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**Chesterbrook Academy September Newsletter**

**From the Principal's Desk**

           I can hardly believe that I am writing September's newsletter.  This summer went by so fast!  All of the teachers and I are looking forward to a great new school year!  We are again making some renovations and school improvements.  Thank you for your patience with this as we complete our projects.  One improvement that I am quite excited about is the addition of dedicated rooms for both STEM (Science, Technology, Engineering and Math) and Creative Expression.  As you know, last school year we launched STEM.  Miss Hemali, our STEM teacher, is excited to start STEM again for our Intermediate - Pre K students in mid-September.  We will also be opening our Creative Expression room where are students from Infants - Pre K will have the opportunity to expand educationally on Art and Music skills!  We have a ton of fun things going on in September.   Please take the time to read our newsletter and mark your calendar for upcoming events!

           Special Welcome to our new families and returning families!

           Hope you all have a great month!

           Tawni S. Connor, Principal

**In this Issue**

Important Dates for September

Ancillary Program Night

Back to School Photos

Back to School Event

Parent CPR/First Aide Class

Dr. Lauren Starnes' Educational Article

**Important Dates in September**

September 1 - Tuition’s due

September 7 – School’s closed - Happy Labor Day!  And Happy Birthday Miss Lily!

September 8 – Back to School Photos

September 9 – Ancillary Program Night!

September 10 – Happy Anniversary Miss Deepa

September 15 – Happy Anniversary Miss Claudette!

September 20 – Happy Birthday Miss Lana!

September 22 – Happy Birthday Miss Teya!

September 29 – Happy Anniversary Miss Charnise!

September 30 – Back to School Event!

Every Monday - Miss Marilena's Art Class!

Every Tuesday: Happy Feet Soccer!

Every Wednesday: Tap and Tumble Dance and Gymnastics Class!

Every Friday:  White Tiger Martial Arts!

**Ancillary Program Night!**

           On Wednesday September 9th from 3:45– 5:30 we will have our Ancillary Program Night.  The Coordinators from Happy Feet Soccer, White Tiger Martial Arts, and Tap and Tumble Gymnastics / Dance will be in our atrium to answer any questions you may have about their programs.  Each program has a minimum number of students who must participate in order to run the program. Please be sure to sign up right away to keep the program running.  If your child currently attends one of these classes, you must register for the new school year for your child to continue.  No appointment is necessary—just stop by on your way home!  If you are unable to attend and would like your child to continue a program, you may email Miss Tawni and let her know.  Thank you!

**Back to School Photos!**

            Back to School Photos will be held Tuesday, September 8th.  We will have both class and individual photos taken of all of the students.  The photo package will arrived in about 4 weeks and you can pick the sheets you want.  If your child does not come on that day, you can add a day or have someone bring your child in to have their photo taken.   I also wanted to mention that we will have holiday photos taken in October.

 **Back to School Event!**

              We will have our Back to School Event the morning of Wednesday, September 30th. I welcome all parents to come in, have breakfast, and participate in our events!    This is a great opportunity to meet your child’s teacher and have some fun with your child.  Mark your calendar for Wednesday, September 30th at 9 am.  More information will come home in a separate flyer soon!

 **Parent CPR / First Aid Class**

          Last year we held a Parent class for CPR / First Aid.  I would like to offer it again this year if we have enough interest.   We will need at least 6 parents to participate to hold the class.  The cost is $60.00 per person and it will be for 2 ½ hours.  The start time and date will be determined by your response.  Our instructor is willing to be flexible depending upon what works for you all.  Please email Tawni if you are interested.

**Education Article – September**

**Developing Balance Skills in Young Children - From Tummy Time to Bike Riding**

**By Lauren Starnes, PhD**

**Director of Early Childhood Education**

Balance is a fundamental skill necessary for maintaining controlled positions, such as sitting in a chair, or engaging in physical activities like running or riding a bike. Having balance makes motor skill development easier, reduces the risk of injury, and helps children focus on academic tasks.

Our Nobel Learning Education team stays up to date with the latest research to ensure that our Links to Learning curriculum exceeds childhood learning standards. The Links to Learning curriculum was enhanced last fall to include a greater focus on balance, a building block for skills such as hand-eye coordination, muscular strength and body awareness.

Here are some ways we help improve balance in the classroom, as well as ideas for you and your child to do at home.

INFANTS:

In the classroom: Tummy time promotes neck, back and abdominal strength needed for infants to eventually push up, roll over, sit up and crawl. Teachers keep infants engaged by using activity mats or plush blocks.

At home: Place your baby on his stomach and shine a flashlight near him. Once you have captured his attention, shine the light in a rhythmic pattern. For older infants, encourage your baby to move or crawl toward the light.

TODDLERS (ages 1-2):

In the classroom: During the toddler years, children make major strides in balance and coordination. Teachers play music and encourage students to move their bodies in different ways while maintaining their balance.

At home: Push and pull toys require children to use core balance and arm strength, which can be difficult for new walkers. Place a small wagon or toy shopping cart and a pile of blocks on the floor. Show your child how to fill the cart with blocks. He will enjoy pulling or pushing the blocks around the room.

BEGINNERS (ages 2-3):

In the classroom: Sitting cross-legged, or as we say with the children “crisscross applesauce,” is an important developmental skill for two year olds. Teachers encourage children to sit crisscrossed anytime they are playing on the floor. Sitting in this position strengthens a child’s core muscles and helps improve body control.  We discourage “W-sitting,” with knees together and feet on either side of the hips, because it puts strain on knees and hips and fails to engage core abdominal muscles.

At home: Provide your child with a sit-and-spin toy. Ask him to sit on the toy with his legs crisscrossed. As he turns the wheel to spin, he will gain a better understanding of cause and effect.

INTERMEDIATES (ages 3-4):

In the classroom: Around age three, children learn to maintain control of their upper body while moving their lower body. Our Intermediate students practice pedaling a tricycle, bouncing on hopper balls, and walking on a balance beam.

At home: Have your child practice running and stopping with control by playing the traffic light game. Shout out the color green, yellow or red. Have him move quickly when hearing “green,” move slowly when hearing “yellow,” and completely stop when hearing “red.”

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

In the classroom: Teachers encourage children to practice balance and coordination by jumping on their non-dominant foot, walking on a line or beam, or jumping rope. Children also practice balance by crouching down to tie their shoes.

At home: Ask your child to tell you about the games and activities played at school. Include these activities at home and during family events such as birthday parties and vacations. Scooters and pogo jumpers are great toys for children at this age.

Good balance helps children maintain appropriate and controlled body movement during important tasks. By building balance skills in the preschool years, your child will be better prepared as he enters elementary school and beyond.