



Yoga with Ms. Carmen: (clockwise) Carmen Bates, Liam Murphy, Garrett Barton, Logan Welch, Ollie Grotnes, Carsyn Perkins, and, in the middle, Eric Bates. Photo: Elizabeth Janvrin

## Andover After School Program

By Diane Adams  
**Andover After School Program**

Andover After School Program has been in full winter attire. We have added sledding to our list of activities. The children were anxious to take out the sleds. It was a long wait for the arrival of snow.

This month we made a large selection of snowflakes and snowmen. The Five Alive crew made puppets, handmade guitars, and secret message paintings. We also made a puppet theater and added some new role-playing kits to our play time.

We were open on February vacation on various days and will be open on April vacation. If you are currently enrolled in our Five Alive program or

after school program, you may sign up for any or all days of April vacation. We are open from 8 AM to 4 PM all week. If you have any questions about this



Puppets and the new puppet theater are a big hit at the Andover After School Program. Photo: Diane Adams

service, call Diane at 735-6566.

In like a lion, out like a lamb! Stay warm, everyone. Spring is on its way.

## East Andover Village Preschool

By Alicia Colby  
**Enrichment Teacher**

Exciting afternoon programs at the East Andover Village Preschool (EAVP) offer full day students the opportunity to explore new subject areas. This year at EAVP, our extended day students have had the opportunity to learn Yoga with Ms. Carmen and to explore the French language as well as Environmental Science with Ms. Alicia. These enrichment programs offer important lessons for young minds.

During Environmental Science, we foster a respect and enjoyment for nature. We are fortunate to have such a wonderful location for the preschool, where the children have free time to play outside in both the mornings and afternoons. Recently, we have made sticks to measure snow and have made a chart to keep track of how much snow we have gotten this winter. The students loved measuring snow,

but unfortunately Mother Nature hasn't given us much to play with lately. We have also started a unit about birds. The students made bird feeders to take home and helped to fill bird feeders that are hung up outside the preschool. Our bird table is set up to explore bird nests and is filled with identification guides; hopefully, the birds find our feeders soon. Exposure to the natural world can help improve a child's cognitive development, by improving awareness, reasoning, and observational skills. It's amazing the observations the children make about the world around them.

On Yoga afternoons, Ms. Carmen helps the preschool children practice three to four yoga positions, a stretch pose, and a type of breathing. Beyond having fun, yoga improves flexibility, coordination, and body awareness. Yoga also helps children to concentrate

and relax. Every few weeks when the group has mastered the poses, they help to pick new ones.

Our last enrichment program cur-



Tristan Colby and Garrett Barton explore their measuring sticks in the fresh-fallen snow. Photo: Elizabeth Janvrin

rently offered is French. The best time to start learning a new language is as a young child. While the children will not be fluently speaking the new language, they may learn a few new words. Exposure to foreign languages at a young age leads to cultural awareness and may lead to higher cognitive skills. The preschool students are learning French through songs, stories, and play. One of their favorite words is *s'il vous plait*, our very special way to say please in the afternoons.

One of the great parts of the extended day is that we are able to offer these new learning opportunities for the children. During the afternoons we have time to let the children's interests lead the way to what we learn next. Hopefully, the children's enthusiasm will lead us to more exciting afternoons for the rest of the school year.

## SUBSCRIBE TO THE BEACON!

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*"To everything there is a season,  
 a time for every purpose under heaven."  
 Ecclesiastes 3:1*

**The season for the Andover Bible Church has ended.  
 Good Bye, and God Bless!**

## IS YOUR LITTLE ONE GOING TO KINDERGARTEN NEXT YEAR?

The Andover Five Alive Program provides **day care services for your kindergartener** for the other half of the day when they're not in AE/MS kindergarten.

- We are conveniently located in the AE/MS Annex, right next to AE/MS
- Uninterrupted adult supervision between AE/MS and AFAP programs
- Safe learning environment
- Arts & crafts daily
- Socialization with children in their class
- Extracurricular activities with AE/MS

When your child is enrolled in our Five Alive program, you may use us on every school day, or just the days you select. AFAP is open on many days when AE/MS isn't, including:

- Teacher workshop days
- Occasional snow days, delays, and holidays
- February and April vacations

When your child is enrolled in AFAP, you have priority for the Andover After School Program (which is generally filled to capacity and is open until 6 PM every day after school).

Stop in any time for a visit.

You may also call with any questions: 735-6566