

# Southminster Nursery School News

Volume 11, Issue 1

October 2009

## From Michele

I hope you all have enjoyed your first month of this school year. I know the staff and I are truly enjoying getting to know your children. The classes are all well underway now and all of our students have settled in very well. Of course, saying good-bye may be difficult for a while yet, but all of our children have graduated to the point where they are all enjoying some part (if not all the parts) of their day.

At the beginning of the school year, we deal with a lot of children who are dealing with separation anxiety. Starting school can be a very difficult time for a young child, and many times it is also a difficult time for parents. This is probably the first time your child has had to be separated from you. They are filled with excitement for the start of school and anticipation for what school will be like. Once the day arrives, the child who could not wait for school to start is suddenly terrified and no longer wants to come. They have replaced their excitement with fear and dread. To this we add the tearful goodbye in the classroom; your child hasn't even thought about the fact that you are really leaving them. Your child's teacher encourages you to leave, and on your way down the hallway you hear your child crying. Of course, at this point you begin to question whether you are doing the right thing for your child. The answer is yes, you are doing a wonderful thing for your child, and with a little help we can make the separation process less painful for both of you.

In order to reduce the anxiety we have to build trust. Your children need to feel safe and comfortable and know that their needs will be met. They need to know that we are listening to them and we will respond to their needs in a positive way. When children know they will be comforted and cared for they begin to trust us and begin to communicate their needs to us. Their ability to trust other people helps them to develop a sense of confidence and well being.

When dropping off children, parents need to establish a drop off routine. This may involve walking your child to his/her cubby, helping them hang up their backpacks, commenting on the activities going on in the room, etc. Tell your children to enjoy their day and that you'll be back to pick them up when school is over. Kiss them goodbye and leave. Never sneak out. That will actually break down the trust your child has built in you. You should always remind them that you will be back after school, and you will always come back when you leave. Constant reassuring that you will come back speaks volumes to your child. Try very

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## APAT News

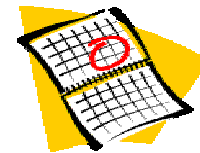
Please welcome our new  
APAT Chairperson,  
Nikki McBride!

There are so many wonderful events and fundraisers being planned for our children this year. Please do not hesitate to volunteer!

Look for more information to come regarding upcoming events and how you can help.



## Important Dates to Remember:



- ✓ October 5 & 6: Story Time with Mrs. Sombar
- ✓ October 5: 1<sup>st</sup> day of our Afternoon Explorers Club
- ✓ October 7, 8 & 9: No classes due to conferences - *Classes in session for the 2 day 2's & 1 day 2's only.*
- ✓ October 14 & 15: Trip to Simmons Farm- *Check with your child's teacher for the date and time for your class.*
- ✓ October 19 & 20: Science with Mrs. McGinley
- ✓ October 31: Uptown Halloween Parade

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hard not to be late at pick-up time. This causes a great deal of anxiety in children. When children are here after most of their classmates have left, they begin to worry. This, will breakdown their trust in both you and in us.

We as teachers and parents can show our children ways to cope by reminding them of things in their past and of things that will happen in their future. We can talk with them about their families and places they have visited, and also about the places they will go. We can teach them how to self sooth by giving them tools to use throughout their day. Perhaps they can have a picture of their family in their pocket, or a favorite blanket in their backpack. It may be necessary for them to have something with them that ties them to home.

We all deal with issues throughout our lives that can be stressful. We pull from our past experiences to get us through these stressful times. Young children are creating memories for themselves, and developing tools they will use to help them get through their own difficult times. They will use the tools they develop throughout their lives. So when they encounter stressful times, they too will have resources to pull from. So, by allowing your child to say goodbye to you, you are allowing them to grow from the experience this brings. In the classroom children learn how to reflect on these issues through stories and creative play, time with friends and self reflection. They create a "tool Kit" of skills that they will draw from now and throughout their lives.

So now, I hope you realize what a wonderful gift you have given to your child. You have given them the opportunity to learn and grow.

*Michele*

### **NAEYC Family Survey**

At conference time we will ask you to fill out a brief survey for our school. This survey is very important for our re-accreditation purposes through NAEYC. After you have finished talking with your child's teacher you will be asked to take a minute to fill out a program evaluation. This evaluation is anonymous and confidential and is of great importance to us. Please take a minute to help us out by completing the evaluations. Our board members will be available to assist you and will supply you with the evaluation and a place right outside your classroom to fill them out. Also, Family handbooks will also be available in the event that you are asked something you may not know. Please be sure to read your handbooks. There is some very valuable information in there regarding our programs.

### **Drop Off**

Our drop-off service will begin this month on Monday, October 5. Please remember to pull into the circle driveway at which time our staff will come to your car and get your child. Please remain in your car and allow our staff to remove your child. Also, please remember this service is only provided in the morning only between 8:45-8:55. Do not pull in to the circle driveway any earlier than 8:45. Our staff cannot be there any earlier and we are not permitted to allow traffic to back up onto Castle Shannon Blvd.



### **Pick Up**

Please be aware. If anyone other than the child's parent is picking a child up from school that person must be listed on the emergency card or entered on the pickup log in your child's classroom, and signed by a parent. We realize that sometimes emergencies come up and you need to make last minute arrangements. Please call the school and leave a message with Michele or on Michele's answering machine. If we have a message from the parent we can verify and release the child to someone who is not on the log out sheet. This is very important and helps us keep your child safe.

### **Circle Driveway**

Please remember in the afternoon if you park in the driveway it is for short term parking only. If you are not leaving immediately after drop off, you must use the large lot next to Southminster house.

Please do not park in the limited mobility lot unless you are handicapped or have a very small infant.

### **Afternoon Explorers Club**

Afternoon Explorers Club will begin on Monday, October 5. If you are interested in using this program please sign-up on the third floor right outside of the Nursery School Office. Payment is due when you sign up. Classes will be held in room 212.



## Two Day and One Day Two's

September was a great month for the Two's! The Two's became acquainted with their classroom, their routine, their teachers, and the playground and ballroom. Now that they are settled into school quite nicely, they will be having even more fun! In October, we will meet Mr. Weather Bear. We will help Mr. Weather Bear get ready for his day, according to the weather outside. We will also meet Mrs. Wucher for music, and learn new songs and dances!

Since October is bringing us closer to fall, we will be reading books on leaves, as well as playing with leaves, and making art with leaves. When Halloween nears, we will read silly Halloween books, and make silly Halloween pictures. The month will conclude with our fun Halloween party! It is always exciting to have parents come into our class.



Happy Fall!  
Ms. Mihlfried, Mrs. Haberberger, and Mrs. McKenzie

## Two Day Three's

We are adjusting to many new things: new faces, new environments, new rules, and new routines. We have used crayons, markers, scissors, paper and glue. Our favorite activities the first few weeks have been the kitchen area, cars, play dough and of course music with Mrs. Wucher. The children are very enthusiastic about their school day and seem to adjusting wonderfully! Looking ahead, we plan to have many fun activities around the themes of apples, the farm, the color orange, pumpkins and of course - Halloween!



Patty Johnson and Cindy Leon

## Three Day Four's

The 3-day-4's have had a great September! We welcomed some returning friends, as well as some new friends, to school! September saw us all getting to know each other, and settling into a routine. We worked on our placemats and our family photo frames, and they turned out great! October will see us learning about the new season as we take nature walks and work on Autumn projects. We will also learn about farm life as we look forward to our trip to Simmon's Farm. And we will also be looking forward to Halloween and some pumpkin fun. Have a great October!

Mrs. Simcik & Mrs. DeSantis

## Three Day Three's

Welcome Back to School!!

We are so proud of our Three's! Everyone is adjusting beautifully to their new classroom and routine. It is such fun to see old friends and meet new friends too. We have read about other good friends like George & Martha, and Frog & Toad.

Please watch for our sunflowers to appear on the bulletin board soon. We will be learning all about these beautiful flowers. It will be fun to discover how they grow, how tall they are and taste their seeds. We will read about them, see paintings of them and paint some of our own.

Thank you for sharing your children with us. We are looking forward to a wonderful year.

Esther DeJulio and Melanie Szigethy



## Four Day Four's

Have your dinner conversations with your 4 Day 4 student become more lively? We sincerely hope so! September is always a month of "Fresh Starts". We have had fun developing new friendships within our class, as we get to know each other. Our first class book has been completed and has begun its tour of the 4 Day 4's homes. We hope you learn about our friends at school.

In October we will be studying Life on the Farm. We look forward to our field trip to Simmons Farm, as a culmination of our Farm Study. We hope we can maintain this wonderful level of excitement and enthusiasm in your children throughout this school year.



Mrs. Moses and Mrs. Nave

## Safety Concerns

Please do not allow your child to ring the emergency bell in the elevator. The emergency bell is for true emergencies only! Thank you.

## Pre-K

We have been building, pretending and expanding our creative side at the start of our Pre-K year. Part of our early months together we are getting to know each other as we learning how we are different individuals and yet alike in so many ways.

As we enter the month of October we look forward to our Farm Field Trip. We will begin a study of "Spooky Creatures of the Night". This topic blends well with one of our favorite holiday's, Halloween. We look forward to a very busy year filled with much discussion, many questions and fun filled learning.



Mrs. Moses and Mrs. Nave

## Pre-K

Our friends in the Pre-K class have had a great start of the new school year! We welcomed back some friends that we knew from last year, and were happy to make some new friends! We are enjoying our daily journal entries, as well as "Weekly Reader", and we were busy working on our placemats and picture frames. We are excited about our first trip to Storytime at the Mt. Lebanon Library this month. October will also see us experiencing the beauty of Autumn, learning about life on the farm and preparing for Halloween. Have a Happy October!



Mrs. Simcik & Mrs. DeSantis

## Birthday Celebrations

I would just like to remind everyone that although birthday treats are most welcome, we do ask that you continue to follow our no peanut policy. Also, we want to remind everyone that we discourage treat bags due to our peanut policy and due to the danger associated with small toys and little siblings at home. If you would like to do something in addition to your child's special treat I would like to suggest a book donated to your child's class in your child's honor. Please talk to your child's classroom teacher for any title suggestion or maybe choose your child's favorite story.



## Music

Welcome back to school!! We are SO excited to start another school year and another year of singing! This month I met with the 3's, 4's and PreK classes. (I will start with the 2's in October!) We are already learning...or re-learning...*Mr. Oak Tree*. This has become one of our favorite songs. Ask your child to sing it to you. Here are the words...the tune is to Are you Sleeping...

*Mr. Oak Tree, Mr. Oak Tree,  
Leaves fall down, to the ground.  
Acorns dropping (plip, plop)  
Squirrels are scampering (hip, hop)  
All around, on the ground.*

Enjoy this wonderful Fall...and keep singing!!



Mrs. Wucher ☺

## Holiday Parties

Please coordinate party plans with your head homeroom parent and the classroom teacher. Also, please remember to sign up in advance to be a party helper. Only parents who are signed up in advance can help at the party. All parents will be given an opportunity to help at one or more parties throughout the year. If you are unable to help at the parties, but would still like to contribute sometime in the classroom talk to your classroom teacher about other opportunities to do so. Please remember, small children are not permitted to attend classroom parties. These parties are to be enjoyed by the students. Too many parents and young children take away from your child's experience of sharing this special time with you.

## Allergies

Please remember if your child has an allergy you must speak to your teacher so they are aware of any special needs or restrictions your child may have. Also, if medication is necessary we need an action plan filled out by you and signed by your child's doctor.

Due to the number of allergies this year we are asking parents to please stick to our healthy snack list. This list is available in your family handbook. This is the only way we can insure the health of your children.

Please also stick to our list of healthy snacks for all holiday parties. Speak with your child's teacher regarding special birthday snacks.

## H1N1

In the next few days you will receive a pamphlet that was prepared by the CDC. It will give you wonderful information on how to help prevent the spread of the H1N1 virus. In the meantime we have also taken a few steps to help make our environment more sanitary. As you know, your children wash their hands as soon as they enter the classroom. We are now requiring family members to wash their hands if they are going to stay in the room for a period of time longer than simply dropping off their child. Finally, we will sanitize toys, chairs, tables, facets and bathrooms after each class leaves for the day.



## Tuition Payments

Please note that at this time you should have made 2 payments to the Nursery School. First was your initial payment back in June. Second was your payment that was due the first of September. The third payment will be due Oct. 1. All additional payments are due by the first of each month November through April. There is no payment due in May for our pre-school classes. Please use your tuition payment books. Each envelope is marked with the corresponding month. This should make payments less confusing. The tuition rates are as follows: 1 day 2's = \$55, 2 day 2's = \$100, 2 day 3's = \$110, 3 day 3's = \$140, 3 day 4's = \$145, 4 day 4's = \$165, Pre-Kindergarten = \$170. Please write the corresponding tuition amount in your tuition book for easy reference.



## Hope of Hope Mission

**Thank you** to all for the monetary donations, donations of school supplies and backpacks we have received so far. All donations are very much appreciated. We are also half way to our goal of adopting 4 students. Please continue with both your monetary donations and with your donations of school supplies. We will continue to accept donations through the month of October.



## Clothing

We are looking for donations of larger clothes to fit 4 and 5 year old boys and girls. Although most children bring a spare set in their backpacks, we still like to have a supply in the office in case someone spills water or paint on themselves. We are looking for underwear and pants or shorts. Thank you.

