



Chesterbrook Academy®

A Nobel Learning Community

2487 McNair Farms Drive, Herndon, VA 20171

703-713-0093

WELCOME!

Happy New 2016 -2017 CBA Pre-School Year!
Thank you all for Leaping into Learning with
Chesterbrook Academy!!

We are looking forward to a fun and educational
year! We are always excited to see our children grow,
develop and interact with new experiences. This
month the children will be learning "All About Us".

The first week will be an introduction week
"Welcome to School". The following weeks will be
"All About Me, My Family Tree", "Friendship and
Feelings", and "Where I Live". We will learn about
each other and get to know our new friends!

With the new school year, please make sure that all
paperwork/ documents are current in your child's
student file. Please let Ms. Jessica know if you have
questions on this.

FRIENDLY REMINDERS:

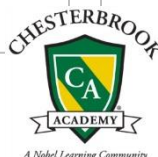
- Children should wear closed toed shoes
- Home toys are not allowed, except on special days
such as 'Show and Share' (Fridays)
- Outside food is **NOT** permitted unless prior
arrangements have been made with
classrooms/ management
- Please remember to change the season/ size of
clothes in your child's classroom cubby. Also, bring
extra underwear for potty training, and PreK and
PreK 2 for accidents.

SUMMER WRAP UP:

We would like to thank all the teachers and families
who were part of Summer Camp 2016! It was a HUGE
success. Thank you! We are also bittersweet about
our campers going back to school or starting for the
first time as kindergarteners. These families will truly
be missed and we look forward to seeing you for
Summer Camp in 2016!

September

- 09.05.16 Closed-Labor Day
- 09.06.16 **First Day of School** - New
Classrooms for Fall
transitions
- 09.08.16 **Little Caesars** Fundraiser
Kick off
- 09.12.16- **Back-to-School Spirit
Week-**
- 09.16.16 See Schedule for details!
- 09.13.16 **Kyle's Karate** - Trial Classes
start at 10:00 am(no sign up
necessary)
- 09.14.16 **Excite** -Soccer Demo
9:30am (no sign up
necessary-
classes begin 9.21.16)
- 09.15.16 **Joy of Dance**- Ballerina
Demo, (no sign up
necessary)
- 09.14.16 **Little Caesars**- Fundraiser
Orders due
- 09.21.16 **Picture Day**-
Toddler, Beginner
& Intermediate,
- 09.22.15 **Picture Day**- PreK1, PreK2
and Siblings
- 09.22.16 **First Day of Autumn**
- 9.30.16 **Parent Date Night!**- 6:30-
10pm



Our Amazing Teachers & Staff

Toddler:

Ms. Sarita, Lead Teacher
Ms. Nakeeta,

Beginner:

Ms. Gloria, Lead Teacher
Ms. Armani

Intermediate:

Ms. Gillian, Lead Teacher
Ms. Kumari

Pre-K:

Ms. Jennifer, Lead Teacher
Ms. Jazzman, Lead Teacher

Pre-K2:

Ms. Shannon, Lead Teacher
Mr. Jean Claude

AM Preschool:

Ms. Kajal, Lead Teacher
Mr. Mariano
Mr. Jean Claude

Management

Ms. Lisa, Kitchen Manager
Ms. Jessica O., Assistant Principal
Ms. Principal, Principal

Tuition Reminder

Please remember that tuition is due every Friday for the upcoming week. Payment is considered late Monday at noon. Afternoon on Monday, a \$25 late fee will be assessed. To avoid the fee, please remember to pay on time! If you have any questions, please refer to the Tuition Agreement.

Our New School Pet

Be on the look out for a new school pet! They will be in the lobby soon. We are asking our families to participate in the naming of our pet. The children will also be receiving clues to what our new pet will be!

Parking Reminder

Help us keep our parking lot safe! It has been brought to our attention that parents have been utilizing the handicap spaces and the fire lanes for parking. Unless you have the appropriate permit, please do not park in these unauthorized spaces, including the middle access ramp between the handicap spaces. Your attention to this matter is greatly appreciated.

Parent Date Night

The next Parent Date Night will be held on Friday, September 30th. We will be open from 6:30pm–10:00pm. Those who are new to Parent Date Night, we will provide dinner for the children. Please remember to bring pajamas and a sleeping toy to make your child feel as comfortable as possible. The charge is \$25 for the first child and \$20 for each sibling. Parent Date Night will be charged two weeks after the event.

Menu

Please refer to the September Menu to see our new options. For families with allergies, please notify management if there are any questions or concerns.



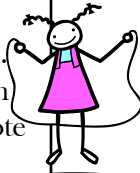
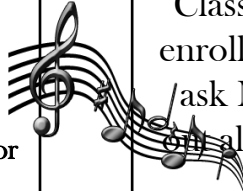
ANCILLAY PROGRAMS

Ancillary Schedule:

Tuesday - Kyle's Karate (a foundation martial arts program that will engage your child in a safe, fun, and exciting class with the most convenient location your current preschool. Teaching basic kick punch block techniques suited for this age group, with absolutely no student on student contact, Kyle's Karate will develop your child's **confidence**, hand eye coordination, and concentration. Your child will gain improved **motor skills**, balance and **focus** through physical activity in the form of martial arts. Respect and listening skills round out this comprehensive program.

Wednesday - Excite Soccer (Emphasis should be focused on foundational movements that promote increased bone and muscular strength. All movements should be practiced through fun activities and games. These activities will promote stability, coordination, and self confidence for further growth.)

Thursday -Joy of Dance (Ballet and Tap Dance outreach program promotes the highest quality of fine art instruction in a loving, caring, and joyous artistic environment. Our fine arts faculty, all masters of their fields, encourage each student to reach their maximum potential in the arts.)



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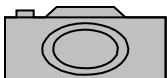
Ancillary programs are in full swing starting the week of September 19th! If you are interested in Joy of Dance, Excite Soccer or Kyle's Karate, please refer to the bulletin board in the hallway by the Toddler's Classroom. If you are interested in enrollment or have questions, please /ask Ms. Jessica. We will be billing **on** all programs the second week of the following month.

To ensure your child does not miss their program, please have them dropped off by 9:30am on their respective day. Dance will start promptly at 11:30am in the Pre-K1 classroom.

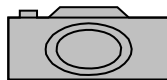
Little Caesars Fundraiser

On September 8th we will be starting our first community fundraiser of the school year to provide extra spending for the classrooms.

Please feel free to participate but no obligation is necessary. We appreciate the extra support and will be making it worth your while by providing the top sellers (1st and 2nd place) a **FREE PARENT DATE NIGHT!** Our first date night will be on Friday October 2nd from 6:30-10pm.



Picture Day!



Bring your child dressed their best on September 21st-22nd. We will be turning our Toddler room into a picture studio for our, Toddler, Beginner & Intermediates classroom on the 21st and our Pre-K1 room for the PreK1, PreK2 and Siblings on September 22nd.

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.

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 “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

Social and Emotional Skills Building

One of our goals for the new year is moving towards a more structured approach to develop our children’s social and emotional skills. This is an ongoing process but we want to share our implementation with our families.

Social skills teach sensible interpersonal, problem solving and conflict resolution skills that are needed by today’s student and can be learned and taught on a daily basis from both school and home.

Our positive discipline approach focuses on what behaviors we want to teach the children. Although very simple, classroom rules share social and emotional principles that we want the children to learn. So to begin our implementation process, these principle swill be outline and share with each classroom in addition to uniform classroom rules throughout the building. These rule will guide our skill building process and can be use at home to increase the child’s understanding. Below is a chart that outlines the rules and principles.

Classroom and Home Rules	Social and Emotional Principles
Make Good Choices	I am a good person and make good choices every day.
Use Nice Words	I do let words hurt my feelings and I do not say things to hurt others.
Take Turns	I wait my turn patiently and share my toys and things with others.
Care for my friends, family and teachers	I am kind and care for others.
Use your listening ears	I listen to my teachers and try my best.
Be kind and help your friends, family and teachers.	I am a leader who helps and guides others.