



3580 Mt. Acadia Blvd  
San Diego, CA 92111  
(858) 560-0985 fax (858) 560-1014  
[www.weecarepreschools.com](http://www.weecarepreschools.com)

## June 2024 *Happy Father's Day!*

**Social Development- Father's Day, Kick-Off to Summer**  
**Writing Skills- End of the year review all letters & numbers**  
**Review all colors & shapes**  
**Our Favorite Things, Beginning of Summer Fun!**

**SCHOOL CLOSURE DATES:** Independence Day Thursday, **July 4<sup>th</sup>**, Staff Development Monday, **August 12<sup>th</sup>**, and Monday, **September 2<sup>nd</sup>** for Labor Day

Dear Parents,

Summer is going to be a lot of fun for all of our preschoolers. We are looking forward to some warm summer days with lots of special activities to keep the children engaged.

During the summer months activity calendars will be emailed out to make you aware of special themes and events the teachers have planned. Please check your calendar daily since some days may offer the option to dress in a certain color or manner (i.e., pajama day), or might request a certain item to be brought in from home (bring a teddy bear for our teddy bear picnic). The first calendar will be emailed out soon.

As summer progresses, we will begin to lose students to elementary (*please make us aware of your last day at least two weeks in advance if this pertains to you*). As space opens up, we may begin to move some of our current preschoolers up into their new classrooms. When we are ready

and able to move your child, you will receive a letter in your parent pocket *in advance*.

As always, I welcome your input and comments. My email is [diane@weecarepreschools.com](mailto:diane@weecarepreschools.com) and the office phone number is 858-560-0985.

Sincerely,  
*Diane Martine*

### *June Birthdays!!*

Mikayla L \* Kehlani F \* Naomi M

Bennett S \* Channing S \* McCoy H

Georgia S \* Lucas Y

Ms. Lara \* Ms. Griselda \* Ms. Cassie \* Ms. Karla

### Drinks with Dad

We will have our Drinks with Dad event on Friday, June 14<sup>th</sup> from 3:00 p.m. to 5:00 p.m. We invite all dads to pick up their children this day. There will be a cooler of drinks and snacks for all children and father figures to choose from and enjoy. This is a great opportunity for the children to show their fathers what they like to do at school.

# The Center for Parenting Education

A resource to help parents do the best job they can to raise their children

## LIBRARY OF ARTICLES:: CHILD DEVELOPMENT:

### **MATURITY LEVELS**

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Often when you hear parents talking about maturity, you hear them refer to their children as being either immature or mature. Actually, maturity is not an either/or quality. It is something that children acquire over time as they learn skills and develop the capacity to deal with the complexities of life. At any given moment, children are in various phases of growth and maturity with regard to the following areas.

#### **Physically**

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Can they write legibly enough to read their own writing? How adept is their eye-hand coordination? Do they have the physical skill to dress themselves? Are they large for their age? Did they begin to walk at an early age? Do they pick up the ability to ride a bike easily and early? Are their muscles developed well enough to be able to control their bowel movements?

#### **Emotionally**

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How patiently can they wait for a toy that they asked for? How well can they handle the frustration of not being able to build a Lego tower? Are they able to control their anger and express it in constructive ways? How well do they handle disappointment or losing in a game?

#### **Socially**

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How willing are they to share an item with a friend or sibling? How well are they able to play in large groups? How cooperative are they when playing games? How do they get along with peers?

#### **Intellectually**

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How well are they able to read the instructions for a construction toy they just received? How well do they do in school? Are they mature enough to understand abstract concepts such as God, death or mathematical ideas?

Do they understand cause and effect and time concepts? How well can they relate what they are learning in school to everyday life situations?

#### **Ethically/Morally**

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Are they willing to admit when they have been unkind to someone? How well do they understand the concept of helping others, or acknowledging their mistakes? How well do they understand the concept of honesty and not cheating? How well are they able to empathize with others?

## Making Sense of Maturity

- **All children mature uniquely** and at their own pace in each area of development. Children may be mature in one area and immature in another. For example, children may understand the importance of giving to others in need (moral maturity) but still not be willing to share with their friends a toy they just purchased (social and emotional maturity).
- **Sometimes children's maturity in one area leads adults to expect them to be mature in other areas.** For example, if a toddler is large for his age and physically very coordinated, people might expect him to be advanced verbally and in his interactions with other children. Similarly, a child who is able to read early (intellectual maturity) may also be expected to handle frustration and disappointment (emotional maturity) with greater maturity than one would otherwise expect of a child of his age. These unrealistic expectations can lead to frustrations on the part of the adults and lowered self-esteem and frustration for the children.
- When considering whether your children are mature or not, you need to **consider each area of growth** and to what extent or degree each of your children has developed in each area.
- **True maturity occurs when children have the skills or ability to do a task and have acquired the internal motivation** to complete the task on their own. Things go smoothest when your children are both capable of and willing to complete a task. For example, if they are able to tie their shoes (capable), and they are enthusiastic about wanting to do that for themselves (motivated), they may eagerly put their shoes on each morning so that they can tie their own shoes.
- **Difficulties arise if your children have only the ability, but do not have the desire or conversely, if they have the desire, but have not yet developed the ability.** With potty learning, for example, sometimes very young children go through a short period when they are motivated to use the potty, but they are physiologically not capable of doing so. In other situations, children may be physically capable of using the toilet but they are not interested in doing so. Both components, capability and motivation, need to be in place for the achievement of potty learning.

## Why is knowing this important?

One of the most important things that parents can do for their children is to determine realistic expectations for them. If parents expect too much, they can become disappointed and frustrated, children's self-esteem will be eroded, conflict may increase, and children may stop trying. If parents expect too little, less than what their children are capable of, children will not be challenged and will not meet their full potential. Being aware of your children's maturity levels in each area of development can help you to find the balance between expecting too much and expecting too little from your children.

# June Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 AM: Low-Fat Yogurt &amp; Graham Crackers</p> <p>L: Grilled cheese on whole wheat, carrots, fresh fruit &amp; milk</p> <p>PM: Apple Slices &amp; Pretzels</p>	<p>4 AM: Cinnamon Toast &amp; Milk</p> <p>L: Mac 'N Cheese, mixed veggies, fresh fruit &amp; milk</p> <p>PM: Goldfish Crackers &amp; Raisins</p>	<p>5 AM: Waffles &amp; Bananas</p> <p>L: Chicken corn dogs, green beans, fresh fruit &amp; milk</p> <p>PM: Snack Mix &amp; Fresh Fruit</p>	<p>6 AM: Fig Bars &amp; Milk</p> <p>L: Turkey &amp; cheese, crackers, fresh fruit &amp; milk</p> <p>PM: Graham Crackers &amp; Fresh Fruit</p>	<p>7 AM: Cheerios &amp; Milk</p> <p>L: Chicken Nuggets, mashed potatoes, mixed veggies &amp; milk</p> <p>PM: String Cheese &amp; Club Crackers</p>
<p>10 AM: Toasted Bagel &amp; Cream Cheese</p> <p><b>Luau Lunch:</b> Teriyaki Chicken, rice, carrots, pineapples, &amp; milk</p> <p>PM: Goldfish Crackers &amp; Raisins</p>	<p>11 AM: English Muffin w/ Jelly &amp; Milk</p> <p>L: Pasta Alfredo, steamed broccoli, fresh fruit &amp; milk</p> <p>PM: Fresh Fruit &amp; Snack Mix</p>	<p>12 AM: Pancakes &amp; Fresh Fruit</p> <p>L: Scrambled eggs, tater tots, fresh fruit &amp; milk</p> <p>PM: String Cheese &amp; Club Crackers</p>	<p>13 AM: Cereal Bars &amp; Milk</p> <p>L: Cheese Pizza, green beans, fresh fruit &amp; milk</p> <p>PM: Pretzels &amp; Fresh Fruit</p>	<p>14 AM: French Toast Sticks &amp; Milk</p> <p>L: Grilled cheese sandwiches, fresh fruit &amp; milk</p> <p>PM: Graham Crackers &amp; Fresh Fruit (<b>make Beach Sand Pudding Cups</b>)</p>
<p>17 AM: Cinnamon Toast &amp; Milk</p> <p>L: Fish sticks, tater tots, fresh fruit &amp; milk</p> <p>Pm: Pita Triangles &amp; Hummus</p>	<p>18 AM: Low-Fat Yogurt &amp; Graham Crackers</p> <p>L: Cheese Pizza, green beans, fresh fruit &amp; milk</p> <p>PM: Snack Mix &amp; Raisins</p>	<p>19 AM: Waffles &amp; Bananas</p> <p>L: Cheese quesadillas, vegetarian refried beans, fresh fruit &amp; milk</p> <p>PM: Pretzels &amp; String Cheese</p>	<p>20 AM: Fig Bars &amp; Milk</p> <p>L: Pasta Alfredo, steamed broccoli, fresh fruit &amp; milk</p> <p>PM: String Cheese &amp; Club Crackers</p>	<p>21 AM: Cheerios &amp; Milk</p> <p>L: Vegetarian bean &amp; cheese burrito, fresh fruit &amp; milk</p> <p>PM: Saltines &amp; Fresh Fruit</p>
<p>24 AM: Toasted Bagel &amp; Cream Cheese</p> <p>L: Turkey hot dog, tater tots, fresh fruit, &amp; milk</p> <p>PM: String Cheese &amp; Pretzels</p>	<p>25 AM: Pancakes &amp; Fresh Fruit</p> <p>L: Turkey Sliders, fresh fruit, carrot sticks &amp; milk</p> <p>PM: Graham Crackers &amp; Fresh Fruit</p>	<p>26 AM: English Muffin w/ Jelly &amp; Milk</p> <p>L: Chicken Taquitos, carrots, fresh fruit &amp; milk</p> <p>PM: Crackers &amp; Sliced Cheese</p>	<p>27 AM: Cereal Bars &amp; Milk</p> <p>L: Pasta w/ marinara sauce, mixed veggies, &amp; milk</p> <p>PM: Club Crackers &amp; String Cheese</p>	<p>28 AM: French Toast Sticks &amp; Milk</p> <p>L: Dino Nuggets, Herbivore salad, fruit &amp; milk</p> <p>PM: Goldfish Crackers &amp; Raisins</p>