❖ Watch the moon together as it appears to change shape over the course of a month. Draw pictures or take a picture to record the moon's different phases. Discuss what you both see and what is happening.
- ❖ In the kitchen, point out the changes that happen when you boil a liquid such as water or when cake batter is baked.
- ❖ It is important to ask your child questions when you participate in a scientific activity together. For example:
 - What happens when.....(we add food coloring to the play dough recipe)?
 - How did.....(the flower grow so tall)?
 - Why did.....(the flower's petals fall off)?
- ❖ Remember, when participating in science activities it is important to follow your child's lead while keeping them safe. When your child carries out a simple experiment and it does not work, it is important to talk about why it did not work and to try again. This is part of the process of learning science.
- ❖ Always encourage your child's interests in science.

