

PARENT NEWSLETTER

May 1, 2018



SMART Ready for School.
BEGINNINGS Ready for Life.
Greater Roanoke

Making Predictions

Scientists, just like readers, make predictions all the time. In fact, scientists use predictions as part of their hypothesis, or question they try to answer through their experiments. Help your child begin to see the connection between what she does as a reader and what she can do as a scientist. Below are two simple ways you can encourage your child to put her prediction skills to work as a scientist:

Play favorites.

What is our family's favorite flavor of ice-cream? What is our favorite movie to watch together? What is our favorite bedtime story? Choose a question, or make up your own, that your child is excited about. First, have your child predict or guess the answer to the question. Help her write down her prediction. "I think chocolate is our family's favorite flavor of ice cream." Then, have your child ask each member of the family for an answer.

Have your child record the answers using a special Science Notebook or simply mark tally marks on paper. Finally, ask your child to compare her prediction to the actual answers.

Good guess!

Estimation is often very similar to a prediction. In both cases, your child will be working to make a good guess about an answer. As with our Play Favorites idea, encourage your child to write down (or write together) the questions and answers in a special

Science Notebook.

Whenever possible, encourage the use of scientific words like estimation, prediction, collect data, analyze, and prove. Here are some estimation questions that require your child to make a prediction:

How many noodles will it take to fill up this jar? Encourage your child to use scientific language and thinking to answer. "I predict it will take 300 noodles to fill the jar."

How many steps is it from our front door to the mailbox?

How much does our dog weigh?

MAY SAFETY

AAPCC offers the following simple food safety tips for preparing and enjoying meals:

PREPARE:

Keep meat, poultry, seafood, and eggs separate from all other foods, in the refrigerator, and while prepping.

Wash your hands, kitchen surfaces, utensils, and cutting boards frequently

Wash produce but not eggs, meat, or poultry, which can spread harmful bacteria.

Use the microwave, cold water, or the refrigerator method to defrost your frozen meat or poultry. Do not thaw or marinate these items on the counter, and be sure to cook them immediately after thawing.

COOK:

The bacteria that cause food poisoning multiply quickest in the 'Danger Zone,' which is between 40 and 140 Fahrenheit. It's best to keep hot food hot, and cold food cold.

Use a food thermometer to check if meat is fully cooked and heated high enough to kill harmful bacteria.

STORE:

Refrigerate leftovers promptly – within two hours – at 40 F or below to help reduce the risk of bacterial growth.

Prevent cross-contamination by completely and securely covering foods in the refrigerator.

Consume or freeze leftovers within 3-4 days.

If you have any questions about safe food preparation, or if you or someone you know suspects food poisoning, call the Poison Help line at 1(800) 222-1222.

IN THE COMMUNITY

Check out the list of events for the month of February:

Community School's Strawberry Festival

May 4 - 5
213 Market St. SE
Roanoke

Safe Kids Day

May 5, 2018 Carilion
Roanoke Community
Hospital Parking Lot

Sitho De Mayo

May 5, 2018 16 West
Marketplace

KIDS MAKE ART: A Free First Saturday Program for Children and Families

May 5, 2018 Recurring
monthly on the 1st Saturday
until December 1
2018 Richard Wetherill Visual
Arts Center

Local Colors Annual Festival

May 19, 2018
Elmwood Park

SUPER SATURDAY - BLACK PANTHER

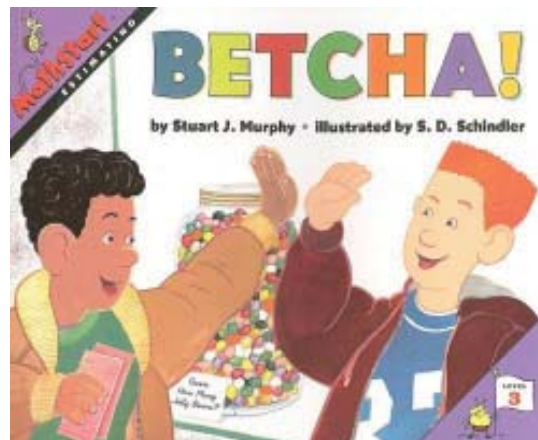
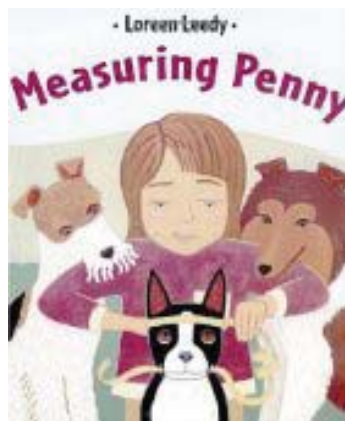
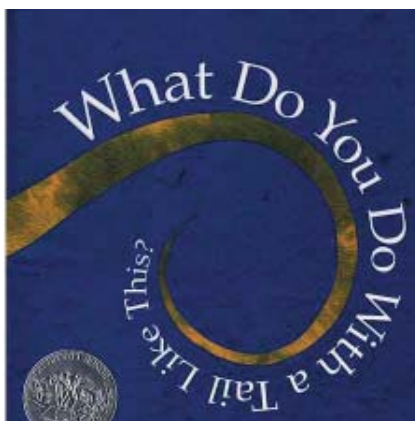
May 26, 2018
Melrose Branch Library

RESOURCES



United Way
of Roanoke Valley

SUGGESTED READING



DID YOU KNOW?

Our website is full of great resources including developmental milestones, links to parenting classes, and tips and activities to engage you and your child! Don't forget to look us up on Facebook too!

<https://www.facebook.com/smartbeginningsroanoke>

Check your child's development using the Ages & Stages

Questionnaire <https://www.asqonline.com/family/f51923>

or Ages and Stages Social and Emotional Questionnaire

<https://www.asqonline.com/family/d37cba>



Smart Beginnings Greater Roanoke

United Way of Roanoke Valley

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