

November 14, 2021

Dearest families,

I hope you are enjoying a beautiful weekend with your loved ones.

Last week, I was able to sneak a video of your children playing outside. The recording will be shared to you through the school for Grandparents' Day. Please look out for the email and I hope you enjoy seeing a glimpse of their outside play!

We are heading towards cold season, please remember if your child has a fever of 100.4°F, has congestions/runny nose, nausea/vomiting/diarrhea, sore throat, headache, fatigue/muscle or body aches, cough, difficulty breathing or loss of taste/smell to keep them home. If we see these symptoms at school, we will be required to send them home.

Thank you for your understanding and support.

Last week, I shared with you about the proprioceptive movement and the activities you can do at home to strengthen this movement. Today, I would like to share with you about vestibular movement and its connection with building a strong foundation for later academics. Many schools bring academics earlier, sitting the children at desks and working on worksheets. Instead, our Waldorf pedagogy recognizes the importance of building a healthy physical body, social emotional capacities, gross and fine motor skills first to build upon. Just like a builder, we build from the ground up and with a strong foundation.

In the first PDF about vestibular system, these are some of the key points about the system:

- Our vestibular system has a HUGE impact on our physical, emotional and indeed learning skills.
- It sorts and relays incoming sensory information from other sensory organs and passes it onto the various sensory regions of our brain.
- Improves visual tracking needed for reading and writing, copying the board when academic learning begins.
- The Vestibular Sense is crucial for a child's development to help them work, rest, and play.
- Helps a child feel secure and confident in their body so they can move, attend to learn, and rest.

In the second PDF, you will find a list of activities that are specific to strengthening the vestibular system. You will find that the vestibular system is stimulated by movements that involve spinning, swinging, rolling, or rocking. Going to the park, going on hikes, rolling down a hill, setting up a swing or hammock are all age-appropriate activities to go to or setup at home that will be fun without over stimulating your child.

We have two days of school this coming week, then we will have Thanksgiving break. As you may be getting together with friends and family, they will often want to ask your child what they do at school. I recommend that you allow your child to live in the moment and not be asked to pull information out of context. If your child gets asked what they do at school, what you can do is answer for them and that is the reason why I have scheduled our Parent Conferences before the Thanksgiving break so that you have a picture of what their day is like at school. I hope you feel empowered and supported to speak up for your child during those moments so they don't feel pressured and put on the spot. I wish you a safe and restful break.

And I look forward to seeing you all when we return to school on November 29th.

Blessings on our week ahead!

Warm regards,
Maria Morioka
WSOC Nursery Teacher