



The UPK office is already preparing for next year! If you have a child, or know of a child, who will turn 4 years old on or before December 1, 2025, please contact the UPK office to make sure that they are in our school census. Children in our system will receive a registration letter in January for the school year beginning September 2025. Please help us spread the word to potential UPK families!

Tips for Parents

Please read this month's "Family Focus" article on helping your child learn about feelings. Children who can understand and express emotions properly are more likely to be successful in school and in life. Social and emotional competencies are an extremely important part of your child's development.

Kindergarten Registration

Kindergarten registration for the 2025-2026 school year is available Tuesday, January 21 through Friday, March 28, 2025. Students entering kindergarten in September 2025, must be 5 years old on or before December 1, 2025. The district is offering three ways for you to register your child in time to attend school in September 2025.

- **Contact-Free:** Please place the registration packet and required documentation into the secure, designated drop box located at 2000 Lehigh Station Road, Henrietta, 14467 (Carlton O. Webster/Webster Learning Center - District Registrar entrance - look for the **yellow kindergarten registration** sign).
- **Electronic:** [Please click here to read the step-by-step instructions](#) in order to complete registration electronically. You will need access to a scanner to send registration forms and required documentation via email.
- **In Person:** If you would like to register in-person, please contact the district registrar at (585) 359-7957 to schedule an appointment. Walk-ins are not accepted. Please be sure to bring all completed forms and required documentation with you.

Please contact the district registrar's office at 359-7957 or registrar@rhnet.org to request a kindergarten registration packet be mailed to you.

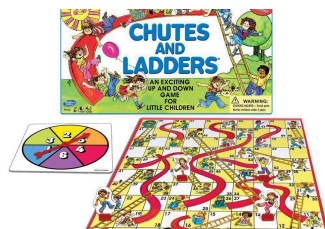
Family Center Events



Preschool Story Time - Please join us at 6:30 p.m.

Monday, January 13, at the Good Shepherd building.

Librarians from the Henrietta Public Library will be there to read to preschool friends.



Family Game Night - Mark your calendars! **Family Game**

Night will be held at 6:30 p.m. on Monday, January 27. Please

email Patty Sammon at psammon@rhnet.org, if you would like to participate in this fun, free activity. Space is limited to 25 families and registration opens Tuesday, January 21.

Please see the attached flyer for more details!

Parent Discussion Group

This month, parent educator Betsy Marshall will host a discussion for parents to "**Learn About Kindergarten**." Come learn about the registration process and how to best prepare your child for kindergarten. UPK parents are welcome and encouraged to attend any group time that fits their schedule. See the attached flyer for details and the calendar below for session dates and times!

We also encourage parents to visit Betsy's Google site and watch her videos. All of Betsy's programs and materials are free for UPK families!

Her site is: <https://sites.google.com/rhnet.org/the-nurtured-nest/home>

Learn About Kindergarten

UPK Site	Date	Times
Augustin	Monday, January 27	9-10 a.m.
Care-a-lot	Tuesday, January 28	8-9 a.m.
Expressive Beginnings	Tuesday, January 21	8:30-9:30 a.m.
Good Shepherd	Wednesday, January 15	9:30-10:30 a.m. or 2-3 p.m.
Henrietta Recreation Center	Tuesday, January 21	11:30 a.m.-12:30 p.m.
Richard M. Guon Child Care Center at MCC	Monday, January 13	9-10 a.m.
Pride and Joy	Tuesday, January 14	8:30-9:30 a.m.
Rush Nursery School	Tuesday, January 28	2-3 p.m.

In addition to the classes listed above, Betsy is hosting a special **evening** discussion on Learning About Kindergarten. This class will be 6:30-7:30 p.m., Wednesday, January 15, at the Good Shepherd building, 3288 E. Henrietta Road.

All parents are welcome, but please note, this program is for adults only.

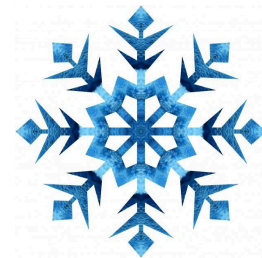
Calendar

There is no UPK on Monday, January 20 in observance of Martin Luther King, Jr. Day.

There is no UPK at most sites on Friday, January 24, because the district is closed for Grading Day. However, Augustin and Rush Nursery School will be open that day.

There is no UPK at most sites on Wednesday, January 29 in observance of Lunar New Year. Rush Nursery School will be open that day.

❄ Being on time to school is extremely important. When students are chronically tardy, the minutes they miss quickly add up and they lose valuable learning time. In addition, it is very disruptive for the teacher and the rest of the class when students arrive late. Please make sure that you have your child to school on time, every day. Thank you!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
	No School This Week		New Year's Day 		Joke of the month: What do snowmen eat for breakfast? Snowflakes!!	
5	6	7	8	9	10	11
	Welcome back! Discuss the importance of eating a good breakfast. Ask your child what their favorite breakfast food is.	Write your child's name on a piece of paper. Help them identify the first letter (the only uppercase letter!) Can they identify all of the letters?	Practice the letter Tt . Say these words: top, tag, tall How many "Tt" words can your child think of?	Every day, count to 10 out loud with your child. Count slowly, without skipping any numbers. When this is easy, count to 20.	Give your child scrap paper and kid scissors. Let him/her practice cutting lines and shapes. 	
12	13	14	15	16	17	18
	Clap your hands 5 times and ask your child to repeat it. Try with all numbers to 10. 	Read a book together. Look at the front cover and discuss the illustration before reading.	Turn on some music and have your child skip, hop, and jump. 	Hide a toy for your child to find. As they search, let them know when they are close (say "hot!") or far away ("cold!")	Talk about Dr. King with your child and practice one act of kindness in his honor.	
19	20	21	22	23	24	25
 MARTIN LUTHER KING JR. 1929 1968	Martin Luther King Day No School If there's snow outside – go play in it!	Make a snowflake out of paper. Fold a piece several times and cut out a few shapes. Open it up and see what you've made! 	Help your child draw a snowman using shapes. Ex: circles for the body, triangle nose, rectangle hat, etc.	What color is snow? Have your child find 3 things in your house that are the same color.	Take a vote in your home to choose the favorite winter activity: Building a snowman vs. Sledding. 	
26	27	28	29	30	31	1
	Practice 3-step directions: Give your child 3 silly instructions to follow. Ex: "Spin 3 times, waddle like a duck to your bedroom and pick out a toy to play with."	Make some triangles using straws, toothpicks, pencils, or other household material. 	Play a card game with your child. Old Maid and Go Fish are perfect for preschoolers!	Have your child brainstorm a list of clothing we wear in the winter (coats, hats, mittens, gloves, boots, sweaters.)	Practice with your child how to dress him/herself in the winter clothes listed on Friday. 	

Rush-Henrietta Universal Pre-K

Parenting Education Programs



Learn About Kindergarten

- Learn about the registration process for Kindergarten in the Rush-Henrietta Central School District and overall information about the district.
- What does a typical Kindergartener look like and what can you expect in Kindergarten?
- How can you prepare your child for Kindergarten?

UPK Site	Date	Times
Richard M. Guon Child Care Center at MCC	Monday, January 13	9-10 a.m.
Pride & Joy	Tuesday, January 14	8:30-9:30 a.m.
Good Shepherd	Wednesday, January 15	9:30 - 10:30 a.m. or 2-3 p.m. or 6:30 - 7:30 p.m
Expressive Beginnings	Tuesday, January 21	8:30 - 9:30 a.m.
Henrietta Recreation Center	Tuesday, January 21	11:30 a.m. - 12:30 p.m.
Augustin	Monday, January 27	9-10 a.m.
Care-a-lot	Tuesday, January 28	8-9 a.m.
Rush Nursery School	Tuesday, January 28	2 - 3 p.m

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

This month there is an evening program scheduled for 6:30 p.m. at the Good Shepherd Building January 15, 2025

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

PRESCHOOL STORY TIME

Monday, January 13, 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.



Family Game Night

Come and play a variety of games with your family.
**Limited to 25 families. Registration begins
January 21, 25.**

To join in the fun, email Patty Sammon at psammon@rhnet.org
Please include the following information.

- Your family name
- Number of children and their ages
- Number of adults
- The best phone number to reach you

Family Focus

Building a Foundation for School Success

Getting Ready for School

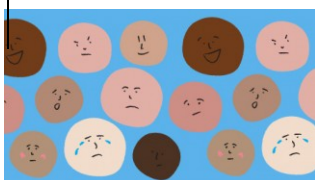
Helping Your Child Learn About Feelings

Young children need to learn how to identify and use language to express their feelings, how to calm themselves down when feeling strong emotions, and how to recognize what others are feeling. Children who learn these social and emotional skills will be more successful in school and life.

Why is this important for school readiness?

Children start developing their emotional skills from the moment they are born. They develop these skills through relationships with parents, caregivers, and other important people in their lives. Babies learn to recognize basic emotions (sad, happy, mad) in themselves and others.

By preschool, most children can recognize, label and understand a wide range of emotions they are feeling and identify how others are feeling. They can now learn and use words that more accurately describe their feelings, words such as “proud”, “worried”, “excited”, “frustrated” and “bored”. Preschoolers’ increased language skills and growing ability to plan, use self-regulation, and understand how the actions they take affects others are very important developments. These emotional skills will help them develop a positive sense of self, manage their feelings, and interact successfully with others.



Learning about feelings will lead to your child’s positive mental health and wellbeing. It will help your child become a confident, capable, and curious learner.

What can families do to help?

There are many ways families can help preschoolers develop the skills of recognizing, expressing, and managing their feelings. In other words, you can help your child develop “emotional intelligence”. Here are some ideas:

- ❖ Talk with your child about feelings every day. Whether it be English or a different language, use the language or languages in which you are both most comfortable. You can name the feelings that you have and encourage your child to talk about his or her feelings as well. Listen and acknowledge your child’s feelings. Your support helps your child learn how to manage his or her feelings.
- ❖ Be a role model for your child. When you are having difficult feelings, share that with your child and show him or her how you deal with those feelings. For example, “I am feeling angry right now, so I count to 10 slowly to calm down.”
- ❖ There are many words for different emotions. Use words that really describe what you’re feeling and teach your child these words. A few of these words are: *awful, brave, calm, confused, cheerful, curious, disappointed, disgusted, embarrassed, fearful, friendly, gentle, guilty, ignored, jealous, nervous, overwhelmed, proud, thrilled, worried.*
- ❖ Help your child label his or her feelings. For example, “It looks like you are feeling overwhelmed. Let’s talk about it.”
- ❖ Help your child manage strong feelings by teaching them to think about different ways to respond to these strong feelings.
- ❖ Set limits on behavior so that your child understands having feelings is okay but acting inappropriately because of the feeling is not. For example, “I know you’re upset your sister tore up the picture you drew but yelling or hitting her is not okay.”



Activities to do with your preschooler:



❖ Take a trip to the Library: **Read Books on Feelings**

There are many wonderful children’s books that tell stories about different feelings. Books can help teach your child the words to express his or her feelings, as well as tell stories showing how characters handle their emotions or solving problems. Here are just a few books for you to consider sharing with your child. They are organized by theme:

Being a Friend	
I Can Share by Karen Katz (Ages infant-5) I Can Cooperate! by David Parker (Ages 3-5) I am Generous! by David Parker (Ages 2-5)	Mine! Mine! Mine! by Shelly Becker (Ages 3-5) The Rainbow Fish by Marcus Pfister (Ages 3-8)
Accepting Different Kinds of Friends	
Chrysanthemum by Kevin Henkes (Ages 4-8) Franklin's New Friend by Paulette Bourgeois (Ages 5-8)	I Accept You as You Are! by David Parker (Ages 3-5) It's Okay to Be Different by Todd Parr (Ages 3-8) Horace and Morris But Mostly Dolores by James Howe (Ages 4-8)
General Feelings	
The Feelings Book by Todd Parr (Ages 3-8) Glad Monster, Sad Monster by Ed Emberley & Anne Miranda (Ages 0-5)	My Many Colored Days by Dr. Seuss (Ages 3-8) Today I Feel Silly & Other Moods That Make My Day by Jamie Lee (Ages 3-8) The Way I Feel by Janan Cain (Ages 3-6)
Problem Solving	
Don't Let the Pigeon Drive the Bus & Don't Let the Pigeon Stay Up Late! by Mo Willems (Ages 2-7) I Did It, I'm Sorry by Caralyn Buehner (Ages 5-8)	It Wasn't My Fault by Helen Lester (Ages 4-7) Talk and Work it Out by Cheri Meiners (Ages 4-8)
Family Relationships	
Are You My Mother? by P.D. Eastman & Carlos Rivera (Ages infant-5) Guess How Much I Love You by Sam McBratney (0-5)	The Kissing Hand by Audrey Penn (Ages 3-8) Owl Babies by Martin Waddell (Ages 3-7) Mama, Do You Love Me?/Me quieres, mama? by Barbara Joosse (Ages 3-6)

Multilingual families can find these titles in languages other than English on the internet. Search the title, author, and language. For example, "Are you My Mother by Eastman and Rivera in Chinese." To find additional titles in additional languages, search, "children's books about feelings in [language]. For example, "children's books about feelings in Arabic."



❖ **Make Sensory Bottles:** Sensory bottles are easy, potable and fun to make! Sensory bottles are any clear and sealed container that is filled with water and objects, allowing the child to track the objects with their eyes. This motion helps the child calm down by helping them control their breathing and focusing on an object instead of the big feelings. This allows the child to process the big feelings, so they are able to talk about what may have caused the feelings.



How to make a sensory bottle: Gather any clear container with a top. This can be a recycled water bottle or a spice jar. The bottle can be filled with water or oil, and other materials such as pom poms, feathers, glitter, or blocks. Food coloring can also be added to the bottles to make them different colors. It may be fun to make multiple bottles and see how fast items sink or float in the bottle. Encourage the child to use the bottle to help regulate their breathing and focus their attention, when emotional.



◆ A poem for learning feeling words:

When I am sad, I want to cry.
When I am proud, I want to fly.
When I am curious, I want to know.
When I am impatient, I want to go.
When I am bored, I want to play.
When I am happy, I smile all day.
When I am shy, I want to hide.
When I'm depressed, I stay inside.
When I am puzzled, I want to shrug.
When I am loving, I kiss and hug.

From: CHILDFUN

Resources for families:

[One Time Through](#)
[Kiddie Matters](#)
[Talking with Preschoolers About Emotions](#)
[ChildFun: Feelings Activities & Fun Ideas for Kids](#)
[5 Steps to Managing Big Emotions Printable Poster](#)

Resources used for this tip sheet:

[Childhood 101](#)
[Thought Co.](#)
[Nurture and Thrive](#)

