

September News

Dear families,

The new school year is off to a great start! We have welcomed new friends and gotten reacquainted with old friends. The Chesterbrook Academy teachers and staff are thrilled to be spending another year together with you and your children!

All parents are invited to attend our Back to School Night on Wednesday, September 9th! Our teachers are excited to share important classroom and school wide information with you. This is a great opportunity to get to know our teachers and learn about the goals for the class this year! We look forward to seeing you all at Back to School Night!

Over the next few weeks, Principal Donna Baus will be increasing her time here at Chesterbrook Academy, Limerick. I will be here as well through the end of September. Donna is excited to lead our school and looks forward to getting to know all of you! Below is message from Donna.

As always, it is an honor to work with and watch your children grow. Thank you for choosing our school for your children.

Best regards,

Lisa Delaney
Principal

Dear Chesterbrook Academy, Limerick Families,

Thank you for the warm welcome I have received at the Chesterbrook Academy in Limerick. While I have not officially started as your principal, I wanted to take a brief moment in this September Newsletter to say thank you very much for the warm welcomes and the introductions to your children. You all seem like a wonderful group of families who have a lot of Chesterbrook Academy pride! In the next few weeks as I continue to transition to the Limerick Chesterbrook Academy, I look forward to meeting more of you and becoming acclimated in your school.

In the interim of this transition phase Lisa, Rebecca, Deidre, and I are working very closely as the change will be taking place at the end of September. In the interim if you need to reach out to me for anything please do not hesitate to send me an e-mail: Donna.Baus@nlcinc.com.

I look forward to joining all of you in the near future.

Sincerely,

Donna Baus
Principal

Extracurricular Activities:

This year the following extracurricular activities are available for the children:

Soccer Shots • The Music Experience with Mr. Dave • Junior Gym

Sign-up sheets and information about each program have been sent home. If you have any questions about these programs, please do not hesitate to ask!

PTO:

PTO activities will be resuming soon! If you are interested in participating in our activities or would like to share ideas for new events this year, please contact Mrs. Davidson at deidre.davidson@nlcinc.com. More information about PTO and our events will be coming home soon!

Please check the calendar on our website: <http://limerick.chesterbrookacademy.com> for upcoming school events☺

Mark the Date

Scholastic Book Fair – September 8th – 11th

Back to School Night – Wednesday, September 9th

Picture Days - Tuesday, September 15th and Wednesday, September 16th

Orders Food for the Soul – September 11th

Friendly's Spirit Night – September 17th

Junior Gym – begins September 17th

Soccer Shots – begins September 22nd

The Music Experience – begins October 7th

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.

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 “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