

PARENT NEWSLETTER



OCTOBER 2016

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

Upcoming Events

- **October 5– Pre-K Field Trip to Homestead Farms**
- **October 6 & 7: School Pictures**
- **October 6 & 7: Caregiver Coffee from 9:15-10:30am**
- **October 10: NO SCHOOL (Columbus Day—Open House at MCPS)**
- **October 11: Parent Education Seminar with Teri Krull from 7-8pm**
- **October 12 Advisory Council meeting (12:30 pm in Wesley Room)**
- **October 13 & 14: Firefighters visit the preschool**
- **October 14: Scholastic book orders due (online only)**
- **October 17: Weekly French lessons with Mrs. Khenissi begin for pre-K classes**
- **October 18: Staff meeting at 12:30pm**
- **October 19: NO SCHOOL (Staff attends PACT Conference)**
- **October 20: Sean Gaiser from GIGS Guitar Studio performs for the preschool at 9:15am**
- **October 21: Wine Event at Blake and Scott Doyle's Home**
- **October 24: 3's Field Trip to Homestead Farms**
- **October 26: Preschool Tour & Open House at 9:30am**
- **October 28: Tour of Preschool for Prospective Parents (9:30am)**
- **October 28: Halloween Parade for 3's & Pre-K classes (11:15am) (see page 7)**

Book your babysitters for a fun night out with CCUMCP parents and teachers!

CCUMCP 2nd Annual Wine Event Friday, October 21st from 7–10 PM at the home of Scott and Blake Doyle 4012 Virgilia Street, Chevy Chase MD 20815

We hope you will be able to attend our 2nd annual Wine Event this fall. This event will provide an opportunity for socializing and connecting early in the school year. The Wine Event will also be an opportunity to help our community build a fantastic wine collection which will be available for bidding at the spring Auction, February 11, 2017 at Columbia Country Club.

To give the Wine Event a little flare and to get you practiced up and ready for the Spring Auction, there will also be a few items up for auction that you won't want to miss – including a much coveted designated parking space in the parking lot (imagine no more searching for a spot!), two front row seats at graduation, and spots at a table at the front at the Pre-K I Love You Luncheon in February!!! So, please come ready to bid on these three amazing items! We hope you will all attend this casual evening of wine, a bountiful buffet, and a fun-filled night with our lively community.

The only **cost to attend the Wine Event is a donation of two bottles of wine** per family – one bottle to be consumed that evening and one to comprise part of some fabulous wine packages for auction in the spring. The **bottle to be consumed** the night of the event can be a favorite wine of your choosing and should be brought to the event. The **bottle for the auction** must be selected from a list of wines that was circulated recently via back-pack mail. You will make your selection and pay for this bottle when turning in your RSVP to the office. The Auction Committee will then purchase these bottles directly for auction in the spring.

We are looking forward to this wonderfully successful social event that was established last year and hope that you will join in this super fun night! **Please RSVP by Thursday, October 6th by dropping off your form to the preschool office.**

We are happy to answer any questions that you may have.

Sincerely,

Tabitha Bailey and Megan Showers
Advisory Council members, Wine Event Co-Chairs

PARENT NEWSLETTER

MUSIC CURRICULUM NEWS BY MS.MARIBETH GOWEN



Songs for 2's

I am looking forward to working with the Two's! We will spend time getting to know each other and having fun with music. We will be singing many songs and dancing and playing instruments each week. Here is just a sampling of some of the songs for September and October.

I Had a Little Pony

I had a little pony, his name was Macaroni
He trots and trots and then he stops [big pause]
My funny little macaroni pony
[Repeat the verse and substitute He gallops and gallops or He walks and walks while we do a different body motion for each verse]

Icky Sticky Bubblegum

[sung to a beat] Icky sticky icky sticky bubblegum, bubblegum, bubblegum.
Icky sticky icky sticky bubblegum, My hands are stuck to my: head, tummy, knee, toes or any other body part
On the count of 3 let's unstick them 1 2 3 uhhh
Then the song repeats while we: clap or stomp or rock or tap legs, etc.

Hickory Dickory Dock

Hickory Dickory Dock, [click your tongue two times]
The mouse ran up the clock [run your fingers up your arm]
The clock struck one [click your tongue one time]
The mouse ran down [run your fingers down your arm]
Hickory Dickory Dock [click your tongue two times]

Hop Old Squirrel

Hop old Squirrel, Eidel-dum Eidel-dum
Hop old Squirrel, Eidel-dum Dee Swish your tail, Eidel-dum Eidel-dum
Swish your tail, Eidel-dum Dee Run up a tree, Eidel-dum Etc.
repeat as in the verses above
Pick a nut, etc.
Run down the tree, etc.
Hop old Squirrel

I'm a Pumpkin

I'm a pumpkin large and round, sitting on the cold cold ground.
Now it's time to leave this place; Take me home and carve a face.
Make some eyes (click tongue 2 times and draw some eyes)
And a nose (click again and draw a nose)
And a mouth (click again and draw a mouth)
I'm a jack-o-lantern now, not a pumpkin on the ground
Put a candle in for light (hold up one finger for the light),
I will glow through out the night.
Halloween (click again 2 times)
REPEAT THIS 4 TIMES

(Continued on page 3)
Songs for 3's

I am looking forward to sharing music with

my 3 year olds! We will have a lot of fun moving to music, playing instruments to music and singing many songs. It has been a pleasure to meet new friends and old friends. Everyone seems comfortable expressing themselves in songs and dance. We will have fun pretending to be all kinds of things while moving to music. This includes a Halloween dance pretending to be Bats, Spiders, Monsters, Skeletons, Black Cats and Ghosts and acting out all of the characters in rhythm with the music. I look forward to music with your children every week!

Apple Tree

I'm a great big apple tree.
I stretch my branches to the sun.
When the sun shines down on me,
My apples get so big and red.
The children come to pick some apples—they shake and they shake... (wiggle your branch arms and body),
'Til the apples fall (on the word "fall", everyone drops his/her paper apples).

Miss Lucy Had a Baby

Miss Lucy had a baby, she named him Tiny Tim.
She put him in the bathtub, to see if he could swim.
He drank up all the water, He ate up all the soap. He tried to eat the bathtub but it wouldn't go down his throat!
Miss Lucy called the doctor, Miss Lucy called the nurse, Miss Lucy called the lady with the alligator purse.
Mumps said the doctor, Measles said the nurse, NON-SENSE said the lady with the alliga-

MUSIC CURRICULUM NEWS BY MS.MARIBETH GOWEN

tor purse.

Penicillin said the doctor, Castor Oil said the nurse, PIZZA said the lady with the alligator purse.

[we act out the entire song as we sing it]

Fire Stop, Drop and Roll rock n' roll Song

Stop, [push hands out] Drop [drop down to the floor squatting] and Roll [roll your hands in front of you] REPEAT this 6 times as we go through a rock n' roll chord progression. The music stops when we sing Stop and doesn't begin again until the word Roll. This helps to illustrate how important it is to be still and not move if you are on fire.

Brown Squirrel

Brown Squirrel, brown squirrel swish your bushy tail, repeat.

Brown Squirrel, brown squirrel wrinkle your nose like this
“ “ “ make a sound like this: ch ch ch
“ “ “ swish your bushy tail, then sit down on the ground.

Hop Old Squirrel (see lyrics under “Songs for 2’s”)

Five Little Pumpkins

Five little pumpkins sitting on a fence. (hold up one hand with each finger being one pumpkin)

The first one said “Oh my it's getting late”

The second one said “There are witches in the air”

The third one said “But we don't care”

The fourth one said “Let's run and run and run”

The fifth one said “I'm ready for some fun”

Oooohh went the wind and Out (clap hands) went the light

And the five little pumpkins rolled out of sight (roll hands around)

Songs for 4's

Music will be full of fun and finding patterns

for the Pre-K Class. We will listen of fun singing, listening, moving and playing instruments in music class. We will listen to several recordings of classical music while looking at a paintings to find sounds in the music that correlate to images in the pictures. Our listening ears will grow. A visit with the trumpet is also on our agenda!

Down by the Bay

Down by the bay, where the watermelon grows, back to my home, I dare not go. For if I do, my mother will say

Did you ever see a whale combing his tale, Down by the bay
[Then the song repeats, changing the words to:

Did you ever see a fly wearing a tie

Did you ever see a llama wearing pajamas [children continue to share their own made up rhymes]

Fire Stop, Drop and Roll rock n' roll Song (see lyrics under “Songs for 3's”)

There's a Spider on the Floor

(acted out with plastic spiders, crawling up all of the body parts)

There's a spider on the floor on the floor,

There's a spider on the floor on the floor.

Who could ask for any MORE than a spider on the FLOOR,

There's a spider on the floor. (we modulate to a higher and higher key as the spider moves up our bodies)

There's a spider on my shoe on my shoe,

There's a spider on my shoe on my shoe

Oh I'm going to say BOO! There's a spider on my SHOE,

There's a spider on my shoe on my shoe.

(Repeat this format adding) –
There's a spider on my KNEE, I'm going to

say WHEE!

There's a spider on my SHOULDER, I wish I had a BOULDER!

There's a spider on my HEAD, I wish I could jump in BED!

Then I ask the children to volunteer other body parts and to add their own rhymes!

Rattlebone Rock

We take a repetitive, expressive use of our voices visit to all kinds of sounds in the classic Halloween book, *Rattlebone Rock*

SCHOLASTIC BOOK ORDERS

Teachers will send home Scholastic book order forms with your children early next week. All orders should be placed online by the due date listed. This month's orders are due by Oct. 14. The instructions for doing so are as follows:

1. Access the scholastic website at www.scholasticbooks.com
2. Register yourself by following the instructions online.
3. Go under the order tab and use activation code: HMGXM
4. Place your order by the date listed.
5. Books will be delivered to your child's classroom.

Please know that in addition to ordering from the flyers that are sent home, you may also shop the extended bookstore at www.scholasticbooks.com We have decided to go to online ordering only because it is easier for everyone and because we earn more points this way. The points that we earn are used to purchase books for our students and their classrooms. We hope that you will support us by ordering books for your child. As you know, the best way to encourage the development of reading skills is to read to your child and to have a library of books at their disposal.

PARENT NEWSLETTER

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. There is a spot on the class sign-in sheet for you to sign-in. Please do so. Also, get a class nametag from your child's teacher identifying you to everyone as a co-oper.
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!

HOW TO TELL IF YOUR CHILD IS POTTY TRAINED

Parents always have questions about potty training. Being able to get your child to use the potty is a great first step, but it is only one of many necessary steps to being potty trained. Potty training requires more than just having your child use the restroom. Potty training requires being adept with a significant level of self-help skills. In fact, it is the preparation and follow-through when going to the bathroom that can be more of a stumbling block for children and can give them setbacks.

A child who is potty trained should be able to do the following:

- 1) Be able to TELL the adult they have to go potty BEFORE they have to go. They must be able to communicate this verbally or non-verbally. Being able to do so indicates that they can predict when they will need to go. Unfortunately, it is not practical for us to place a child on the toilet every 20 minutes. If this is the stage in which your child finds himself, then he is not ready for wearing underwear at

school as of yet.

- 2) Be able to pull down their underwear and pants and get them back up without assistance. You can assist this process by putting them in clothing with snaps instead of buttons, making sure that their clothing is a little loose rather than tight and by helping them to practice these skills at home.

- 3) Boys must be able to direct their stream of urine into the toilet. It is often easier to teach them how to urinate sitting down first,

but they still need to understand that they need to point their penis down to the toilet bowl. If possible, someone of the same sex should demonstrate for the child exactly what to do.

- 3) Be able to wipe themselves after using the toilet.
- 4) Be able to get off the potty by themselves.
- 5) Be able to wash and dry hands.

As with any skill set, it will be mastered with practice, practice, and more practice.

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

Do you have a caregiver/nanny/babysitter? We would like the opportunity to get to know and honor her with some coffee and pastries after drop off on Thursday, October 6 and Friday, October 7 beginning at 9:15am in the Wesley Room. Please let your nanny or caregiver know we would love to have her presence with us for this event.



FREE PARENTING SEMINAR WITH TERI KRULL, LCSW

Do you ever feel like you don't have all of the answers to your questions about parenting? If your answer was anything other than "yes" I wouldn't believe you. This is your chance to have those questions answered by a child development specialist

with years of experience coaching families and teachers. Teri Krull, LCSW, grandmother to one of our preschoolers, will be here the evening of October 11 from 7-8pm in the Wesley Room. Submit your questions beforehand by emailing Lee or Lauren or come

prepared to ask those questions. We are opening this event to the public so please feel free to bring your friends and neighbors too. Please submit your questions to Lee or Lauren by October 6th.

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

Pick a Circle, Gather Squares: A Fall Harvest of Shapes by Felicia Sanzari Chernesky: This book follows a family who is going to a pumpkin patch. Once there the children identify different shapes—a circular pumpkin, a rectangular bale of hay. It is a fun story for the season that reinforces shape recognition as well. It can be found as part of the Best Fall Books Pack on Scholastic.com

Room on the Broom by Julia Donaldson, Axel Scheffler I've enjoyed this book for years about a witch on a broom who keeps finding room on the broom for others along the way who want a ride. It is a great story about friendship and sharing.

Fire Truck by Peter Sís: In honor of Fire Safety Month, enjoy this book about a little boy's love of all things firetruck. It does a wonderful job of putting imaginative play on display.

Little School by Beth Norling This beautifully illustrated book describes a day in the life of 20 preschoolers from morning to evening following each through their day. This is a wonderful book to spark conversations with your child about what happens here at the Preschool

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 28. 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 27 or 28 (depending upon which day their class is held). Watch for further details from your teacher. These classes, too, will be making their own costumes.

DC DIAPER BANK

Did you know that low income families with babies and toddlers spend 14% of their after tax income on diapers? If you have open packs of diapers or extra diapers after potty training please drop them off at the CCUMC office. Every diaper makes a difference! Diapers will go to the DC Diaper Bank which distributes 120,000 diapers each month to social service agencies in the area. The diaper bank also collects other baby and toddler essentials. Please email CCUMC parent Elizabeth Brandt if you are interested in other ways to support the DC Diaper Bank. liesel.beta@gmail.com Thanks!