



CHESTERBROOK

BULLETIN BOARD

279 Egg Harbor Road Sewell, New Jersey 08080
SEPTEMBER 2015

Dear Chesterbrook Parents,

Welcome to the 2015-2016 school year. The school year officially starts on Monday September 31st. We are very excited to not only welcome back many of our returning families, but we also have many new additions starting school for the first time as well as some new teachers bringing their passion for teaching to Chesterbrook. Each year our family grows, and we couldn't be more excited!

Now a few friendly reminders...

- Tuition is due every Friday for the following week.
- We have an ACH program that allows us to automatically withdrawal the tuition from your account every Monday night. If you would like to take advantage of this, please ask for the form.
- A \$25 late fee will be automatically added if tuition is not paid by Wednesday morning of that current week.
- Please remember to sign your child in and out for every drop-off and pick-up. The book is located on the front desk and is labeled with each classroom name.
- Remember that the academic day begins everyday at 9:00am, so please be sure to have your child here by that time.
- Please provide a copy of your child's immunization records along with the completed Universal Child Health Form.
- For security purposes, please do not share the code to the front door with anyone other than the people named on your child's Authorized Pick Up List.
- If you are interested in signing your child up for any of our extracurricular activities, the sign-up sheets are on the table next to the front desk. Each activity is \$13 per week per class. Each signup sheet lists the day and time for the activity so you can plan accordingly and arrive on time for each activity.
- Please make sure that all of your child's paperwork is filled out correctly with all of your emergency numbers so we can contact you at any time if needed.

Important Dates...

- All ancillary activities including Sing a Song Music Program, Soccer Shots, and Kick N Flips will begin the week of September 14th. Trial classes will be held the first and second week of school.
- Back to School Night is Thursday October 1st from 5:30-7:00. All parents are welcome to attend, but please do not bring your children so you can have an opportunity to speak to your child's teacher.

The new school year is sure to be exciting and very busy... we are all looking forward to it!! If at anytime you have a question or concern, please feel free to stop in the office to speak with us.. The door is always open.

September Themes

- 8/31-9/4: **Back to School**
- 9/7-9/11: **All About Me**
- 9/14-9/18: **Forever Friends (Friendship & Manners)**
- 9/21-9/25: **An Apple a Day**
- 9/28-10/2: **Lazy Leaves on Falling Trees**

Stacy & Maggie

Inside this issue...

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Infants

Happy September in the Infant room. We have a lot of fun projects planned that are based on our four weekly themes. Some of the Links to Learning skills we will be working on are; smiles spontaneously for birth to 3 months, responds to own name for 3 to 6 months; uses toys to make noise for 6-9 months and walking with support for our 9-12 month old. Its sure to be a fun month.

Toddler A

Welcome Back! Hoping everyone had a wonderful summer and is looking forward to the school year. Through out the year we will be exploring colors, counting and shapes. This month we will be working on listening skills and promoting language development. Its going to be a busy school year, hope you are ready.

Toddler B

Welcome new and returning families! We're so excited about the new school year. Lots of fun learning experiences are planned for your child. Some of the skills we'll explore this month are naming colors, sign language and engaging in multi-sensory art activities. Every Wednesday is Share-a-Book Day where your child can bring a book to share with their friends. We're also partnering again with Scholastic Books. For every order we'll earn points for free books! Scholastic has even made it easy for you to order online! Ready for fun? We sure are!

Beginner A

Welcome back! We are excited for the 2015-2016 school year in Beginner A! We will be learning new Spanish vocabulary, for example numbers 1-5, square, and big/little. Every Wednesday will be Share-a-Book Day, Thursday is Spanish Day, and Fridays will be show n tell. We will send reminders for all events. Please check your child's cubby for weather appropriate clothing as it will get cooler outside. Thank you for allowing me to have the pleasure of teaching your children and I look forward to an amazing year!

Beginner B

Welcome to a new school year in Beginner B! We have so much planned for our school year. This month we will focus on learning our classroom routine. The children will be introduced to new self-help skills such as washing hands, trying the potty, etc. All month we will discuss our season changing into fall! We are very excited for this school year and look forward to having lots of fun!

Intermediates

Welcome Intermediates! Ms Adriane, Ms Shannon, and Ms Lia are so excited to meet all of our new friends and starting another school year! We are going to have a fun filled first month of school. We will be getting to know each other and learning all of the back to school routines. We will be working on communication like answering questions about ourselves, using a variety of vocabulary words, and understanding spatial vocabulary. Throughout this year, we will work on Social Emotional skills, self help, and social interactions. We are ready for a busy month of learning and getting to know each other!

PreK

The summer flew by and another school year is here. We are very excited and have a lot to learn this year. We'll spend time getting to know each other, writing our first name, creating number sets and following classroom directions. Fridays are "Show-n-Tell" and are based on a weekly theme.. Please leave all toys at home, one stuffed animal is allowed at naptime and must be able to be stored in the nap cubby or backpack. Our day begins by 9am so please be sure to drop your child off by then. Our Back to School Night will be held on Thursday 10/1. We look forward to seeing you all there. Can't wait to see what the new school year brings.

Kindergarten

Welcome to Kindergarten. This year your child will grow and learn so much. Our Math and Language Arts curriculum use the Core Curriculum Content Standards. The only supply your child will need is a two packet folder. Back to School Night is on Thursday, October 1st and I look forward to meeting you all! Homework will be given Tuesday, Wednesday and Thursday. Feel free to contact me at anytime, my door is always open!

Calendar of Events

Monday, August 31st- First Day of School

Monday September 7th-School Closed for Labor Day

First Two Weeks of School- Trial Classes for all Extracurricular Activities

Week of September 14th Extracurricular Activities Start

**Thursday October 1st- Back to School Night
5:30-7:00pm**

Welcome to Chesterbrook...

Abbey Garcia- Kindergarten

Ms. Abbey is joining our team as our new Kindergarten teacher. Abbey's positive energy, fresh outlook and experience with early childhood are only a few reasons that we are happy to have her join our Chesterbrook Family! Abbey graduated from Rowan University with her Bachelor's in Elementary Education and Writing Arts. Not only is Abbey bringing her own fresh ideas to our curriculum, but she has been training with Ms. Domenica and other Chesterbrook Academy Kindergarten teachers to incorporate some best practices. We are all looking forward to a positive Kindergarten experience with Ms. Abbey!

Breanna Galbally- PreK

Miss Breanna joins our family as our new PreK teacher. Miss Breanna holds her K-6 certification as well as her Montessori certification for infancy- age 3. She is an experienced Preschool teacher and brings along a positive attitude and strong work ethic. We are looking forward to a great year in PreK! Welcome, Breanna!!

Don't forget to visit our website for the lunch menu, special event dates, reminders and so much more...

sewell.chesterbrookacademy.com

Your Child's Health...

Preventing Cold by Hand Washing

Preventing colds with hand washing is one way you can stay well this season -- and you might prevent other illnesses, too, such as the flu.

Colds are spread mainly through respiratory droplets of coughs and sneezes when someone has a cold. But many times, we unknowingly touch these miniscule droplets of cold germs on surfaces and then infect ourselves with the same cold virus. Some viruses and bacteria can live several hours on hard surfaces like cafeteria tables, telephone receivers, computer keyboards, and doorknobs. Cold prevention with hand washing can keep you from passing on cold viruses -- and picking up viruses on surfaces in your environment

Amazingly, about 80% of infectious diseases are transmitted by touch. The CDC estimates that 36,000 people die from the flu or flu-like illness each year, and another 5,000 people die from food borne illness each year. And your best protection from this type of illness is frequent hand washing. The simple friction that occurs when you rub skin against skin, along with warm water and soap, followed by thorough rinsing, and drying, gets rid of the potentially harmful bacteria.

According to the CDC, the simple act of hand washing is the single most important means of preventing the spread of viral and bacterial infections. Yet some findings reveal that many Americans using public restrooms don't wash their hands before leaving. People also forget to wash their hands before preparing meals. They grab snacks without thinking of hand washing.

How Cold and Other Germs Spread

Each day your hands are exposed to many contaminated surfaces. Then, when you unknowingly touch your face, the germs enter your body through your eyes, nose, and mouth. You can also transmit those germs to others by shaking hands (direct transmission) or handling items that others then touch (indirect transmission).

For germs to spread from one person to another, three things must happen:

Germs must be present. A person carries the germs; the germs are in the air or on a surface; or in body fluids such as mucus from the person's nose, a discharge from the eye, or saliva from the mouth.

A person who is not immune to the germs comes in contact with them. This happens when you touch a computer keyboard or mouse after someone with a cold or other illness has used it. It can happen when you use a telephone after someone who is sick touched it, when you kiss an ill person, or when you're in the path of someone's sneeze or cough (and that's hard to prevent!).

This point of contact happens in a way that leads to **infection**. In other words, as you touch your face, your mouth, your nose, or rub your eyes with unwashed hands, the germs enter your body.

Why Does Cold Prevention With Hand Washing Work?

As mentioned above, germs are often transferred to others through household objects -- telephones, doorknobs, toothbrushes, and faucet handles. But the biggest transportation center for germs is your hands. That's why frequent hand washing gets rid of the illness-causing germs and helps to prevent the spread of some diseases -- especially if a family member, friend, or classmate has a cold or flu virus.

A program called "Operation Stop Cough" was begun at a military recruit training command center in Illinois. As part of this program, recruits were told to wash their hands at least five times a day. After two years, the hand-washing team reported 45% fewer cases of respiratory ailments, compared with the weekly rates of illness among recruits during the year before Operation Stop Cough started.

How Should I Wash my Hands for Cold Prevention?

Many of us get so busy, we simply forget to wash our hands properly. Here's the rundown:

First, wet your hands with water. Then apply soap.

Now, rub your hands together vigorously for 20 seconds. Make sure to rub the wrists, between the fingers, and under the fingernails. When you have time, use a nailbrush, as bacteria often hide under nails.

Rinse your hands thoroughly and dry with a clean paper towel or air dryer.

If you are in a public restroom, shut the faucet off with a paper towel. Try to push the door open with your shoulder, or use another paper towel to turn the knob.

How Much Hand Washing Is Enough to Prevent Colds?

Wash your hands frequently throughout the day -- before and after you eat, after using the bathroom, after school, and after handling any contaminants like raw meat, unwashed vegetables, or garbage.

Also wash your hands after coughing, sneezing, blowing your nose, or touching your pet. If you are babysitting, wash before and after changing a baby's diapers and before and after feedings.

What if I'm not Near a Sink?

Keep an alcohol-based sanitizer for hands if a sink is unavailable. It should be at least 60% alcohol to clean hands. Rub the entire surface of your hands, fingers, and wrist with the sanitizer, until dry. You can use this throughout the day if you're not near a bathroom. Follow up with a thorough hand scrub when you're near a sink, to prevent buildup of the sanitizer.

From the Education Department

Overcoming Separation Anxiety on the First Day of School

By Karin A. Bilich, Ilisa Cohen, and the editors of Parents magazine

Entering a new environment filled with unfamiliar people can cause anxiety for children -- and their parents! Find out how to overcome the separation anxiety that accompanies a child's first day of school.

What You Can Do Before School

Preparing your child for school before his first day can greatly reduce any separation anxiety your child may feel when you leave. Here are some ways to familiarize your child with his new environment:

Introduce your child ahead of time to common school activities, such as drawing pictures or storytelling.

Visit your child's classroom a few times before school starts to familiarize her with the space.

Have your child meet his teacher.

Don't minimize the importance of easing your fears as well as your child's. If you feel guilty or worried about leaving her at school, your child will probably sense that. The more calm and assured you are, the more confident your child will be.

To prepare yourself for the upcoming tear-filled good-bye:

Ask your child's teacher what her procedure is when children are crying for their parents. Make sure a school staff member is ready to help your child with the transfer from your care to the classroom.

Find out how the school structures its daily schedule. Many preschools begin with a daily ritual, such as "circle time" (when teachers and children talk about what they did the day before, and that day's activities), to ease the move from home to school.

Tips for Tear-Free Goodbyes

Saying goodbye on that first day can be the hardest moment for parents and children. Here are five tips on how to ease the separation anxiety.

•**Reintroduce the teacher to your child.** Allow them to form an initial relationship. Make it clear that you trust the teacher and are at ease with her watching your child.

•**Bring a friend from home.** Ask the teacher whether your child can bring along a stuffed animal to keep in her cubby in case she needs comforting. It shouldn't be her favorite one, though, because there's no guarantee it will come home in one piece. Other favorite choices include a family picture, a special doll, or a favorite blanket.

•**When it's time to go, make sure to say good-bye to your child.** Never sneak out. As tempting as it may be, leaving without saying good-bye to your child risks her trust in you.

•**Once you say good-bye, leave promptly.** A long farewell scene might only serve to reinforce a child's sense that preschool is a bad place.

•**Express your ease with leaving.** Some parents wave from outside the classroom window or make a funny good-bye face.

•**Don't linger.** The longer you stay, the harder it is. Let your child know that you'll be there to pick her up, and say "See you later!" once she's gotten involved in an activity.

•**Create your own ritual.** One mom in Kansas City, Missouri, says goodbye to her son the same way every day: She kisses him on the lips and gives him a butterfly kiss (her eyelashes on his cheek), and then they rub noses and hug. When the embrace is over, he knows it's time for her to go to work.

•**Consider a reward system.** Linda Roos, of Scottsdale, Arizona, gave her kindergartner his own calendar. If he went to class without putting up a fuss, she put a smiley face on the calendar (otherwise, he got a sad face). On Friday, if he had five smiley faces, she made him a treasure hunt as a treat.

•**Learn the other kids' names.** When you can call your child's classmates by name ("Look, Matthew, there is a space at the train table with Eli and Katie"), it makes school seem much more familiar and safe.

•**Security Alert: Bringing Comfort Objects from Home** Being away from home for the first time isn't easy, so send your child off with a discreet little memento to help him handle it better.

•**Leave the "lovey" at home:** Get a T-shirt made with a picture of her Woofie or Teddy.

•**A picture is worth a thousand words:** Tuck one away inside his cubby or hang a photo key chain on his backpack zipper.

•**Lunch-box love notes** are a great way to let your child know you're thinking of her while she's at school.

•**Little kid toys:** He might not be allowed to take his favorite car into the classroom, but he can keep it safely in his backpack.

•**Blanket statement:** Cut a tiny piece off her blankie that she can keep in her pocket and touch when she needs a pick-me-up.

•**Time will tell:** His own digital watch will make him feel like a big boy, and he can look at it every so often to remind himself that you'll be picking him up soon!