



# EASP Newsletter

October, 2020



Nita M. Lowey 21st Century Community Learning Center

Hello EASP Families !

I am so thankful for the beautiful weather we're experiencing! The hills and valleys around Mauston and Lyndon Station are just bursting with color. I hope you've found time to take in the view and the fall sunshine.

EASP is cruising through Fall too. EASP kids spend a significant part of their after school day outside, soaking up vitamin D and learning about weather, leaf pigmentation & photosynthesis, apples, and tree identification.

EASP enrollment numbers are strong! We started the year with just over 100 kids enrolled, but continue to add students weekly. The EASP currently serves 111 students in person, and 5 students in EASP REMOTE!

See you through your windshield! Mrs. Buss

## PHONE NUMBERS

**Grayside Ele  
Pick-up  
608-350-8215**

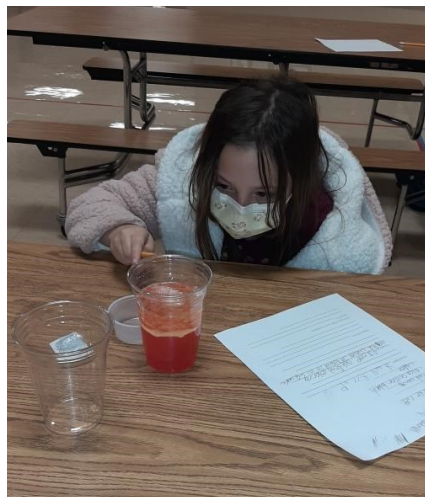
**West Side Ele  
Pick-up  
608-350-9058**

**Lyndon Station Ele  
Pick-up  
608-350-8064**

**Carrie Buss  
EASP Coordinator  
608-350-9058 or  
847-5616 ext 2206**



3rd Grade  
Dot Art



Documenting Observations



Rock Paper Scissors—OUT!

3-D Shapes and Design



# Parenting Place Workshops

Juneau County will be hosting free virtual workshops for parents!

THURSDAYS 5:00PM-6:30PM

To join, go to this web address and enter the password

<https://us02web.zoom.us/j/9090046120?pwd=TIV3TDliU3hOUWpLd0U4MTBIODY0dz09>

Passcode: **KidFocus**

## October 22 - Behavior at School

Does your child struggle in the school setting? Is going to school constantly a fight? Let's discuss what difficulties your child has surrounding school and create a plan for you to be less stressed and to help your child be successful in the school setting.

## November 5 - Managing Fighting and Aggression

Does your home feel like a battle ground some days? Do you wish you could have more tips and tricks to manage the fighting at home? Join us in learning ways to have successful positive family interactions. We will watch a short video regarding a situation which could happen in your home and then discuss as a group how it was handled. You will leave with a plan of how to manage fighting and aggression within your home.

## November 19 - Dealing with Disobedience

"No!" "Nope!" "I don't think so!" Are these phrases you hear all too much? Do you have to raise your voice to get your children to follow direction? Join us in learning ways to deal with children who don't follow directions. We will watch a short video regarding a situation of disobedience and discuss how it was handled, or could be handled. You as a parent/or support person will learn ways to interact and manage these times calmly.

## December 3 - Developing Good Bedtime Routines

Is bedtime a dreaded time of the day? Do your children struggle with falling asleep, staying in their bed or refusing to go to sleep? Bedtime routines are important in setting children (and families) up for success throughout the next day. Join us to learn why routine is important, how to develop and implement a routine in your home and leave with a plan you designed for making bedtime easier.

## December 17 - Tantrums

Picture this: You are at home and your child asks you for something and you say "no". Your child kicks, screams, throws things, etc. What do you do? How do you handle it without escalating the situation? Join us in learning why kids have tantrums, what you can do in the moment, and how to plan for tantrums your child has at home.