

"I like a teacher who gives you something to take home to think about besides homework. ~Lily Tomlin as "Edith Ann"

Well here we are winding down our summer and thoughts are beginning to creep in for the school year already! We still have many fun activities and field trips planned before school starts, so let's hang on to those last days of summer as long as we can. Our children are especially getting excited for Ronald McDonald magic show that is coming on August 12th!

We want to welcome all of our new families that have started with us in the past month and hope you are getting settled in nicely. I love being able to see our children making new friends and helping each other learn how to maneuver themselves in their classroom.

COMING UP:

- We have our annual end of summer picnic coming up on August 14th and want to make sure all our families are aware and hope to see you all here!! Infant through Beginner families can arrive at 11:00 and Intermediate through School Age families can arrive at 11:30.*
- First day of school for Unit 5 is August 19 and for District 87 is August 20. We will have a teacher in the school age classroom on Monday, Tuesday and Wednesday of that week. Please be sure to let us know what day will be the last day of attendance for your school age child if he/she is only here for the summer.*
- August 24-28 will be a transitional week for most of the classrooms. Children will visit in their new classrooms during this week before moving up the following week. Please look for more information in their cubbies prior.*

August dates:

July 31st Links to Learning Folders go home

August 1st ~ Open House 10:00-1:00

August 3rd ~ Links to Learning folder returned

August 14th ~ End of summer picnic

August 19th ~ First day of school Unit 5

August 20 ~ First day of school District 87

August 21st ~ Chesterbrook Private Kindergarten Orientation 2:00-3:00

September 7th ~ Labor Day Center Closed

For Parents and Teachers

- *Please make sure that you are checking your child's cubby each day, you may find notes and reminders there as well. This would also be a good time to check the change of clothes in your child's cubby the clothes may be too small now or may not be appropriate for the weather at this time. Please be sure that your child is prepared for outdoor play each day. We make the decision based on weather conditions throughout the day. Even if the classes do not go out in the morning, they may go out in the afternoon.*
- *Please call the school if your child will not be in attendance for the day or if your child will be late so the teachers have an idea of how many to count on for the day.*
- *Just a reminder, tuition is due every Friday for the upcoming week. Payments received after 12pm Monday will receive a \$25.00 late fee; we accept personal checks and money orders. You may also sign up for the automatic payment program, which allows us to automatically collect weekly tuition from your bank account. This program is simple to sign up and safe to use. Stop by the front desk for more information and authorization forms.*
- *When there are changes to your contact information, please stop by the front desk to update your info. We need to keep up to date information of cell and work phone numbers of parents and emergency contacts on file in case of an emergency.*

From the Education Department

Reestablishing Routines for Your Preschooler Maintaining Order & Staying on Track

As we reach the end of summer, now is a great time to reestablish comforting routines for your preschooler. Routines help children build self-confidence and independence, cope with transitions, and gain a better understanding of the world around them.

Our Links to Learning curriculum promotes students' social and emotional development, which is necessary for following directions and demonstrating self-control. Our teachers focus on the importance of healthy living and safety routines in the Wellness component of our curriculum.

Here are some examples of ways we establish routines in the classroom, as well as ideas for you and your child to do at home.

TODDLERS (ages 1-2):

In the classroom: Naptime gives children an opportunity to recharge and reboot. Our toddlers transition from napping in cribs to napping in cots. Teachers schedule naps at the same time and in the same area of the classroom every day. Soothing music is played to help toddlers wind down.

At home: Talk with your child's teacher about the naptime routine at school. Minimize naptime battles by attempting to maintain the same routine at home.

Recommended reading: *Naptime* by Elizabeth Verdick

BEGINNERS (ages 2-3):

In the classroom: Around age two, children begin to learn basic self-help skills such as dressing themselves. Our Beginner students practice snaps and zippers, and are encouraged to complete basic sequences like putting on socks before shoes.

At home: Offer your child a choice during routines in order to increase his interest in the activity. For example, lay out two outfit options for him to wear. Allow him to choose the outfit he prefers. Give him ample time to dress himself before offering assistance. Praise every attempt.

Recommended reading: *Let's Get Dressed* by Caroline Church

INTERMEDIATES (ages 3-4):

In the classroom: Teachers focus on the importance of sleep in the Wellness component of our curriculum. Students read and act out *We're Going on a Bear Hunt* by Helen Oxenbury and Michael Rosen. They discuss why the bear was sleeping, and why sleep is important.

At home: Create a bedtime routine for your child. For example, bathe, brush teeth, read a story, go to sleep. Follow the same sequence of events at the same time and in the same order every night.

Recommended reading: *The Going-to-Bed Book* by Sandra Boynton

PRE-K/PRE-K 2 (ages 4-5):

In the classroom: Our older students follow an arrival routine at the start of every school day. They sign themselves in, say goodbye to their parents, and put away their belongings. Students learn rhymes and songs to help remind themselves what to do when they enter the classroom.

At home: Mornings are critical for setting the tone for a successful and positive day. Establish a morning routine for your child with a maximum of four steps. For example, get dressed, brush hair, brush teeth, eat breakfast.

Recommended reading: *Waking Up is Hard to Do* by Neil Sedaka & Howard Greenfield

Following routines helps children develop the habits of responsibility that will be crucial for their future success and well-being. Kindergarten students are expected to follow instructions, listen to their teacher

and complete specific tasks. By setting routines in the preschool years, your child will be better prepared as he enters elementary school and beyond.

- Lauren Starnes, PhD – Director of Early Childhood Education



Looking forward to a great school year!!

Jenny & Vikki