

# Zenith Newsletter

Curiosity. Courtesy. Courage.



## Zenith Preschool Welcomes two New Students

One of the big challenges all new preschools face is numbers. I was chatting with an ex preschool owner last week as she recalled having no more than three students for years. One of the big values of *preschool* is in the hidden curriculum. Social skills are the most obvious of these. Parents want their kids to be around other kids, for them to make friends and get into challenging situations with their peers so they can learn to resolve them.

As a new preschool, Zenith has struggled with this as well. If no-one wants to send their child until we have more children then no-one sends their child. Fortunately our keen interest in providing our students and their parents with the best preschool experience available is starting to pay off.

On Monday the 5th of March, Zenith undergoes its first growth spurt with, Brianna and Judah. Brianna is a confident and expressive little girl. For now she mostly speaks Spanish but we can tell that she'll pick up English in no time. Judah is the most compassionate kid we've seen at Zenith. He is very empathetic and loves to share. They're both very charming and eager to learn. We're so excited at Zenith to guide them through this important period of their school life.



### Help Wanted

Zenith is looking for a Teacher's Aide. See Page 3 for more information.

### Three Trees and the Most Lovely Garden



Christopher Naranjit has just finished his latest children's story and is hoping to release it digitally by the end of March.

### Face Book Story Challenge



Check out our latest Facebook Challenge. Send us a topic and we might write a story about it! More info on Page 5.

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## **Zenith Preschool: Now hiring**

As our student size grows, Zenith Preschool needs to keep up. To maintain our intended level of individual attention we will need to hire a new Teacher's Aide.

We're looking for someone with nothing less than 5 CXC passes including Maths and English.

ECCE qualifications would be a plus but not required.

Ability to speak both Spanish and English would be appreciated but not required.

Candidates must have experience around children under the age of 4.



We are looking for a teacher's aide.

We need someone with  
patience  
and curiosity.

If you would like to be part of an expert team  
Give us a call.



Call: 739-3503/747-4105  
or message on Facebook  
[facebook.com/zenithpre](https://facebook.com/zenithpre)

## Top 5 Discipline Techniques that Zenith Preschool DOES NOT use.

That's right, *Zenith* is making a list. Look out *Buzzfeed*!

Zenith Preschool has been having a lot of interviews with prospective parents recently and we've started to observe some questions that come up more often than others. Questions about discipline are not among them. When they do come up, it is well into the interview and often with a mild amount of discomfort. I love when parents ask about discipline. It usually leads to enlightening chats about other preschools and *their* approaches. So far nothing I've heard sounds like anything we do. That is fairly strange. What are these techniques and why doesn't Zenith use any of them? Let's get into it.

### #5 The punishment of EXTRA WORK

This one sounds like such a good idea. You want kids to do *work* and you want them to be disciplined. Who knew that one could lead to the other? First off, let's clarify that we mean school work like writing, reading, etc. Yea, with this technique you'll probably see some decrease of the *unwanted behaviour* (UB). More work is stress and our psychology is designed to avoid stress. So children may decide to stop the UB to avoid the stress.

#### One Reason Zenith Doesn't Use This Technique:

So what does one do at school? That's right, 'work'. Well...Zenith doesn't use that word, because it has a heavy connotation. When we hear work we're not encouraged to think about an enjoyable or fulfilling activity. But activities in school can easily be enjoyable and research shows that if the information is collected in a fun way, it increases retention. We want our students to be interested in attaining knowledge and skills so the last thing we would willingly do is transform those things into a punishment. Not to mention that they're preschoolers, this is not the time in their life to overwhelm them with 'work'.

**Summary:** Punishment is bad. 'Work' is Good. Therefore 'Work' should not be a punishment.

### #4 Time Outs

*"Oh gosh, she's screaming again. Did she just hit him? That's it, time out for you, missy!"* Often when a loud or explosive sort of UB occurs, educators pull out the *Time Out*. The most famous being Super Nanny's Time out, *'The Naughty Corner'*. For years it has been seen as the magic technique to deal with UBs. If you've tried it, I'm sure you've seen some sort of result quickly. Who can argue with results? ... Hi, I'm Zenith Preschool, I'm here to argue with the results.

#### One Reason Zenith Doesn't Use This Technique:

There is too much to lose in using this technique. Behaviours like shouting, hitting etc, come from a lack to communication skills/tools. Children with this UB haven't developed the skills to talk about their feelings, solve their problems calmly or accept not getting their way (likely a result of underdeveloped empathy). Putting them in a time out is like punishing a child for falling off their bike by making them carry it on their back. Yes the technique might stop the UB but it does not help the child to develop the skills they need to solve their problems or communicate effectively. Not only does it not help communication skills, it stunts them. By putting a child in a time out when they express their emotions, you're telling them that expressing themselves is wrong. The last thing you want for your child is for them to stop expressing themselves. So for Zenith, this technique is in no way worth the appearance of effectiveness.

**Summary:** We want children to develop their communication skills and encourage them to express their emotions. Time outs work against this goal.

### #3 Withholding of a break or fun activity

Here is another obvious one. If the child wants to do something, they'll avoid behaviour that will rob them of the chance. If properly explained so that the child makes the connection between the UB and the punishment then this could show results.

#### One Reason Zenith Doesn't Use This Technique:

You guys remember recess? SO GOOD! So important too.! The mind needs breaks. A break allows one to reset their stress levels to allow for further focus.

For kids, they're gonna be doing a lot of play during break time and that is also very important. Physical play releases so many important chemicals into the body that assist with mental tasks and retention of information. Simply put, breaks are the glue that hold the entire academic world together. Now why would you take that away from a child? If they're acting out, chances are they're already stressed, if you don't let them reset, what sort of results do you truly hope to achieve.

**Summary:** Break time is sacred. Zenith will not take it away.

## #2 Bouffing up

How do you even spell that word?! Either way, we've all been shouted at and most of us have seen children being shouted at. They usually quiet down or cower. The UB usually ceases. We've all seen this work before but how lasting is that effect? Remember being shouted at in school for talking? Sure, you got quiet but thirty minutes after the bouffing, were you still just as quiet?

### One Reason Zenith Doesn't Use This Technique:

Shouting in response to an UB usually just comes across as weak. I've had a substitute teacher take one of my classes years ago. She complained about how much shouting she had to do. I have never shouted at a class and don't ever expect to. At Zenith we train hard to develop our abilities to communicate so that we don't need to rely on shouting. If we did, it would only teach the children that shouting is an acceptable way to solve

one's problems. As an adult, have you even been more moved by someone's point because they were screaming at you? Didn't think so.

**Summary:** Shouting is not a good communication tool so let's not teach it to our kids.

## #1 Corporal Punishment

Beating, flogging, whipping, lashing. Bring the cane, the stick, the slipper, the pot-spoon...

### One Reason Zenith Doesn't Use This Technique:

I know we said one reason and I've worked hard to keep it down to one each but here's a freebie:

### It's illegal!

Aside from that, so much research has been done in the field of psychology to show that this technique is much more likely to build up resentment than help in the development of a child. And why would a child respect and obey someone they resent or fear? They don't. Children just learn how to not get beat. Best way? Don't get caught. What else might they learn? That beating someone is how you get someone to listen. #cycleofviolence

**Summary:** Might seem like it works but it just doesn't.

## THE CRY CORNER

During the month of February I came across an interesting term. A parent was telling of a technique that another preschool uses. It's called 'The Cry Corner' and from the name alone I knew that it was going to be bad. The way it works is straight forward. If a child is crying, then they must go sit in The Cry Corner until they are done. The parent wanted to know my thoughts on it but I would have told her anyway. This is awful. Do not let people do this to your child. From this children will learn that crying is wrong. Needing to cry is never wrong. We need to have confidence that if something is wrong with a child that they will inform us through words, actions or even tears. Children who are made to feel that crying is wrong are robbed of this communication tool. They are more likely to develop personality disorders and less likely to develop confidence. Crying is healthy and should be approached with compassion and understanding.



Art by Lynn-Spirit-Rains





## Online Update

After the success of our **Zenith Preschool Children's Song Challenge** we decided to try another challenge. This time it's all about stories. Sometime we at Zenith just can't find the perfect story to augment our lessons so we have to write them ourselves. Now we want to get you all involved. Look for the image below on Zenith Preschool's Facebook page and comment a Topic, Idea or Theme. Zenith will pick 5 of the comments and write five original stories just for you. So check us out on Facebook and join in on the fun! =)

Call 739-3503 / 747-4105 or message us on Facebook  
[facebook.com/zenithpre](https://facebook.com/zenithpre)

Zenith Preschool



Comment with an idea  
for a children's story.  
We'll pick 5 comments  
and write the stories!

Story book art by Kairisk

# Upcoming Events

## Easter Egg Hunt

*Wednesday 28th March*

Easter is almost here and Zenith is getting ready for its annual Easter Egg Hunt! This year we'd like to invite all the families who might be interested in registering with us. Bring the kids and get involved in the search for all our hidden easter eggs. There will be games, prizes and refreshments. Check out the Facebook event page to let us know you're coming.

## School Term Ends

*Wednesday 28th March*

Another Term comes to an end. We're very proud of our students for all their efforts throughout the term. They've earned a nice little rest. Enjoy your holidays and be safe. See you on April 18th for the beginning of Term 3.

## Family Day

*Saturday 14th April*

During the Holidays, Zenith would like to have a small family day with our kids and their families. If enough people are interested, we'll be putting up a bouncy castle, have snow cone and popcorn, we'll play games and have a nice lunch together. Find a link to the event on our Facebook page or call us for more information. The date may change so keep up to date on our Facebook page or website.

