

# St. Peter's Preschool Newsletter



## February 2020

### From the Director's Chair – by Rita Dai Wang

I don't know about you, but with the arrival of February, Spring seems like it is just around the corner. It has been so mild, but I would still love just ONE good snowfall ☺ You?

**Parent/Teacher Conferences:** Thank you to all the parents who made the time to conference with teachers a few weeks ago. While we see many of you at drop-off and pick-up, it is nice to have a dedicated time to sit and talk about how your children are learning. They are all doing fabulously, and we are all so proud of them! If you were unable to conference with your child's teacher or would like another meeting to touch base again, please do not hesitate to reach out.

**Registration:** If you have not registered for the 2020-2021 school year, now is the time to reserve your spot! New families have begun to sign up so please don't miss your opportunity!

**Illness:** As you are aware, germs are in the air! We have had both flu type A and B, ear infections, strep throat, and general under-the-weather-ness here at St. Peter's. Just a reminder that MSDE guidelines stipulate that children be fever-free, vomit-free, and diarrhea-free for 24 hours without the aid of medication like Tylenol before returning to school. If your child is not feeling well, he/she will not enjoy school. The SAT's aren't on the line yet 😊 so let them rest at home until they feel better. Thank you!

**Science Guys:** The 3's/4's had a fabulous time with Mr. Bond of the Science Guys of Baltimore last week! He taught us about solids, liquids, and gases, gave us bubbles on our hands, helped us launch potato rockets, and so much more. He had both kids and teachers laughing at his silly science antics. Such fun!

**Science Camp:** St. Peter's offers a fun-packed science camp the first two weeks in June (6/1-6/5 and 6/8-6/12) from 9:30-1:30 (\$195 for 1 week, \$380 for both weeks). It is open to those exiting the 3 year old and 4 year old classes. Keep an eye out for more details coming home soon!

### Dates to Remember

**2/7** International Night  
5:30-7:30

**2/7** Yoga (3's/4's)

**2/13** Valentine's Day  
celebration (2's)

**2/14** Valentine's Day  
celebration (3's/4's)

**2/17** President's Day-  
School Closed



### Try this at home!

Winter is a great time to practice fine-motor skills indoors! Give your child beads to thread, clothespins to clip, playdough to pound and shape, toothpicks to build into structures, or spaghetti to thread into straws!



## St. Peter's International Night

Please join us for St. Peter's International Night this **Friday, 2/7 from 5:30-7:30**. This evening is a wonderful chance to celebrate our diverse community by sharing food from all over the world. Every one of us has our own story whether we were born in Taiwan, Greece, or the United States. Please share a bit of your story with us by bringing a dish from your culture!

RSVP to Ms. Rita ASAP!



## WHAT DOES W-SITTING LOOK LIKE?

What's Wrong  
With W-Sitting?



[W-sitting](#) looks like this: a child sits on the floor, his bottom is between their legs, and his knees are bent with legs rotated away from the body – if you stand above him and look down, it looks like his legs are forming a “W”. All children have the potential to begin the W-sitting habit. In this position, a child’s base of support is wider and his center of gravity is lower, allowing for increased stability through the hips and trunk. It’s a convenient position for play because they do not have to work on keeping their balance while also concentrating on toys.

## WHY IS W-SITTING PROBLEMATIC FOR KIDS?

In this position, a child cannot achieve active trunk rotation and cannot shift his weight over each side making it difficult to reach toys that are outside of their immediate reach. It is so important for kids to be able to weight-shift and rotate in order to develop adequate [balance](#) reactions (think of the ability to catch their fall when they are running) and for developing the ability to cross midline (very important for writing). Bilateral coordination (the ability to effectively use both sides of the body together) is delayed as a result. Every motor skill a child develops is a product of developing the milestone before. So, if a child has difficulty developing bilateral coordination, he may then demonstrate delays in skills such as developing hand dominance, skipping, throwing, kicking, etc.

W-sitting causes the hip and leg muscles to become shortened and tight which may lead to “pigeon toed” walking and could increase chance of back or pelvis pain as they grow. One study also suggests that W-sitting as a preschooler may increase the likelihood of a child becoming flat footed in both feet (European Journal of Pediatrics, Chen KC, 2010)\*.

## WHAT CAN YOU DO TO HELP?

If a child is frequently in a W-sitting position, [core strength](#) may be an issue, which may lead to poor posture, delayed developmental skills, and overcompensation of other muscle groups. If your child is a W-sitter, there are a few things you can do to help him correct his sitting. First and foremost, encourage other ways to sit on the floor. Side sitting (to either side), long sitting (legs out in front), pretzel sitting, or sitting on a low bench or stool. Consistency is important!

If you find that your child has difficulty maintaining any other position than W-sitting, it may be worthwhile to seek the advice of a pediatrician or physical therapist for suggestions on how to correct his position and for treatment of any underlying strength deficits or muscle tightening that has resulted. Ideally, you want to avoid the development of this habit. Keep your children sitting tall, strong, and proud like Frosty the Snowman and avoid the droopy look of a snowman that saw too much sun!