

September Newsletter

A Note from Our 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. We had such a wonderful summer and are looking forward to another successful year of learning, fun, and growth.

Sincerely,
Principal, Tiffany Simmons

Links 2 Home

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.

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.

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. **In our classrooms, we will be celebrating by creating various masterpieces and crafts.**

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!

Important Dates

September 1st - Cookie and Jersey Friday!
September 4th – SCHOOL CLOSED FOR LABOR DAY
September 5th – National Cheese Pizza Day
September 8th – Grandparent’s Day
September 11th – Wear Red, White & Blue Day
September 13th – National Fortune Cookie Day
September 15th – Cookie Friday and Crazy Sock Day!
September 21st – World Gratitude Day
September 22nd – Cookie Friday and Pajama Day
September 26th – Johnny Appleseed Parade @ 3:00 pm
September 29 - End-of-month folders go home

New On Our Preschool Blog

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.