

PARENT NEWSLETTER



OCTOBER 2021

FROM: LEE WALSH, DIRECTOR
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FAMILY WORK ASSIGNMENTS

Each family is responsible for carrying out one work assignment each year. Those of you who are room parents or serve on the Advisory Council are already fulfilling your family work assignment. For those of you who have not yet chosen an assignment, you have received a sign up genius invitation to do so. I'd like to highlight our need for a family to provide space outside their home for our upcoming Food Truck Parent event on Friday, November 5 at your home. If this sounds like fun to you (and it is a fun social event for parents), please feel free to contact Lee or Lauren for more information. Thank you again for volunteering your time in the service of the preschool.

CCUMCP ADVISORY COUNCIL

This governing body of the preschool, the Advisory Council, is composed of preschool parents, a staff representative (Diane Cannon) and representatives from the school and church administration (The Reverend John Nupp, 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 Jaclynn Dayse (Matthew, Blue Jays) and Kathy McIntosh (Lincoln, Orioles & Landon, Eagles). The remaining Council members are Niki Hamilton (Isobel & Isla, Blue Jays), Amy Klug (Caroline, Cardinals), Michael Bourgeois (Charlie, Blue Jays & Margot, Buntings), Rebecca Lungren (Lulu, Blue Jays), Laura Arling (Henry, Wrens), Catie Hurley (Ford, Penguins), Layna Connolly (Quinn, Blue Jays), Victoria Van Stekelenburg (Freddie Bianco, Starlings). If you have questions about

UPCOMING DATES

- *Sept. 30: Potomac Pizza Night 4-8pm*
- *Oct. 4: Spanish Rotations begin for 3's classes*
- *Oct. 5: Art Rotations begin for pre-K classes*
- *Oct 11: NO SCHOOL .*
- *Oct 12: NO SCHOOL (Staff Training)*
- *Oct 21: Field Trip to Homestead Farms for pre-K classes*
- *Oct 22: Field trip to Homestead Farms for 3's classes*
- *Oct 25 & 26: Preschool pictures*

the preschool these are good people to ask. The Council holds monthly meetings which are open to the preschool community (see below). Consult the portal calendar for those dates. The preschool community is blessed to have these parents serving in this manner.

- *Oct 20: Meeting at 6:30pm via Zoom*

<https://us02web.zoom.us/j/83665064784?pwd=RW0vY0lKWEhKVfZ6bkVOaDlJOFdRZz09>

Meeting ID: 836 6506 4784
Passcode: 348612

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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 week-

end 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. The CDC is recommending that all children and adults receive a flu vaccination this year. We urge you to follow this advice and are encouraging 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

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.



FALL BOOK SUGGESTIONS

Amara's Farm by JaNay Brown-Wood Visit the pumpkin farm with Amara in this book and learn about pumpkins as she harvests them

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

Goodbye, Old House by Margaret Wild, illustrated by Ann James So many of you have recently moved or are in the process of moving. This book will help your child to process the experience.

HALLOWEEN INFO

For Halloween, each class will make its own Halloween costumes and will wear them home from school on Friday, October 29 (except for the Wrens who will wear theirs home on Thursday, October 28) so be aware that on that day you may be picking up a mummy, a bat, a pumpkin or any other such creation. Each class will also enjoy a Halloween party in the classroom with goodies supplied by parents. More information about that will be coming home from your child's teacher or room parent.

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, or ask Elizabeth Brandt (liesel.beta@gmail.com), a volunteer ambassador for the diaper bank and parent of two CCUMC Preschool alumni.

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 participating 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 or bag, 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. Do-

ing 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.

PRESCHOOL TOURS BEGINNING SOON

Preschool tours for the 2022-2023 school year will begin in October with both in person and zoom options. Should you have friends looking for a preschool, please let them know to contact Lauren to sign up for a tour. Tour

dates are as follows:

In Person (12:45-2pm):

October 14
October 19
November 10
November 18
December 6
December 9
January 11

January 20
February 14
February 23
Virtual (1-2pm)
October 27
November 19
December 3
January 26
February 4

ASQ DEVELOPMENTAL ASSESSMENTS; REQUIRED BY MOCO

The Maryland State Department of Education requires all children up to kindergarten entry attending early childhood educational programs to have a developmental screening conducted. Developmental screening is used to celebrate a child's achievement as well as refer them for support and services when there is an area of concern. Developmental screenings, along with regular physical exams, hearing tests and vision tests, are important ways to monitor a child's growth and development. A child's development can be measured by how a child learns, speaks, moves, behaves, and relates. Skills such as smiling, waving and talking are developmental milestones. Results from developmental screenings indicate which children would benefit from a full evaluation and assessment. Children who receive early intervention services generally do better in the long term than those identified later.

Based upon their age at the time that school began, children will be required to have up to 2 screenings per school year. Children birth- 36 months at the time that school began will be required to have 2 screenings while children 37 months and older will only be required to have one screening per school year. The first screening for all children must be completed within 100 days of the beginning of the school year which means no later than December 23, 2020. For those children required to have a second screening it must be completed by June 1, 2021. Parents should consider this process as part of required documentation in order for the child to attend our or any early childhood program in the State.

Maryland has approved five different screening tools which may be used. Of these tools CCUMC Preschool has chosen the Ages and Stages Questionnaire. Parents will go to this [site](https://www.asqonline.com/family/aad64b), (<https://www.asqonline.com/family/aad64b>), to enter their child's information and to complete the questionnaire which does not take long to administer. Please ask your child to perform the skills tested to ensure accurate results. This may be done on your home computer or any mobile device. Once you have submitted your answers to the questionnaire, it will be scored automatically. The results of the screening will be sent to the Preschool office. Upon completion of the screening, your child's teacher will meet with you to discuss the findings if there are concerns and to provide a referral to another agency for further evaluation if necessary. These developmental screenings do not take the place of the observations and assessments performed by your child's teacher, but are a supplement to them. If, after completing the screening you do NOT hear from your child's teacher, then you know that the screening indicated no concerns.

The testing site link provided above is active now and can be found on the preschool's webpage by clicking on "Resources" under the "Parents" tab. Parents are encouraged to complete this questionnaire as soon as possible keeping in mind that all parents must complete the first screening prior to December 18th. Please contact me at lwalsh@chevy Chaseumc.org should you have any questions.