



PRESCHOOL NEWSLETTER

SEPTEMBER NEWSLETTER 2021

Message from the Director

WELCOME TO PRESCHOOL!!! Mrs. Shabana Syed

For those parents who are returning to us this month, WELCOME BACK! I have missed your child and are excited to spend another year with them. The years' children spend at preschool are a very important time of their lives and I am thankful to get to spend some of that special time with them.

I feel very strongly about creating a safe and caring environment for the children, where they can learn through play and have the opportunity to grow both socially and emotionally.

NEW PARENTS: I am excited to spend the year learning and growing with your child. I understand that this is going to be a new experience for you and your child in many ways. In this newsletter, you will find important procedures for the preschool program, as well as items that we feel are important for success in our classrooms.

Preschool has gotten off to a smooth start. Your children have done a great job separating from you and are beginning to attach to their teachers, even calling some of us by name and all the children are exploring their new school, visiting the learning centers, meeting new friends, and internalizing the new schedule and their routines. Keep in mind, a little separation anxiety is not uncommon or unexpected for children starting, or returning to, preschool. To help your child handle their uncertainty and nervousness, I recommend keeping a positive attitude, giving a little happy reassurance, and trying your best not to linger too long at the preschool before giving a brief goodbye during drop off. Before long your child will likely settle right into his or her new routine! I am looking forward to a school year filled with learning and lots of laughter! You will find reminders and any other pertinent information necessary to the preschool program in this newsletter.

I encourage open communication and appreciate you sharing your comments, questions and concerns with me.

Monday September 6th

LABOR DAY

No School



SIGN IN/OUT

Every morning during drop off your child will need to be signed in. Every afternoon your child will need to be signed out. BECAUSE YOUR CHILD'S SAFETY IS IMPORTANT TO US.

If anyone other than yourself is going to be picking your child up, they will need to bring a picture ID. This is important as your child will only be released to someone who has been placed on the authorized list (or you may call and notify us PRIOR to 3:00 pm). You may add people to the authorized list at any time.

QUIET TIME

Your child needs to bring a blanket and a crib sheet for quiet time. It needs to be brought to school on Monday (or the first day of the week) and taken home on Friday (last day of the week) to be washed. Please label with your child's name.

EXTRA CLOTHES

Please bring in a complete set of extra clothes. This includes shirt, pants/shorts, underwear, and socks. Occasionally these will need to be swapped out as your child outgrows them, or the weather changes. Please label EVERYTHING with your child's name. This will prevent your child's clothes from accidentally going home with another student.

PHONE NUMBERS/ADDRESSES

Please let me know, if you change your phone number/address. It is extremely important that we have a CURRENT WORKING phone number for you in case of an emergency.

Pick Up

To prevent a late charge, please remember to pick up your child by 3:30 pm when our school closes. We understand that there may be an occasional emergency or traffic problem, but please understand that we must charge a late fee to pay for the employee's time and inconvenience.

Child Safety is our primary concern, not just during school hours, but before and after, as well. As a reminder, Little Angels Preschool parking lot rules and policy remains as follows:

No child, by California law, may be left unattended in a car at any time for any reason. Children must have their hand or body held by parent or guardian at all times while in the parking lot. If a parent is waiting in the parking lot with, all children must be in a parked car. It is unsafe to allow your child to run around in the parking lot.

POWER WHEELS AND PEANUT BUTTER AND JELLY SANDWICHES



SEPTEMBER LESSON PLAN

September is here! I am so excited to start the new school year and meet our new friends.

We will be exploring our home environment and our weekly themes will include: "All about me", "My Family", "My neighborhood", and "Home routines". Our focus this month is really getting to know each and every special member of our class. I can't wait to kick off the new school year with a bang! So put on your fun hats and join me on the learning train!

Language and Literacy:

This month we'll be focusing on learning and recognizing the letters of the alphabet. We'll work on letters A and B, making each letter sound so that we can better understand that each letter makes a sound and these letter sounds make words. The books we'll be reading are, At Home, A Clean House for Mole and Mouse, Is It Time? and My Building.

Math:

We will be learning all about the number 1 this month. Focusing on recognizing this number and understanding the concept of "one".

Science and Social Studies:

September will be filled with many fun science activities and will stay close to our home theme. One activity is focusing on the children's phonological awareness and it will involve filling a basket with common household items such as keys, hairbrushes, telephones, etc. We will then ask the children to identify and describe the items and ask them what noises they make and what they can be used for at home.

Books We Love this Month!

The Kissing Hand by Audrey Penn
Pete the Cat: Rocking in My New School Shoes by Eric Litwin
Llama, Llama Misses Mama by Anna Dewdney
Little Mouse and the Big Red Apple by A.H. Benjamin



GROWING INDEPENDENCE

TIPS FOR PARENTS OF YOUNG CHILDREN



Children Love to Learn

- Open and honest communication will create a lifelong closeness with your child.
- Routines and responsibilities will let your child know what to expect. When a rule is broken, a natural consequence needs to follow.
- As you teach your child how to be independent, you also need to teach how to be safe.
- Learning how to be a good friend is an important skill you can teach your child.
- Your little one is starting to explore the world outside your home. This is exciting, but can be scary!

Children Love to Learn

- Beginning to develop their independence and form real friendships.
- Learning rules to more difficult games.
- Developing important life skills.

Set Limits

When children do something against the rules, explain simply and in a few words:

- That what they did was wrong
- What will happen if the behavior continues Consequences need to be logical, meaningful, and simple. For example:
- If your child rides a bike without a helmet, the bike is off limits for a day or two.
- When your child won't share a toy, that toy can't be used for the rest of the day.

Create and Keep Routines

Teach about rules by setting up daily routines.

Children do best when they know what to expect.

In the morning

- Use the bathroom
- Get dressed
- Have breakfast

At bedtime

- Take a bath
- Brush teeth
- Read a story

Schedule specific times for TV, video games, and use of the computer. When you know what your child is watching, you can avoid violence and other unacceptable content. Limit "total screen time" to no more than 2 hours a day.

Read at bedtime. This helps your child

- Settle down after a busy day
- Learn how to read

Have meals together as much as possible.

This is a great way to spend time together and share family traditions, while also teaching good eating habits and table manners.

Take Time to Talk and Listen

Children feel important when adults take the time to talk with them. Talking often, and about many things, helps them gain self-confidence. Ask about friendships and the activities that your child enjoys. Talk about your own best and worst experiences.

Ask your child

- “What was the best part of today?”
- “What was the hardest part of today?”

Let your child know that it’s OK to have and talk about negative feelings. Share the best and hard parts of your day. This teaches your child that we all have ups and downs.

Assign Responsibility

When young children copy everyday household tasks, they are really learning how to contribute. With your support, tasks will soon be done with few reminders. As children grow older, they can begin to take on real responsibilities, such as:

- Setting the table
- Putting away their toys
- Feeding the pets
- Placing dirty clothes in a basket

Watch your child’s self-esteem grow when given the chance to help out.

Encourage Independence in Bathing and Dressing

At first, this may take a little more time than helping your child get dressed or take a bath, but it is time well spent. Independence comes with practice, and with your guidance. If you get the clothes ready the night before, the morning routine will involve only getting dressed. This way, your child can focus on just one thing. Your child may need to be reminded of all the steps.

- “In the morning, when you get up,
- First, use the bathroom,
- Then, take off your PJs,
- And then, put on your clothes.”

Praise your child's efforts and successes:

"You did a great job getting yourself ready for school today!"

Teach Simple Rules About Safety with Adults

Keeping children safe is an important job for parents. You want your child to respect and trust others, but you also need to teach your child to be careful. Following are some simple rules and ways that you can start a conversation with your child about different safety issues.

- "If you're not sure, ask me."
- "If an adult asks you to do something that you're not sure is OK, always ask me first. I won't get mad at you for asking."
- "No secrets."
- "No one should ever tell you to keep a secret from me—one that might make me mad if I found out. Adults should never expect you to do this."
- "Certain body parts are private."
- "No adults (except parents, doctors, and nurses) should touch you where you normally wear a bathing suit."
- "If we get separated, find a security guard or police officer."
- "This is a very busy place. If you can't find me, find a security guard or police officer, or ask someone to help you find one. That person will help you find me."
- When you take your child to a crowded place, look around and point out the person who is there to help if you do become separated.

Help Your Child Become a Good Friend

Four- to six-year-olds are learning what it means to be a friend. They will have fun times as well as arguments and hurt feelings. It can be tempting for parents to try to solve these problems themselves or by talking with the other child's parent. Instead, guide your child to solve problems. With your help, your child can learn how to solve social problems.

- Help your child understand the other child's point of view. "I guess Suzie wants a turn too."
- Teach your child the following:
 - Stay calm
 - Do not hit, grab, or shove
 - Use words:
 - "I get upset when you talk to me like that."
 - "I'm sad you don't want to play with me."
 - "I'm angry you took the ball from me."
 - Stand close by and watch as the children solve their problem. Being close by puts the children on their best behavior. This is how they begin to develop the confidence and skills to communicate honestly, calmly, and politely with others.



Source

Connected Kids: Safe, Strong, Secure (Copyright © 2006 American Academy of Pediatrics)

AT HOME ACTIVITIES

BANANA RECIPES

BANANA BREAD



- 1 -1/2 CUPS SUGAR
- 4 EGGS
- ½ TEASPOON SODA
- 1 TEASPOON SALT
- 1 CUP WALNUTS (OPTIONAL)
- 3/4 CUP SHORTENING
- 4 MASHED BANANAS
- 3 ½ CUP FLOUR
- 1 TEASPOON VANILLA

Mash bananas and add soda. In a separate bowl cream sugar, shortening, add eggs 1 at a time, add salt, and vanilla. Then flour. Stir in banana mixture and fold in nuts. Pour into 2 greased loaf pans. Bake in the oven at 350 degrees for 40-45 minutes or until toothpick inserted into middle comes out clean.

Learning At Home Activities: Paper Chains

Decorate your house with paper chains! Cut strips out of colorful construction paper. Have your child draw or write on each slip of paper. They could be positive messages, favorite animals, or pictures of your family. Create a chain of paper by linking them together with a stapler or tape. Hang your paper chains up around your house!



Estimated Time: 30 minutes

Materials:

Construction paper, markers, and tape/stapler

Subject: Art