

# PARENT NEWSLETTER



OCTOBER 2020

FROM: LEE WALSH, DIRECTOR  
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## 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

## CCUMCP ADVISORY COUNCIL

This governing body of the preschool, the Advisory Council, is composed of preschool parents, a staff representative (Shelley Lowinger) 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 in a "normal" year as well as being responsible for policies and oversight of the administration. The

Chairs of the board this year are Liz Davis (Theo, Eagles) and Kathy McIntosh. The remaining Council members are Niki Hamilton (Fraser & Charlotte, Cardinals and Isobel & Isla, Sparrows), Kelly Bradshaw (Reagan, Buntings), Amy Klug (Caroline, Robins), Whitney Ourisman Ferguson (Finley, Doves), Catie Hurley (Ford, Robins), Jaclynn Dayse (Michael, Cardinals and Matthew, Buntings), Liz Brandt (Talia Bednar, Eagles), Layna Connolly (Campbell, Cardinals and Quinn, Sparrows),

Victoria Van Stekelenburg (Annemieke Bianco, Owls). 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.

## UPCOMING DATES

- **October 12: NO SCHOOL (Staff Training)**
- **October 21: Advisory Council meeting at 6:30pm via Zoom**

<https://us02web.zoom.us/j/83665064784?pwd=RW0vY0lKWElhKVZ6bkVOb0pDNDJlRzZz09>

Meeting ID: 836 6506 4784  
Passcode: 348612

## PARENT NEWSLETTER

### COLD, FLU & LICE SEASON IS HERE

With the arrival of fall comes the onset of colds, flu, and many other viruses to complicate this already complicated school year. Clear communication between you and the preschool will be key to navigating these illnesses properly. As soon as you suspect your child is ill, whether on the weekend or during the school week, please contact Lee

Walsh (239) 595-6592 to determine what to do. Please provide details like the complete list of symptoms and, if there is a fever, how high the fever. Having this information will help determine how to proceed.

If you suspect that your child will need a COVID test, please make sure to have a PCR test because, as previously communi-

cated, MoCo doesn't accept the results of the rapid test. Parents have been recommending PM Pediatrics in Rockville as a place that provides gentle testing and the results come back usually in two days.

The CDC is recommending that all children and adults receive a flu vaccination this year.

We urge you to follow this advice and are en-

couraging our staff to do so as well.

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 by Lee or Lauren before entering the school building.

### 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, cut up veggies with dip (or not) and a piece of cheese, antipasto items like olives and cheese. If you can include a serving or two of protein all the better. The protein helps to provide them with the boost they need without the sugar crash associated with simple

carbohydrates. While my kids always clamored for goldfish crackers, cheerios, 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

## COVID RESOURCES FOR PARENTS

[Harvard University: A Guide to Covid-19 and Early Childhood Development](#)

[Smithsonian: How to Talk with Children about Covid-19](#)

[CDC Resources: Ensuring Children's Well-being During COVID-19](#)

[Self-care in the Time of Coronavirus](#)

[7 Ways to Support Kids and Teens Through the Coronavirus Pandemic](#)

## 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 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. There is a bin outside the Shepherd Street door where 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](http://www.greaterdcdiaperbank.org), or ask Elizabeth Brandt (Talia, Eagles), a volunteer ambassador for the diaper bank.

# 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.

