

Welcome to the July 2006 edition of Iowa Public Television's (IPTV) Ready To Learn (RTL) eNews. The purpose of this free monthly electronic newsletter is to keep families, educators, and child care providers informed of the great resources IPTV and our partners have to offer those who care for children ages birth to eight years of age. RTL is public television's response to a critical national education goal: All children will enter school "ready to learn."

RTL eNews for July 2006

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_____The Learning Triangle_____

Young children learn by doing—by interacting with people and objects around them. To learn, they need to experience things again and again. RTL uses the learning triangle to teach children skills and concepts by using PBS KIDS programs, books, and activities. Engage children in these theme-related activities in any order and at any time. Point out the connections between the segment they VIEW, the book they READ, and the activity they DO. The repetition and variety of media used reinforces the skills and concepts you teach.

_____How do you use the RTL Learning Triangle? Monthly Contest_____

IPTV's RTL service wants to hear from you! How do you use the RTL Learning Triangle? Send an email to Lisa Albers at lisa@iptv.org describing your triangle and how it worked for you and the children in your care. All emails received by the end of each month will be included in a drawing for 10 FREE children's books.

_____Food Theme Learning Triangle_____

A print version of this Food Theme Learning Triangle can be found at the following location:

In English: <http://www.iptv.org/kids/grownups/resources/documents/trianglefood706.pdf>

In Spanish: <http://www.iptv.org/kids/grownups/resources/documents/trianglefood706spanish.pdf>

Children's first experiences with food are part of their connection with being cared for and loved by another person. Often those feelings continue, and the giving and receiving of food is associated with giving and receiving love. As children grow they also learn they like some foods and not others. Children often make choices when offered food. These choices involve likes and dislikes. Parents can expand their children's experiences with food, particularly learning healthy alternatives to junk food. Food excites all the senses – you can see it, smell it, touch it, taste it, and sometimes even hear it.

READ IT

1. *Pizza Party* by Grace Maccarone (This book is also available in Spanish.)—A group of children have fun making a pizza. (Ages 4-8)
2. *D.W., the Picky Eater* by Mark Brown—Because her eating habits cause some problems, Arthur the aardvark's younger sister has to stay home when her family eats out. (Ages 4-8)
3. *The Very Hungry Caterpillar* by Eric Carle (This book is also available in Spanish.)—Follows the progress of a hungry little caterpillar as he eats his way through a varied and very large quantity of food until, full at last, he forms a cocoon around himself and goes to sleep. Die-cut pages illustrate what the caterpillar ate on successive days. (Infant - Preschool)
4. *I Will Never Not Ever Eat a Tomato* by Lauren Child—A fussy eater decides to sample the carrots after her brother convinces her that they are really orange twiglets from Jupiter. (Ages 4-8)
5. *Pancakes for Breakfast* by Tomie dePaola (This is a wordless book.)—A little old lady's attempts to have pancakes for breakfast are hindered by a scarcity of supplies and the participation of her pets. (Infant - Preschool)

VIEW IT

IT'S A BIG BIG WORLD – Food and Plenty of It #125b

* Tuesday, July 18, 2006 at 10 a.m.

Burdette is very upset - all of the nuts on her favorite tree are gone! Even after Snook suggests she try something new to eat, she is determined to wait until more nuts grow back on that tree. However, talking so much about food makes Burdette even hungrier, so when Snook offers to sprinkle some nuts on his Papaya Pie, Burdette decides she's ready to try something new after all.

BETWEEN THE LIONS – Cheesybreadville & Stolen Smells

* Monday, July 24, 2006 at 2:30 p.m.

A disaster in the kitchen creates a tasty new treat, and a boy finds himself in trouble for smelling tasty smells without paying for them.

FETCH! WITH RUFF RUFFMAN – Tryin' Chef #115

* Wednesday, July 26, 2006 at 1 p.m.

When Ruff's owner brings home a "doggy bag" consisting of one measly dinner roll, Ruff decides that his evening meal needs to get "kicked up a notch." He challenges his cast to use creativity, cunning, and capability in this Iron Chef spoof!

DO IT

1. Distinguish healthy foods from junk. Materials: glue, marker, pictures of food (from magazines, grocery fliers, etc.), poster board (two large pieces)
 - * Prepare: Collect pictures of healthy foods and junk foods from magazines, fliers, newspapers, etc. On one piece of poster board, write the title "Healthy Food" and draw a green traffic light. On the other piece of poster board, write the title "Junk Food" and draw a yellow traffic light.
 - * Sort healthy: Point to the green traffic light and ask: What does a green light mean? (Go ahead.) Kids should feel free to go ahead and eat lots of healthy foods. Help children choose and glue down two or three pictures of healthy foods onto this poster.
 - * Sort junk: Point to the yellow traffic light and ask: What does a yellow light mean? (Slow down, and prepare to stop.) Explain that we should only eat junk food once in a while, if at all. Help children choose and glue down two or three pictures of junk food onto this poster (e.g., candy, chips, soda).
 - * Continue to sort: Keep sorting food pictures while you discuss healthy eating habits. Ask questions such as: Ask: What sorts of things should we eat? How can we keep our bodies strong?
2. Children enjoy helping in the kitchen and often are more willing to eat foods they help prepare. Involve children in planning and preparing some meals and snacks for the family. It is important that you give kitchen tasks appropriate for your child's age. Be patient as your child gains new skills at different ages. Expect a few spills. It's a small price to pay for helping your child become comfortable around food. This is also a great time to take the opportunity to talk with your child.

_____Literature Theme Learning Triangle_____

A print version of this Physical Activity Theme Learning Triangle can be found at the following location:

In English: <http://www.iptv.org/kids/grownups/resources/documents/triangleliterature706.pdf>

In Spanish: <http://www.iptv.org/kids/grownups/resources/documents/triangleliterature706spanish.pdf>

Stories we read to children help them learn about their world, how to "live life" and solve problems. When selecting books to read, try to find stories that are entertaining and that children can relate to. Books should have only a few words per page and interesting pictures. They should also be free of bias and teach children what you want them to know about the roles of men and women, people with disabilities, and people from different ethnic and racial backgrounds.

READ IT

1. Goodnight Moon by Margaret Wise Brown—In a great green room, tucked away in bed, is a little bunny. "Goodnight room, goodnight moon." And to all the familiar things in the softly lit room—to the picture of the three little bears sitting in chairs, to the clocks and his socks, to the mittens and the kittens, to everything one by one—he says goodnight. (This book is also available in Spanish.) (Infant - Preschool)
2. Read To Your Bunny by Rosemary Wells—Brief rhyming text and colorful illustrations tell what happens when parents and children share twenty minutes a day reading. (This book is also available in Spanish.) (Infant - Preschool)
3. The Three Little Pigs by Patricia Seibert—Beautifully illustrated, this classic tale will capture children's interest and spark their imagination page after page, encouraging a love of reading that is vital to success in school and life. (Ages 4-8)

VIEW IT

READING RAINBOW

* Monday-Friday at 2 p.m.

This series is designed to spark young children's interest in books and reading. A different story is featured each day.

BETWEEN THE LIONS

* Monday-Friday at 2:30 p.m.

This show is named for a family of lions who run a library whose doors swing open to reveal a magical place where characters pop off the pages of books, vowels sing, and words take on a life of their own. The series combines innovative puppetry, animation, live action, and music to achieve its goal of helping young children learn to read.

DO IT

1. One simple and fun way to enjoy a story with a child is to act it out after you have read it. Assign roles, gather props, and create costumes. Break the story into "scenes" and talk about what each person should do. It is tempting to take control of this activity, but try to let the children be in charge. Let them choose who they want to be. They will need direction, but the goal is to have them pretend to be a character from a story they know.
2. Tall tales can be a fun way to sharpen the imagination. Invite the child to create a few! For example, work with the child to make up an outrageous story about something that might have happened to you when you were together at the grocery store, or during an imaginary trip that you took to a fantastic island. Help the child record the stories by writing them in a notebook as the child dictates to you.
3. Tell a story. First, read a familiar story to the child, such as Cinderella or The Three Pigs. Encourage the child to use the pictures to retell the story. Discuss the character's feelings. Then help the child identify the main character's true friends and foes. Discuss why friends are important in our lives. Before ending this fun story time, ask the child to create a new beginning or ending for the story.
4. Children develop a love for reading by hearing and handling books at a young age. Spend time talking about the various parts of a book. Model the proper way to turn pages, care for a book, and the importance of using a bookmark. Compare the differences between an old book and a new book. Discuss possible ways that careful handling could have better preserved the condition of the old book.

_____IPTV Kids Schedule for Summer 2006_____

A print version of the IPTV Kids Schedule for Summer 2006 in English and Spanish can be found at the following location: <http://www.iptv.org/kids/growups/resources/documents/Summer06KidsSchedule.pdf>

IPTV broadcasts 11 hours of non-violent, non-commercial, educational children's television programming each Monday through Friday. However, IPTV does NOT recommend that children spend all of their free time in front of

the television. In fact, we encourage adults to place strict limits on the amount of time the children in their lives spend with the television or other screen media, such as computers and video games. This schedule is provided to assist children and adults as they plan their television viewing.

Monday—Friday

6:30 a.m. Zoboomafoo
7:00 a.m. Arthur
7:30 a.m. Clifford the Big Red Dog
8:00 a.m. Dragon Tales
8:30 a.m. Caillou
9:00 a.m. Sesame Street
10:00 a.m. It's a Big Big World
10:30 a.m. Barney & Friends
11:00 a.m. Thomas & Friends
11:30 a.m. Caillou
Noon The Berenstain Bears
12:30 p.m. The Big Comfy Couch
1:00 p.m. FETCH! with Ruff Ruffman ***NEW***
1:30 p.m. Cyberchase
2:00 p.m. Reading Rainbow
2:30 p.m. Between the Lions
3:00 p.m. Bob the Builder
3:30 p.m. Dragon Tales
4:00 p.m. Clifford's Puppy Days
4:30 p.m. Arthur
5:00 p.m. Clifford the Big Red Dog

Saturday

6:30 a.m. The Zula Patrol ***NEW***
7:00 a.m. It's a Big Big World
7:30 a.m. Clifford the Big Red Dog

Sunday

8:00 a.m. Sesame Street
9:00 a.m. Angelina Ballerina
9:30 a.m. Bob the Builder
10:00 a.m. Thomas & Friends

_____Program Schedule, Episode Descriptions and Record Rights for PBS Kids Programs_____

Finding Program Schedule and Episode Descriptions:

- * Go to Web site: iptv.org
- * Click on "TV Schedule" button at the top left side of the page.
- * Click on the program to find a description for today's episode of the program.
- * To find future episode descriptions, click on a date in the left column to find the description of the episode that will be shown on that specific date. Reading them will help you identify episodes that correspond to your curricular themes. The listed dates are the next 28 air dates of the program you've selected. Upcoming TV schedules on www.iptv.org are updated by the 15th of each month for the following month.

"Record only, one year tape and erase. No duplication allowed."

What does that mean?

Educators may record a program from the broadcast. The recording may then be used in an educational setting and retained as long as that program airs on IPTV. No copies may be made from the original recording. If available, educators also may borrow a recording from a lending library, such as the media centers in Iowa's Area Education Agencies.

_____July Focus on Media Literacy_____

TV Tips

Often times we hear reports about how bad television is for children. It exposes them to violence, adult themes, and inappropriate language. All television is not that way. Below are some suggestions on how to make TV time educational, fun, and safe for your children to watch.

The first step is to choose a television program with your child. (PBS offers many good programs – see IPTV’s program schedule for kids at <http://www.iptv.org/kids/grownups/resources/documents/Summer06KidsSchedule.pdf>.) Children should have a say in what they watch, but you as the adult make the final decision. It is up to you to make sure a program is age appropriate.

Second, watch the program with the child. Children will follow your example. Your choice in shows - good or bad - can make a difference.

Third, use the show to start a conversation with the child. Below are just a few ideas:

* Ask your child what he thinks will happen next.

* Make a game out of words used in the show.

Examples:

1. Listen for words that rhyme.

2. Listen for words that start with the same letter as the child's name.

3. Listen for proper nouns, verbs, adjectives, etc.

* Discuss what the characters are feeling. How do you know? Ask your child how she would feel in the character's position. What would she do to keep or change the feeling?

* Discuss the choices that the characters make. Are they good or bad choices? Why?

* Discuss if anything similar has ever happened to your child in real life.

* Discuss the difference between reality and fantasy. Can someone's feelings really get hurt? Can an airplane really talk?

Viewing television as a families and caregiving groups gives adults better control over what children are watching, provides quality time together, encourages children to be active television viewers, and promotes independent thinking. Discussing thoughts about the shows gives adults a chance to find out what is happening in the children's lives. Practicing word skills reinforces the lessons taught in school, and gives the message that school is important.

_____Series Spotlight_____

SESAME STREET airs on IPTV Monday-Friday at 9 a.m. and on Sundays at 8a.m.

It’s Back to Basics on SESAME STREET beginning on August 14 on PBS Kids

37th Season of Award-Winning Series from Sesame Workshop Focuses On Getting Kids Ready for the Classroom Experience

New Season Features Introduction of Abby Cadabby, the First New Female Muppet in 13 Years

Since its 1969 debut, SESAME STREET has helped ready generations of children for the challenges of a formal educational experience. The groundbreaking show’s 37th experimental season, premiering August 14 on PBS KIDS, will go “back to basics,” focusing on preparing today’s preschoolers for their first classroom experience.

As part of the program’s curriculum for this season, SESAME STREET will address the critical stages of development that help children get ready for school. Whether the focus is on learning about emotions; developing task persistence; learning how to take turns, share or how to follow directions; making new friends or learning how to interact in a social group; the series’ underlying goal is to engage and educate children of the challenges they may face as they enter school. Building on last season’s successful campaign to help children establish an early

foundation of healthy habits, season 37 will also include new segments aimed at healthy eating, physical activity and hygiene.

In addition, SESAME STREET will introduce a brand-new character, Abby Cadabby, the first new female Muppet to join the program in over 13 years. Abby, whose catchphrase is “that’s so magic,” is a pink “fairy-in-training” who uses rhyme and magic to express herself – a youngster who knows just enough about magic to get herself in a jam but not always enough to get out of trouble. Viewers will follow Abby as she meets everyone on SESAME STREET, even grouchy Oscar, and come along as she goes to school for the first time with her new friend Baby Bear. At school, she meets her new teacher Mother Goose (performed by the legendary actress Shirley Jones) and a multitude of new students including Jack and Jill, Peter Piper, Hansel and Gretl, and Mary, whose little lamb seems to be the focus of a prank on the first day of school. When Abby realizes she doesn’t have anything to bring to show and tell, she asks her pal Elmo to help her out. Abby’s exuberance and love for learning and meeting new friends make this one of her most memorable days ever.

Other areas of school readiness highlighted this season are the basic, yet important, tools of knowing your letters and numbers as well as the more challenging skill of rhyming, found to be especially helpful in nurturing the literary development of young children. With the help of Big Bird, Elmo, Oscar and the rest of the SESAME STREET gang, season 37 will address all areas of a child’s cognitive, social and emotional well-being, including the importance of knowing how to label and express emotions; how to cope with feelings such as anger and disappointment; and how to understand and respond to other’s emotions.

In a national survey of kindergarten teachers on the preparedness of our nation’s youngest students, conducted by Mason-Dixon Polling and Research, a majority of teachers cited the following behaviors or skills as those that best prepare children for the school experience: problem solving, getting along with others, recognizing the feelings of others, paying attention, following directions, and cooperating in a group setting.

“Entering school prepared involves multiple areas of development which go beyond the rote memorization of letters and numbers,” said Dr. Rosemarie Truglio, Vice President of Education and Research for Sesame Workshop. “For season 37, we are focusing our attention on the critical educational needs of young children as they prepare for school by emphasizing skills such as: getting along with others, practice and task persistence, listening, literacy, mathematics, critical thinking, and healthy living.”

Carol-Lynn Parente, Executive Producer of SESAME STREET, said, “Despite the headway some educational systems have made in the past few decades, there are still many children that start school unprepared and it’s clear that there is still a need for SESAME STREET. “ She added, “Parents continue to count on us to deliver the kind of educational foundation that is sure to give their child a strong head start as they prepare to enter school and that is the type of challenge we relish here at Sesame Workshop.”

As always, the new episodes will include segments featuring well-known celebrity guests including Academy Award winner, Jamie Foxx; Grammy Award winner, John Legend; Today host Matt Lauer; comedienne Amy Sedaris; and Grey’s Anatomy star T.R. Knight. In addition, SESAME STREET will continue to explore the world of pop culture through original parodies such as: “Law & Order: Special Letters Unit M;” “Scramalot;” “The Breakfast Club;” “Survivor: Musical Chairs,” featuring a Jeff Probst look-alike Muppet; and “Outrageous Makeover: Home Edition,” in which Grover takes on the role of Ty Pennington and finds, after adding a few doors and then subtracting some, he and his crew have no way of getting out of their newly renovated room.

SESAME STREET will take on some of the best known films and musicals in a new parody segment designed to model and reinforce the importance of family meal time called “Dinner Theatre.” This season’s parodies include Man of La Mancha, Veg Side Story, and Guess What We’re Having for Dinner.

New installments of “Global Grover,” SESAME STREET’s window into the lives of children around the world, feature live action footage of children in Iceland taking part in a bird rescue; children in Germany learning how to make a thatched roof; students in Bangladesh creating pictures in art class; and a family in the Philippines spending a day together in the park.

Season 37 of SESAME STREET is funded in part by a grant through the Public Broadcasting Service and the Corporation for Public Broadcasting, and public television viewers. SESAME STREET is underwritten in part by the McDonald's Corporation, Beaches Family Resorts, Pampers and EverydayKidz.com from Astra Zeneca.

Sesame Workshop is a nonprofit educational organization making a meaningful difference in children's lives around the world. Founded in 1968, the Workshop changed television forever with the legendary SESAME STREET. Today, the Workshop continues to innovate on behalf of children in 120 countries, using its proprietary research methodology to ensure its programs and products are engaging and enriching. Sesame Workshop is behind award-winning programs like DRAGON TALES and SAGWA, THE CHINESE SIAMESE CAT and ground breaking multimedia productions in South Africa, Egypt and Russia. As a nonprofit, Sesame Workshop puts the proceeds it receives from sales of SESAME STREET, DRAGON TALES and SAGWA products right back into its educational projects for children around the world. Find the Workshop online at www.sesameworkshop.org.

PBS KIDS® is committed to providing the highest quality non-commercial content and learning environment for children across the country. Providing age-appropriate, diverse programming for kids, PBS KIDS' programs consistently earn more prestigious awards than any other broadcast or cable network. Only PBS KIDS has earned the unanimous endorsement of parents, children, industry leaders and teachers. With additional PBS resources to complement its programming, including PBS KIDS online (www.pbskids.org), PBS KIDS GO! (www.pbskidsgo.org), PBS Parents (www.pbsparents.org), PBS TeacherSource (www.pbsteachersource.org), PBS Ready To Learn services and literacy events across the country, PBS KIDS is providing the tools necessary for positive child development. PBS is a nonprofit media enterprise owned and operated by the nation's 348 public television stations, serving nearly 90 million people each week and reaching 99% of American homes.

_____Tip of the Month_____

KinderStart Search Engine – “Because Kids don't come with instructions”
<http://www.kinderstart.com/>

Today is the first day of the rest of a child's life. Which means that you shouldn't go another day without consulting KinderStart.Com.

Find out who moms, dads, educators, health professionals, grandparents, siblings, expectant parents, caregivers and anyone else interested in infants, toddlers, and children have turned to KinderStart.Com for answers to their most pressing questions about children.

_____Resources for July_____

Reading Rockets Current Newsletter—This monthly newsletter provides information for families and educators about teaching kids to read and helping those who struggle.

www.readingrockets.org/subscribe/

MONTHLY HIGHLIGHTS:

- * Reading Together
- * Parent Tip Sheets
- * Books of the Month: Somebody's Getting Married
- * Avi: A Video Interview
- * Colorín Colorado Gets a New Look

RESEARCH AND NEWS

- * Reading Field Mourns the Loss of Michael Pressley
- * Study Questions Content of Teacher Preparation Programs
- * Changing Demographics of Children Under Five
- * Barbara Foorman Moves to Florida State University

IDEAS FOR PARENTS

- * Family Reading Activities
- * Family Activity Calendars
- * Questions Parents Ask: Summer Camps

- * Summer Reading Buzz
- IDEAS FOR EDUCATORS
- * Phonics: Watch and Learn
- * Hundreds of Practical Classroom Tips: Works4Me!
- * Useful Publication Translated into Spanish
- * Useful Publication Translated into Spanish
- * Toolkit on Teaching and Assessing Students with Disabilities

PBS Parents Electronic Newsletter

Each week this electronic newsletter targets providers, caregivers, and parents bringing activities from favorite children's programs, events in your local community, and headlines from the PBS Parents Web site. To receive this FREE electronic newsletter, subscribe at the following Web site:

<http://www.pbs.org/parents/> (The link is towards the bottom of the page.)

Mister Rogers' Neighborhood *Mad Feelings* Newsletter—A monthly newsletter dealing with anger management and challenging behaviors in young children, including articles, activities and tips.

<http://www.fci.org/madfeelings/default.asp>

_____Child Development Tip of the Month_____

Healthy Eating Habits

Research tells us that healthy eating habits in children are important for both physical and cognitive development. You can encourage healthy eating habits in a child in many ways. Use the following tips to get you started.

1. Offer a child a good breakfast. It is important for children to start the day with a solid breakfast consisting of foods that will provide lasting energy. Children are able to focus better if they are not thinking ahead to what's for lunch.
2. Prepare a healthy snacks. Have ready-to-eat snacks available for the mid-afternoon munchies. Some snack ideas include:
 - Crackers and cheese
 - Ginger snaps or fig bars
 - Vegetable sticks
 - Pre-packaged fruit cups
 - Juice boxes
 - Milk shakes
3. Eat healthy snacks with your child. Young children learn by watching as well as listening. Children are more likely to want healthy snacks if they see you eating them.

Keep track of what kids eat with a food pyramid.

You and a child can keep track of what he/she eats with materials from The U.S. Department of Agriculture. The USDA provides a food guide pyramid for young children with specific portions and meal suggestions for kids ages 2-6, and offers a food chart for children to fill in each week to keep track of how many portions of meat, milk, vegetables, fruit, and grains they are eating. You can also download the full 20 page document Tips for Using the FGP for Young Children Booklet that provides the above documents plus much more. You can download these documents from <http://www.cnpp.usda.gov/KidsPyra/index.htm>.

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