

# January News Touchstone School

## Pre-Enrollment for 2020-2021

**Begins January 6th,  
and opens to the public  
Saturday, January 25th  
(registration form attached)**



### Please Remember

- Bring in plastic grocery bags
- Old pot and pans for the playground
- No Nuts (nut free school)

### School Closed

January 1st

New Years Day

January 20th

Martin Luther King Jr.  
Day



### Link 2 Home and Alma

*If you have any updates or changes for the new year, please let anyone at the front desk know. You can also update your information through Alma as well.*

*Thank you,*

### Important Information

*Page 2: Christmas Family Adoption*

*Page 3: Winter After-School Activities*

*Page 4: Preschool Mindfulness Class*





**Thank to all the families that supported Christmas Family Adoption!!  
We made Christmas joyful for 3 families in need, and collected over 100 gifts!!**

**Warmly,  
Touchstone Staff**



# After School Classes for Winter

This Winter Touchstone will have these 3 after school classes available. If your child is currently enrolled in these classes, they will continue to attend these classes.

Dance: 7 spots available

Tumble Bus: 7 spots available

Art Class: Begins in January (trial class TBD)

Preschool Mindfulness: 6 spots available

Please ask the front desk for a enrollment form if you would like to have your child attend any of these classes.

# Preschool Mindfulness Classes

Touchstone will be offering a Preschool Mindfulness class starting in January. This is an 8 week course that parents have the opportunity to participate in with their children. This class will be held one day a week for 8 weeks from 5:00pm to 6:00pm. Participation details will be available at the end of December.

Below is some information describing the class:

Parents often feel that they're just too busy to fit meditation into their busy lives. Too many distractions! Too little time! Too many demands! Impossible to relax!

Join us and learn how to integrate meditation and mindfulness practices into your life with children. Experience increased calm and peacefulness which is transmitted to your children. The classes are fun, flexible, and adapted to the children that are attending that day.

Numerous studies show that mindfulness techniques help children learn better, develop a sense of competency, and manage emotions more effectively. Children who become familiar with these techniques early in life, naturally incorporate them into their day to day living and are more resilient.

The first question everybody asks is "what is mindfulness for preschoolers??. These are strategies to help children be more in touch with their feelings and their bodies as a way to manage their emotions more effectively. Children are able to use these techniques to have less "meltdowns".

Adults learn mindfulness and meditation practice through verbal learning or reading. Children learn best through body movement, visual stimulation, and music. Class mindfulness practice is geared to preschool learning.

As an example, instead of talking with a child about taking deep breaths, an expanding ball might be used to demonstrate the in and out motion, while taking deep breaths. Surprisingly, the children automatically imitate the breathing motion.

At another time, in order to help with focus on body sensations, a child might be asked to lie on her back and place her head on the tummy of another child. One child is asked to giggle or laugh and the child on the belly is asked to describe what that feels like. Of course, we use lots of singing and dancing to demonstrate other techniques.

All ages of children are welcome, including infants. Feel free to arrive and leave whenever you're comfortable.

Marcia Kahn, MD

Wildwood Psychiatric Resource Center, P.C.

<https://www.meetup.com/Meditation-for-parents-children-welcome/>

