

PARENT NEWSLETTER



OCTOBER 2018

FROM: LEE WALSH, DIRECTOR
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HP Inc.

Upcoming Events

- **September 27 & 28: School pictures**
- **October 1: Drop off begins for 2's and 3's**
- **October 3: French rotations in the pre-K classes begins**
- **October 10: Advisory Council meeting (6:30 pm in Wesley Room)**
- **October 17: Caregiver Coffee (right after drop off in Wesley Room)**
- **October 18: GIGS performance by Sean Gaiser at 9:15am**
- **October 26: 3's Field Trip to Homestead Farms for pumpkin picking (10:15am)**
- **October 24: Tour of Preschool for Prospective Parents (9:30am)**
- **October 27: Pumpkin Rock-n-Roll in Warner Park, Kensington 12-4pm**
- **October 29: Halloween Parade for 3's & Pre-K classes (11:15am) (see teachers for details & Halloween party for MWF 2's)**
- **October 30: Halloween Party & Celebration for TTH 2's classes (see teachers for details)**

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 (Leigh Hamilton) 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 Diana Embrey (Alex Eardensohn, Owls) and Anne Willson (Beezus Ferguson, Eagles & Henry Ferguson, Hummingbirds). The remaining Council members are Adam Castellani (Sibley, Robins & Ollie, Hummingbirds), Laura Carroll (Frances, Blue Jays), Rolando Domdom (Kelsey Domdom Tan, Doves), Eric Kraus (Mason, Eagles & Liam, Starlings), Liz Davis

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 or from noon to 2:30pm 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.

(Ellie, Penguins & Theo, Chickadees), and Heather Schwenk (Nathan, Cardinals). 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. Some sign-up geniuses are still to come. 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

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!

7. You may elect not to co-op at all. Should you wish to do this, please contact the Pre-school office. A co-op opt out fee will apply.

WHAT DO I SEND FOR SNACK?

We get more questions about what to send for snack the first couple of weeks than nearly any other question. It is an important part of the day. Getting that little bit of nourishment can really boost a child's ability

to self-regulate and make it through the day successfully. What is an ideal snack? We advise parents to send a drink, preferably milk or water, and 2 other items. Let your creativity go wild with those 2 other items. Some great suggestions are: hummus and pita chips or veggies, 1/2 a sandwich and a piece of fruit, a piece of cheese and a piece of fruit, a bagel with cream

cheese and some fruit, a cup of yogurt and some pretzel sticks, some popcorn and a cup of fruit, cut up veggies with dip (or not) and a piece of cheese, antipasto items like olives and cheese, your favorite snack mix, a piece of pizza and a piece of fruit, steamed edamame and seaweed snacks. Okay, you get the idea. While my kids always clamored for goldfish crackers, cheeri-

os, fruit snacks and Pirate's Booty pediatric nutritionists recommend avoiding those snacks, if possible. Good luck with that. What we do ask is that you don't send sweets here. There is no need for kids to have cookies, candy or other desserts for snack. That is better had at home.



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!



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 Monday, October 29.

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 will also be making their own costumes but may be celebrating in a lower key kind of way since a parade may be too much for them. Watch for further details from your teacher.

PUMPKIN ROCK 'N ROLL IN KENSINGTON

Join your neighbors in Kensington for a special Halloween celebration on Saturday, October 27 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. The first is weekly enrichment classes led by Just for Kids for the entire month. Two classes will pair up to enjoy this exciting gross

motor movement class which uses lots of props like parachutes and in which kids will do obstacle



courses and other fun things. We have never used this company before so I will look forward to hearing feedback from you regarding your child's experience with the enrichment program.

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 Thursday, October 18. All of our kids who don't normally attend school on a Tuesday are welcome to show up that morning with a parent or caregiver for the half hour long concert and sing along.

SCHOOL PICTURES ON SEPT. 27 & 28

Next week the amazing Tony Frieda of Pictureart will be here to take school pictures. Why do I call him amazing? Because he makes all of the children laugh and captures them at their best. While he does a great job of taking individual pictures he does even better with sibling or family photos. There are slots available in the morning and afternoon on

both Thursday and Friday to have sibling or family pictures taken. And the best part is that you can request a white background, black and white photos, and just about any other customization you can think of. You have a little one who needs to sit in your lap but you don't want to be in the picture? No problem. Tony will just take you out of the picture and insert

your child into the group. Amazing! Call the Preschool office for a time slot. In case you lost the flyer, here is the photo schedule for class pictures:
Thursday: Wrens, Chickadees, Blue Jays, Penguins, Eagles, and Owls
Friday: Robins, Cardinals, Buntings, Doves, Sparrows, and Starlings

CAREGIVER COFFEE SET FOR OCT. 13 COLD, FLU & LICE SEASON IS HERE! YIPEE!

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 Wednesday, October 17th 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 most of our afternoon classes.

Children are taken to their afternoon classes by their morning teacher at 12:15pm where they will enjoy lunch with the other afternoon participants. After finishing lunch, brought from home, the children engage in planned activities for the afternoon. If you would like more information about these classes, please visit the parent portal or contact

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.

Lee and Lauren in the Preschool office. Registration is done through the parent portal.

SOCIAL EVENTS FOR CCUMC PARENTS

Your Advisory Council is hard at work planning fun events for this school year including a Dine & Drink Event at La Ferme Restaurant which is located just down the street at 7101 Brookeville Road. This fun evening will be on Thursday, October 11 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. During the course of the evening the Advisory Council will draw a winner for the raffle for a parking space (see below). Please RSVP to the Preschool office should you plan to join us for this fun evening.



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-

DC DIAPER BANK

Did you know that low income families with babies and toddlers spend 14% of their after tax income on diapers?

CCUMC is becoming an official drop off location for the Greater DC Diaper Bank, a nonprofit that serves families who have to choose between buying diapers and other paying for other family needs. In October you'll see signs at the church and a bin outside where CCUMC members and neighbors can leave packs of diapers (open packs accepted too!) feminine hygiene supplies, unopened packages of formula and baby food, and new packs of kids underwear. Interested in donating other supplies or money? Check out www.greaterdcdiaperbank.org, or ask Elizabeth Brandt, a volunteer ambassador for the diaper bank.

Liz Brandt
(Talia, Chickadees)

sory Council will draw the lucky winner at the La Ferme event scheduled for October 11th.

So be on the lookout for that entry form!

CURRICULUM CORNER—BUILDING INDEPENDENCE

Apart from making our students feel loved and safe, one of our biggest jobs is to assist in preparing them for the bigger world outside of these doors. To be able to navigate elementary school (aka big kid school) or a restaurant, for example, children need to be independent. How do they develop this independence? By being given opportunities to practice independence.

How do we develop independence here at school?

1. By asking children to walk up and down the stairs rather than being carried.
2. By asking them to participate in drop off.
3. By assigning them jobs in the classrooms which fosters a sense of capability and independence.
4. By teaching them how to manage self-help skills like putting away their backpack, washing hands, opening and closing snack boxes and containers, putting on their jackets, going to the bathroom, and so many more.
5. By giving them (limited) choices. Doing so allows them to feel capable and independent.
6. By encouraging them to answer questions in circle time or speak to their peers. (You can't order your own meal at a restaurant if you don't feel comfortable speaking to others.)

You can assist us in fostering independence by putting these practices into place at home where appropriate. Asking them to complete a job or put on their own coat may take a long time now but the dividends you reap down the road are worth it.

DO YOU WANT TO KNOW WHEN SOMETHING IS TAKING PLACE HERE? CHECK THE CALENDAR ON THE PARENT PORTAL. IT'S ALL THERE.

