

Director's Notes

Your Child's Growing Mind



January 2020

Zion Lutheran ECEC

204 S. Grant Street
Hinsdale, IL 60521
630-323-0065

www.zionhinsdale.org

Upcoming Dates:

- ☺ January 6 -Welcome Back
- ☺ January 11—Open House/
Pancake breakfast with
Tiny Toes Music
- ☺ January 14th—Chapel @
9:10
- ☺ January 20—No School
- ☺ January 26- Feb 1—
Lutheran Schools Week
- ☺ January 27th Chapel @9:10
- ☺ January 30 & 31—No
School Parent Teacher
Conferences

The full School Calendar can
be found on our school
website.

<http://www.zionhinsdale.org>

"This is the day
the Lord has made"
Psalm 118:24



"The mission of Zion Lutheran Early
Childhood Education Center is to open
the door to a lifetime of learning in a
Christ-centered community."

The book "Mind in the Making" by Ellen Galinsky is written by a person who holds a degree in child development and education. She also does research on family life. I found her book insightful and interesting. I thought I would pass along this information found in the book.

The executive functions of the brain, or the prefrontal cortex of the brain functions as the manager of the brain. It's used to organize our attention, our emotions and our behavior in order to reach our goals. These intellectual capacities begin to emerge during the preschool years and don't mature until young adulthood.

She lists 7 Essential Life Skills.

Skill 1: Focus and Self Control—Children need this skill in order to achieve their goals, especially in a world that is filled with distractions and information overload. It involves paying attention, remembering the rules, thinking flexibly and exercising self control.

Skill 2: Perspective Taking—Perspective taking goes far beyond empathy; it involves figuring out what others think and feel and forms the basics for children's understanding of their parents', teachers and friends intentions. Children who can take others perspectives are also less likely to get involved in conflicts.

Skill 3: Communicating—Communicating is much more than understanding language, speaking, reading and writing— it is the skill of determining what one wants to communicate and realizing how our communication will be understood by others. It's learning to express successfully.

Skill 4: Making Connections— Making connections is at the heart of learning—figuring out what's the same and what different and sorting these things in to categories. Making unusual connections is at the core of creativity. In a world where people can google information, it's the people who can see connections who are able to go beyond knowing information and use it well.

Skill 5: Critical Thinking— Critical thinking is the ongoing search for valid and reliable knowledge to guide beliefs decisions and actions. It is needed in life for making the best decisions.

Skill 6: Taking on Challenges— Life is full of stresses and Challenges. Children who are willing to take on challenges (instead of avoiding them or simply coping with them) do better in school and in life.

Skill 7: Self-Directed, Engaged Learning— It is through learning that we can realize our potential. As the world changes, so can we, for as long as we live- as long as we learn.

Summarized from "Mind in the Making" by Ellen Galinsky

If you have any friends who are looking into preschools, pass along a good word of mouth for
Zion Lutheran Early Childhood Education Center. Thanks!