

WELCOME!

to the 2017-2018 school year. 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.

SUMMER WRAP UP:

We would like to thank all the teachers and families who were part of Summer Camp 2017! 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 2018!

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. Sally or Ms. Kirby know if you have questions.

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
- Please remember to change the season/size of clothes in your child's classroom cubby. Also, bring extra underwear for potty training and in the Pre-K classrooms for accidents.

September

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| 08.28.17 | First Day of School - New Classrooms for Fall transitions |
| 08.28.17 | Charleston Wrap - Fundraiser Kick off |
| 09.04.17 | Closed -Labor Day |
| 09.07.17 | Back-to-School Night - 6:00pm- 7:00pm |
| 09.07.17 | Soccer Shots Demo 9:30am (no sign up necessary- classes begin 9.14.17) |
| 09.07.17 | Kyle's Karate - Demo 3:30pm (no sign up necessary) |
| 09.10.17 | National Teddy Bear Day - Wear your pajamas and bring in your favorite teddy bear |
| 09.11.17 | Charleston Wrap - Fundraiser Ends |
| 09.11.17 | Joy of Dance - Ballerina Demo, (no sign up necessary) |
| 09.13.17 | Picture Day -Infant, Infant 2, Toddler & Beginner |
| 09.14.17 | Picture Day - Intermediate, PreK1, PreK2 and Siblings |
| 09.22.17 | FCPS - Closed - |
| 09.22.17 | First Day of Autumn |
| 10.02.17 | Charleston Wrap - Fundraiser Delivered |
| 10.09.17 | Columbus Day - Chesterbrook Open |
| 10.13.17 | Parent Date Night! - 6:30-10pm |

Our Amazing Teachers & Staff

Infant:

Ms. Deega, Lead Teacher
Ms. Mounira, Ms. Leakesa & Ms. Arley

Infant 2:

Ms. April, Co-Lead Teacher
Ms. Allyson, Co-Lead Teacher
Ms. Brianna, & Ms. Meme

Toddler:

Mr. Jerome, Lead Teacher
Ms. Kalpana, Ms. Hodan & Ms. Nasreen

Beginner:

Ms. Amy, Lead Teacher
Ms. Adrian & Ms. Ali

Intermediate:

Ms. May, Lead Teacher
Ms. Heba & Ms. Salma

Pre-K:

Ms. Annette, Lead Teacher
Ms. Najiba & Ms. Elina

Pre-K2:

Ms. Erinn, Lead Teacher
Ms. Ashley & Ms. Neelam

Floater:

Ms. Sherry, Ms. Lowaun, Ms. Priscilla

Management

Ms. Sam, Kitchen Manager & 3rd In-Charge
Ms. Kirby, Administrative Assistant
Ms. Sally, Principal

Tuition Reminder

Please remember that tuition is due every Friday for the upcoming week. Payment is considered late Monday at noon. After noon 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.

Back to School Night

Our back to school night will be Sept 7th from 6pm-7pm. This is the perfect opportunity to get to know your child's teachers for the school year. You can also learn more about their daily schedule, pick up a supply list, check out our ancillary programs and check new rates. Please take some time to stop by!

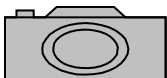
Parent Date Night

The next Parent Date Night will be held on Friday, October 13. 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 \$40 for the first child and \$35 for each sibling. Parent Date Night will be charged that Monday after the event.

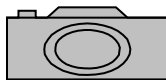
Parking Reminder

Help us keep our parking lot safe!

- Always lock your vehicle, even if you are only running into someplace for a minute.
 - Hide or bring in valuables (e.g., purses, cell phones, wallets) whenever you leave your vehicle. Visible items are an attracter for thieves.
 - If you see anyone suspicious outside, please contact our Chesterbrook Administrative Staff; however, if you believe they are highly suspicious please contact the authorities.
 - Do not leave children unattended in your vehicle.
- Thank you once again for your support in keeping our parking lot safe!



Picture Day!



Bring your child dressed their best on September 16th-17th. We will be turning our Toddler room into a picture studio for our Infant, Infant2, Toddler & Beginner classroom on the 16th and our Pre-K1 room for the Intermediate, PreK1, PreK2 and Siblings on September 17th.

A New Year Begins

It's hard to believe that summer is over and a new school year is upon us. Whether your child is beginning another pre-school program level or entering a new grade, the excitement and questions are similar. What will this new experience bring?

Will my child be well prepared? How can I help? Will everything be all right? These are just a few of the many questions parents ask themselves every new school year.

Here are some ways to gain comfort for you and your child:

- Meet with your teacher(s) to understand the program or grade-level expectations for your child.
- Develop an open communications channel so there is nothing left to chance
- Answer all questions your child has about school openly and honestly. If you are not sure of an answer, ask your teacher.
- Encourage your child at every step of the school journey.
- Work closely with your teacher to provide a uniform message and support to your child.
- Talk to your child every day about what he or she did in school.
- If you have concerns, talk to your teacher immediately. The sooner you know the facts, the easier it is to resolve a concern.
- Remember, what you hear in the parking lot, at a birthday party, or on the playing fields is undocumented. Ask your principal about anything that bothers you; he or she will give you appropriate direction.



ANCILLARY PROGRAMS

Ancillary Schedule:

Monday - 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.) (Ages 2 & up)

Tuesday - Karate Kyle (well-rounded mixed martial arts program that combines exciting instruction with practical, effective techniques. Teaching basic kick-punch-block techniques, your child will develop confidence, hand-eye coordination, and concentration. Uniforms, belts, and belt promotion ceremonies are included) (Ages 3 & up)

Wednesday - Stretch-n-Grow (We will show your preschoolers how fun it is to exercise and take care of their bodies. Each week our dynamic instructors will lead them through an energized, kid friendly workout. The class is complete with silly stretches, numerous gross motor skill activities, aerobic games, creative movement and a cool down, all done with lots of silly music) (Ages 2 & Up)

Thursday - Soccer Shots (a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling and the basic rules of the game. Through fun games, songs and positive reinforcement, children will begin to experience the joy of playing soccer and being active.) (Ages 2 & Up)



Charleston Fundraiser

On September 26th 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 13th from 6:30-10pm.



Ancillary Reminder:

Ancillary programs are in full swing starting the week of September 11th! If you are interested in Joy of Dance, Stretch-n-Grow, Kyle's Karate or Soccer Shots. If you are interested in enrollment or have questions, please ask Ms. Sally or Ms. Kirby. We will be billing out all programs the first 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 11:15am in the Pre-K2 classroom.

5 Tips to Expand Your Child's Emotional IQ

August, 2017 | Topics: [Social Emotional](#)

- Young children experience many of the same emotions that adults do, but often don't have the vocabulary available to talk about how they are feeling. You've probably been concerned or confused when your child seems emotional, but you don't know why. He might yell, throw toys or seem quieter than usual, and you're left feeling unsure how to help.



- Once children begin to understand their own emotions, they're better able to express themselves appropriately and tune into the emotional cues of others.
- Don't be discouraged if your child doesn't vocalize his emotions overnight. Remember that it takes time and practice. We've pulled together some of our favorite tips below to help increase your child's emotional IQ.

1. Play a mirror game

- Sit in front of a mirror with your child and ask him to portray a specific emotion. If he struggles, make the facial expression yourself and encourage him to mimic you. Then, describe a situation that may elicit that emotion. For instance, you could say, "Spending time with you makes me very happy." Then ask, "What makes you happy?"

2. Modify "If You're Happy and You Know it"

- Change the lyrics of the popular nursery rhyme to help your child understand new emotion vocabulary words. You could say, "If you're sad and you know it, say boo hoo," or "If you're tired and you know it, make a yawn."

3. Label emotions as you see them expressed

- You might be inclined to point out common emotions like happy, sad or mad, but don't forget to identify more complex emotions, such as proud, brave, curious, overwhelmed and confused. The more often your child hears this new vocabulary, the more likely he'll use it in the future.

4. Teach by example

- Although it may be difficult at times, do your best to express your own emotions, such as frustration and anger, in a positive way. When your child is struggling, you can remind him of your actions, and offer suggestions for ways he too can act appropriately. For instance, you might say, "Remember when mommy was frustrated last night? I went for a walk to calm myself down. Next time that you're frustrated, you could ask for help or take a few deep breaths."

5. Narrate books with emotion-rich speech

- There are many books aimed at helping preschoolers understand and name emotions, such as *My Many Colored Days* by Dr. Seuss, *Other Moods that Make My Day* by Jamie Lee Curtis, and *The Way I Feel* by Janan Cain. As you're reading, point out the emotions from the story.