

PARENT NEWSLETTER



**OCTOBER 2017
FROM:LEE**

FROM: LEE WALSH, DIRECTOR
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Chevy Chase United Methodist Church Preschool

Upcoming Events

- **October 2: Drop off begins for 2's and 3's**
- **October 4: French rotations in the pre-K classes begins**
- **October 9: NO SCHOOL (Columbus Day—Open House at MCPS)**
- **October 10: NO SCHOOL (Staff attends training)**
- **October 14: Advisory Council meeting (6:30 pm in Wesley Room)**
- **October 23: 3's Field Trip to Homestead Farms for pumpkin picking (10:15am)**
- **October 24: Sean Gaiser from GIGS performs for the kids (9:15am)**
- **October 25: Tour of Preschool for Prospective Parents (9:30am)**
- **October 30: Halloween Parade for 3's & Pre-K classes (11:15am) (see page 7)**

CCUMCP ADVISORY COUNCIL

For those of you who missed Parent Orientation in mid-September you may not be aware of our wonderful Advisory Council. This governing body of the preschool is composed of preschool parents, a staff representative (Jane Cheremeteff) and representatives from the administration (Lee and Lauren). This board does the hard work of planning and carrying out all of the wonderful community wide social and fundraising events that we

enjoy each year as well as being responsible for policies and oversight of the administration. The Chairs of the board this year are Jaime DeLuca (Avery, Eagles & Noa & Taylor, Starlings) and Megan Showers (Sam Smoot, Blue Jays). The remaining Council members are Adam Castellani (Sibley, Sparrows), Selasi Kumekpor (Jordan Ansah, Chickadees), Laura Carroll (Margaret, Penguins & Frances, Buntings), Anne Wilson (Bryony Ferguson, Doves), Rolando Domdom (Kelsey

SUBSTITUTES NEEDED

Our preschool is always looking to add substitutes to our list to fill in on those days when a staff member needs to take some time off. If you or someone you know (e.g., friend, neighbor, caregiver) has availability from 8:45am-12:00pm and likes interacting with young children, please consider joining our team. There is paperwork to be completed as well as a required background check. Please check with Lauren or Lee to obtain an application packet. It is a great way to have fun and earn some money as well. We frequently hire our substitutes as full-time employees so it is a great opportunity if you are considering the teaching field.

Domdom Tan, Starlings), and Diana Embrey (Alex Eardensohn, Doves). If you have questions about the preschool these are good people to ask. The Council holds monthly meetings which are open to the preschool community. Consult the portal calendar for those dates. The preschool community is blessed to have these parents serving in this manner.

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CO-OPING BEGINS SOON

Many of you have already signed up for all of your parent participation days through Sign-up Genius. The sign-ups for the 2's classes are coming soon. So those participation days will begin soon. What do you need to do?

1. Make sure you sign-in with the teacher. She will give you credit for your co-oping. Also, get a class nametag
2. Ask the teacher before class starts who, if any, has any allergies or medical conditions of which you need to be aware. Also, familiarize yourself with any emergency exit procedures (signs are posted in the classrooms).
3. To be present in the classroom, please minimize distractions from cell phones. This is especially important while on the playground.
4. Be ready to have fun. The children delight in parents who read to them, get down on the floor to play with them, swing them on the playground or engage them one-on-one in some way.
5. Feel free to bring a bottle of water and a snack. You will get thirsty and you may get hungry. Just be aware of any peanut allergies in the classroom.
6. Know that you are serving in a vital role here at school. We thank you!

CREATIVE & HEALTHY LUNCH IDEAS BY LAUREN BAILEY

With school back in session it also means it's back to packing lunches and snacks. It can be challenging to come up with healthy lunch ideas that will entice your children. Try some of these ideas listed on the **GreatSchools** website to keep your children fueled



and healthy for the day:

- Cut sandwiches into fun shapes. Use a knife to cut sandwiches into triangles or diamond shapes. Or for a variety of shapes, use cookie cutters.
- Provide different shaped pastas. Although macaroni is a perennial favorite, other shapes including snowmen, bunnies and letters are also available. Offer with mild sauces or as a salad with olive oil, cubed meat, and Parmesan cheese.
- It doesn't have to be a sandwich. Kids love dips. Try hummus or a cream cheese dip and veggies, or bean dip and toasted pita chips or bagel chips for a protein-filled addition.
- Make a roll-up. Try spreading cream cheese and dates and/or raisins on lavash bread and roll it up. Shredded carrots and cucumbers or additional veggies can also be used instead of raisins.
- Make fruit kabobs. Be sure to use fruits that aren't too messy and cut off sharp tips of wooden skewers before packing into lunches. Chunks of watermelon, pineapple and grapes are good choices. Encourage your child to pack her own lunch. Help her pick healthy choices that are fun to eat, such as string cheese, fruit, carrot sticks, and pudding cups. If she packs it, she will be more likely to eat it.

OCTOBER IS GOOD MANNERS MONTH

October marks the beginning of our intentional virtues curriculum. The goal with this curriculum is to teach your child a different virtue each month. The first virtue, or

in this case, cluster of virtues, is that of good manners. Teachers, as always, will role model having good manners to the children and will ask them to practice these virtues

themselves. Like any skills, the more children practice these skills, the better they will be at those virtues and the more likely they will become lifelong habits. Teachers will

explain to children why we are polite. In being polite, we show respect and kindness for each other.

Thank you!

CAREGIVER COFFEE SET FOR OCT. 13

Do you have a caregiver or nanny for your children? We would like to let them know that they are part of the CCUMC Preschool family too by honoring them with a special coffee after drop-off on Friday, October 13th in the Wesley Room. They can come to enjoy some delicious baked goods and some coffee all while meeting other caregivers. Children are welcome too. No need to RSVP.



AFTERNOON PROGRAMS

Now that the children have settled into their classrooms, consider having them stay for our afternoon programs. All children who have had their 3rd birthday and are potty trained are eligible.

We are delighted to have openings remaining in the following classes:

Monday Adventure with Marty Delgado & Hua Sutherland which addresses a variety of themes

Thursday Adventure with Kitty Kormann & Cynthia Ferrell which focuses on food and nutrition

Monday French with Lotfi Khenissi and Madeleine Dore

which explores French culture and language AND

Thursday or Friday Spanish with Claudia Tassara and Marty Delgado which explores the cultures of Spanish speaking countries and the language.

Please go to the parent portal to register.

COLD, FLU & LICE SEASON IS HERE! YIPEE!

With the arrival of fall comes the onset of colds, flu, and many other delightful viruses. There are several steps that you and we can take to help reduce the incidence of illness in your child. To combat the spread of these illnesses we ask you to please have your child wash his/her hands upon arrival to school. Talk to your child (as we do) about the proper way to cough to minimize the spread of germs. Finally, we ask that if your child is sick, please keep him/her home. In particular, if your child has a wet cough, a green nose or fever, please take a day off. Children must be fever free for 24 hours before returning to school. This will minimize the risk of spreading the virus to other children. If your child does need to miss school for any reason, please call or email the preschool

office to let us know so that we can let your child's teacher know.



In addition to viruses, this is also a good time of year to find lice upon your children. Like the Montgomery County Public School system, we have a nit free lice policy. If your child is found to have nits or lice, then he/she will be sent home for treatment. When the child is nit free, then he/she may return to school. Your child must be checked in the preschool office by either Lauren or Lee prior to returning to class. We appreciate your understanding with this vexing problem.



FALL BOOK SUGGESTIONS

Room on the Broom by Julia Donaldson A witch customizes her broom to make room for all of the friends that she makes on her journey. This is an adorable rhyming story about friendship among unlikely mates.

The Kissing Hand by Audrey Penn For those of you with children who are having a little trouble separating, consider reading this reassuring story about a mother who makes sure her little one always has her kiss.

It's Fall by Linda Glaser This short book introduces children to the sights and sounds of fall. The book also includes suggestions for activities using nature.

Why do Leaves Change Color? By Betsy Maestro. If your child is at least 3 years old, then you know you will get this question. The simple text and illustrations helps you to explain the process to your child. A great book!

Firefighters A to Z by Chris Demarest Follow the alphabet as it relates to all things firefighter. Great for Fire Safety Month in October

HALLOWEEN PARADE

Halloween is an exciting time for children at CCUMCP. The holiday is celebrated each year with a parade on the large playground by our 3's and pre-K classes sporting costumes made in class. Parents are invited to view the parade, then join the classes indoors for a party. (The parade will begin promptly at 11:15am on Friday, October 30. Don't forget to bring your camera! In the

event of rain the parade will be held in Phillips Hall.

Our two year old classes (*Wrens, Chickadees, Finches, Buntings, & Sparrows*) will celebrate Halloween on the small playground on October 29 or 30 (depending upon which day their class is held). Watch for further details from your teacher. These classes, too, will be making their own costumes.

PUMPKIN ROCK 'N ROLL IN KENSINGTON

Join your neighbors in Kensington for a special Halloween celebration from 12-4pm on Halloween at Warner Circle Park (10231 Carroll Place, Kensington). There will be a costume contest, pumpkin derby race, live music, arts & crafts, and food trucks. Admission is free. If you RSVP at pumpkinrocknroll.com you will be registered to win prizes like a free week of summer camp from Headfirst Summer Camps or a month of music lessons from GIGS Studio.

MONTHLY COMMUNITY WIDE ENRICHMENT PROGRAMS

For the last several years the Preschool has offered community wide enrichment programs each month. The fact that each class is engaged in the same activity at the same time is fun and gives siblings of different ages the ability to talk about and experience the same activities.

We will kick off October with two community wide enrichment opportunities. Since October is Fire Safety Month we will enjoy a visit from the local firefighters who will show the kids the firetruck and all of its attendant

equipment as well as discuss what to do in the event of a fire at home. This is a great way to familiarize little ones with firefighters so that in case of a fire they won't hide out of fear of the firefighter and her scary seeming uniform.

Of course these visits all depend upon there being no emergencies at the time of our scheduled visit. We frequently schedule a visit only to have the firefighters get called to an emergency. Let's hope, as always, for no emergencies in the area.

The second enrichment activity for October is a visit from Sean Geiser, owner of GIGS in Kensington. He will perform for the children and demonstrate how the guitar and microphone work. A kid at heart Sean always puts on a good show. He is scheduled to appear at 9:15am in Phillip's Hall on Tuesday, October 24. All of our kids who don't normally attend school on a Tuesday are welcome to show up that morning for the half hour long concert and sing along.

DONATIONS NEEDED FOR HURRICANE RELIEF

The preschool is teaming up with the church to help those who have been so negatively impacted by the recent hurricanes. Please see the attachment for a list of items that are sorely needed. Should you wish to donate, please leave the items in the Wesley Room by October 15.

SPARE CHANGE DRIVE TO BENEFIT BREAST CANCER RESEARCH

Spare Change?

The Kneller family (Quinn, Owls) has been brainstorming how they can help those in need in times of crisis and on a more regular basis. They believe they have a great way to get the children thinking about how they can help others.

Starting Friday, October 6th we ask that the children of CCUMC bring in a zip

lock bag with some spare change. It can be as little or as much change as you want.

The money collected each week will then be donated to charity. In solidarity with the Jones family, we would like to donate this spare change to fund research into fighting breast cancer. But it could be donated to any number of charities. It is a way to get children thinking

about how they can help others.

This is meant to be simple, easy. We would like you to remember each week, but if you don't, that's ok. You can reach into your pocket and hand in some spare change at drop off.

Andrea DeFlorio, Quinn's mom, has graciously offered to count and keep track of the change that is donated.

CHECK OUT THE PRESCHOOL'S FACEBOOK PAGE

Looking for a little dose of sweetness? Check out our FB page <https://www.facebook.com/Chevy-Chase-United-Methodist-Church->

Preschool-130016177048108/ to see pictures of fun events that happen each day here at the preschool. And if you

happen to snap some great pictures of our preschoolers at school events, please feel free to send them to Lauren to post on the site.

SOCIAL EVENTS FOR CCUMC PARENTS

Your Advisory Council is hard at work planning fun events for this school year including a Dine & Drink Event Series which kicks off with a cocktail hour at La Ferme Restaurant which is located just down the street at 7101 Brookeville Road. This fun evening will be on Thursday, October 19 from 6:30-8:30pm. There is no cost to attend. Instead, you just pay for your food and drinks as you go. While this is an opportunity

for parents to get to know one another, we are also delighted that 25% of the proceeds will be returned to the Preschool.

Here are a few other dates to put on your calendars:

Saturday, February 10—CCUMC's 50th Birthday Bash. Hosted by Andrea DeFlorio and Mike Kneller at their lovely home this will be a fun night of drinking, eating, socializing and

celebrating.

Saturday, April 28—Spring Festival on the playground. Come join us for a fun afternoon of activities for the kids and adults featuring a concert, Captain Cookie and The Milkman food truck and more.

Look for more details to come as the events draw closer.

WIN YOUR OWN CCUMC PARKING SPACE FOR THE YEAR

Have you ever had difficulty finding a space in the parking lot at pick up or drop off? Well, those days are behind you. The Preschool is holding a raffle for a reserved parking space at pick up and drop off for

one lucky winner. Look for an entry form to come through your child's backpack next week. You'll have the opportunity to buy as many tickets as you like priced at 1 for \$20 or 3 for \$50. Then, the Advi-

sory Council will draw the lucky winner at the La Ferme event scheduled for October 19th.

So be on the lookout for that entry form!