

August 28, 2015

Message from the Principal:

Summer has ended and school is starting! We are ready to kick off Fall with tons of fun and exciting learning adventures! We welcome all students, both old and new, back to school and wish them the best of luck this year!

Kristin Reel, Principal

Special Days

- *August 31st.....School Year Begins!*
- *September 7th.....Labor Day, Schools Closed*
- *September 8th.....Back to School Night, (group 1-4) 6:30-7:30*
- *September 8th.....FunBus begins!*
- *September 10th..... Computer Coding Class begins!*
- *September 11th..... Show your football pride, NFL Jersey Day!*
- *September 14th..... MCPS CLOSED*
- *September 16th.....Kyle's Karate begins!*
- *September 23rd..... MCPS CLOSED*
- *September 25th..... LNM Music starts*

For Parents

Tuition Reminders Please remember that the tuition is due the Friday prior to the following week. Tuition which is not received by Tuesday of the current week will incur late fees.

Auto Payment Save yourself time, checks, and late fees by enrolling in our Automatic Payment system (ACH). Tuition fees can be deducted directly from your checking or savings account. Information is available at the front desk.

Referral Program How easy is it to receive a free week's tuition? Just refer a family and after 90 days of enrollment you earn a free week!

Shoes & Clothes We would like to make sure that your children are prepared for our Outdoor Play. We believe that fresh air is vital to a child's development and that it is important for children to be able to get out and run and use their large motor skills on a daily basis. Weather watchers, we will go outdoors for a minimum of 30 minutes per day (our time outside will be shorter if the weather is too cold or too hot). *Please take a moment and check out your child's extra set of clothes to ensure they are weather appropriate. You can find your child's extra set of clothes in their cubby. Ask your child's teacher for help if needed. Also, remember, your children are growing; make sure their clothes and socks are the appropriate size! Please note the importance of sending your child to school with closed toe shoes. We are very active during the day. Toe injuries are a top injury which can be prevented with proper footwear.

Hours/Days of Operation Regular hours of operation are 6:30am-6:30pm weekdays. There is a late pick-up fee of \$1 per minute after the regularly scheduled pick up time. No exceptions.

We are closed the following legal holidays: Labor Day, Veterans Day, Thanksgiving Day (limited service the day after Thanksgiving) Christmas Day, New Year's Day, President's Day, Memorial Day and Independence Day. If the holiday falls on a weekend, we will be closed the Friday before or the Monday after the Holiday.

Signing In and Out

We are required to keep accurate records of when each child is present or absent. We ask that you please take a few moments when dropping off or picking up to sign your child in or out. Thank you!

From the Education Department

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

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.

BEGINNERS (ages 2-3):

In the classroom: Sitting cross-legged, or as we say with the children "criss-cross applesauce," is an important developmental skill for two year olds. Teachers encourage children to sit criss-crossed 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.

- Lauren Starnes, PhD – Director of Early Childhood Education