

Raising Riley Newsletter

July, August, September

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Training Opportunities

Class Observation Training

Come and learn all about the CLASS observation tool. This is a great opportunity to ask questions, learn about the observation process, and receive some helpful tips that will improve your observation score, and the quality of care you provide.

When: July 15th, 6:00-8:00pm

Where: ZOOM Live Virtual Training Event

For more information or to register call or email at:

rberish@rileycountyks.gov

785-776-4779 Ext. 7610

Literacy in Action: Creating a Literacy Rich Environment

A literacy rich classroom helps build the basic skills that are necessary for literacy development. Come learn how you can add literacy to your home or classroom environment.

When: July 22nd, 6:00-8:00pm

Where: Family and Child Resource Center

Upstairs Conference Room

For more information or to register call or email at:

dljones@rileycountyks.gov

785-776-4779 Ext. 7648

Second Step Social Emotional Learning

Second Step is a social skills based curriculum for use with preschool aged children. Join us to learn about social emotional learning, and how to implement activities that will help your children learn social emotional skills.

When: July 26th, 6:00-8:00pm

Where: Family and Child Resource Center

Upstairs Conference Room

For more information or to register call or email at:

tkeene@rileycountyks.gov

785-776-4779 Ext. 7638



Three Cheers for Movement!

A lot is going on when children move. The much respected child development expert Maria Montessori said, “When we think of intellectual activity, we always imagine people sitting still, motionless, but mental development must be connected with movement and be dependent on it.”

Wow! That’s important because children are programmed to move. Babies jump in their jumpers, preschoolers race each other on the playground, and school-agers play games and sports that require physical strength and coordination. But adults often expect children to sit still for long periods of time. We let them watch TV and play video and computer games for hours a day. If mental development is dependent on movement, we’re in many ways missing the boat.

Be Movement Coaches!

In her book *Start Smart*, Pam Schiller reports, “People who exercise regularly have improved short-term memory and exhibit faster reaction time. Exercisers also demonstrate higher levels of creativity than non-exercisers.” Those benefits are enormous and can’t be ignored no matter how plugged in our world gets. The good news for parents is that you do not have to be a great choreographer or a fitness expert to make movement fun inside and outside. But children do need gentle reminders of some fun activities they can get involved in.

A few suggestions:

Dance to your favorite music. Fast dancing, slow dancing, classical, reggae, rock and roll—what will it be? If you dance with your children, they will love it and you’ll discover a lightness of spirit. Extend your young child’s school experience with movement activities such as “Hokey-Pokey” and Duck Duck Goose. For older kids, the old fashioned games of kick the can, red rover, and hopscotch have universal movement appeal. Yoga is excellent for kids. Not only does it teach great breathing techniques, but it also builds core strength and balance. Jumping rope to chants has been a favorite activity for a long time. It builds rhythm and enhances memory and rhyming skills. Activities such as hiking, camping, and fishing have declined alarmingly, according to the Kaiser Foundation. These types of activities often require adult involvement, so it’s an opportunity for parents to create them for children.

Some things to consider regarding behavior and movement.

If your baby is fidgeting take him for a ride in the stroller. Babies enjoy movement—they just need a little help until they are mobile and can move their own bodies around. Perhaps your preschooler is whiny and clingy. A quick walk around the neighborhood is often all it takes to reset their mood and their cooperation button. If your school-ager is stuck on homework and can’t break through, suggest a movement moment. Exercise is sure to get their brain to kick back in. One of the great benefits of exercise is that it increases the flow of oxygen into the blood, which improves short-term memory and concentration. We can all benefit from that!



Raising Riley Providers spent the morning at iDiscoveries learning how to integrate STEAM through all areas of the curriculum. Each participant received a take home kit to promote STEAM learning in their Setting!

Early Childhood Community Screenings

Please call ahead at 785-776-6363 to reserve a time.

August 19th, 2021 College Hill Preschool 4:30 to 6:00pm

September 17th, 2021 Peace Lutheran Church 9:00 to 11:00am

October 14th, 2021 College Hill Preschool 4:30 to 6:00pm

November 19th, 2021 Peace Lutheran Church 9:00 to 11:00am