



# SEPTEMBER 2023 NEWSLETTER

## A Notes From Your Principal

As we prepare for the new school year, we wanted to extend a warm welcome to our new families and a sincere thank you to our returning families. It was such a wonderful summer of splash days, spirit weeks, charity events, and special visitors.

The children are transitioning to new classrooms. Take a look in their cubby to ensure extra clothing and a sheet/blanket are available. Fall is upon us which means cooler weather is coming. Feel free to leave a sweatshirt in your child's cubby.

Lastly, administration is updating student files. If you receive an email for a health visit, please tell Liz when the doctor visit is and return the Health Assessment afterwards. The Fee Agreement and Emergency Contact forms must be completed, signed, and returned to administration promptly.

We are looking forward to another successful year of learning, fun, and growth.

Sincerely,  
Mary Ellen Diggory

Sept. 1<sup>st</sup>  
Pajama Day

Sept. 4<sup>th</sup>  
CLOSED

Sept. 5<sup>th</sup>  
First Day of School

Sept. 8<sup>th</sup>  
Grandparents Day

Sept. 13<sup>th</sup>  
Back to School Night

Sept. 18<sup>th</sup> – 22<sup>nd</sup>  
Fall Fest Spirit Week

Sept. 26<sup>th</sup>  
Johnny Appleseed Day

Sept. 29<sup>th</sup>  
End of Month Folders go  
home

**CHESTERBROOK ACADEMY**

**ELLIS PRESERVE**

3841 West Chester Pike,  
Newtown Square, PA, 19073

484.428.3029

[Ellispreserve.chesterbrookacademy.com](http://Ellispreserve.chesterbrookacademy.com)

7:00 AM- 5:30 PM

## Did You Know?

Children are naturally curious to learn about themselves and their peers, and gain a sense of self when given the opportunity to share their likes and interests with others.

## Online Family Communication

If you're not currently receiving photos and daily reports for your child you can easily change this by downloading the Links 2 Home app on your phone. Just type 'Links 2 Home' in the search bar for the Apple App Store or Google Play Store. After downloading Links 2 Home, you can register with the same email address that you used to enroll your child in our school.

## National Hispanic Heritage Month

National Hispanic Heritage Month is celebrated from September 15 to October 15. Books are an easy and interactive way to expand your child's awareness and appreciation of Hispanic culture. We've gathered three stories to read with your child: *Coquí in the City* by Nomar Perez, *Round is a Tortilla: A Book of Shapes* by Roseanne Greenfield Thong, and *Camera Full of Wishes* by Matt de la Peña.

## Cubby Refresh

Check your child's cubby for spare clothing appropriate for the upcoming weather change. Leave a sweatshirt in case it gets chilly. Also double check to ensure the clothing matches the current size of your child. The only items present in the cubby should be spare clothing, sheet, and blanket. All other belongings can stay home.

## Student File Update

Complete and sign 2023-2024 Tuition Agreement, Fee Agreement, Emergency Contact, and Health Assessment. Ask an admin for assistance.

## Family Referral Bonus

Do you know a colleague who has recently had a baby, a friend in need of care who just relocated to the area, or a family member who is still seeking a new preschool for their child? When you refer a friend and they enroll, you're eligible for a **free week of tuition**. Ask us for details!

## Love Our School? Review Us

In today's connected world, many families turn to online reviews to learn more about the reputation of schools. Just a reminder that you can find our school on Facebook, Google, Yelp and other online directories. We'd love more families like yours, so please consider spreading the word about our school.



**Chesterbrook Academy Ellis Preserve**



**CBAEllisPreserve**



# Navigating Your Child's Big Emotions with Ease

The preschool years are a time of boundless energy, curious explorations, and the occasional emotional outbursts that may leave you feeling overwhelmed. Rest assured that you're not alone. These sudden bursts of intense feelings from your child are a normal part of their developmental journey.

Think of your child as a young explorer who is embracing every opportunity to uncover the world around them. They're on a quest to experience new things, but their emotional toolkit is still a work in progress. They might not have the communication skills necessary to express their thoughts and needs to you in a calm way.



At our preschool, structure and routine are key to preventing emotional outbursts. Visual schedules are used in our classrooms, serving as reference for our students throughout the day. To ease transitions, our teachers incorporate intentional prompts, whether through a catchy song or chant – helping children prepare for what comes next. When our students exhibit desired behaviors, we celebrate them with praise.

However, outbursts do happen... and parenthood isn't about perfection. It's about growth, learning, and building strong emotional bonds with your child. Our teachers are your partners and are here to help navigate this journey with you. Below are some strategies we practice in the classroom that you can try at home.

## 1. Speak with a calm disposition.

Your child is likely to feed off your demeanor. When things get overwhelming, speaking in a calm tone can have a soothing effect, showing your child that you're there to support and listen.

## 2. Move your child to a safe place.

Safe spaces allow your child to regain their composure in an environment where they feel secure. For instance, if they're having a meltdown in a busy store, walk with them to a quiet area. A change of scenery can provide a moment for your child to collect themselves away from loud crowds.

## 3. Use calming techniques to help regulate emotions.

Help your child develop their own toolkit of calming techniques. Breathing exercises, counting to ten, or even imagining a happy place can be simple yet effective ways to regulate emotions.

## 4. Offer connection or physical comfort.

Physical touch is a powerful way to communicate love and support. When your child is navigating a storm of feelings, a comforting hug can help them feel understood and cared for.

## 5. Model appropriate ways to express wants.

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 them of your actions, and offer suggestions for ways they too can act appropriately.



# Links to Learning

