

FOR THE MONTH OF SEPTEMBER

Overall theme - Structure and Routine/Safety/Stranger Danger

Welcome to our new families and our returning families. I am very much looking forward to a year of development, improvement and most of all FUN! To make your experience as meaningful and enjoyable as possible, please take a moment to read the following information.

Mark Your Calendars!!!!

September 7th Staggered Entry
3A 9am - 10:30am
3B 12pm - 1:30pm

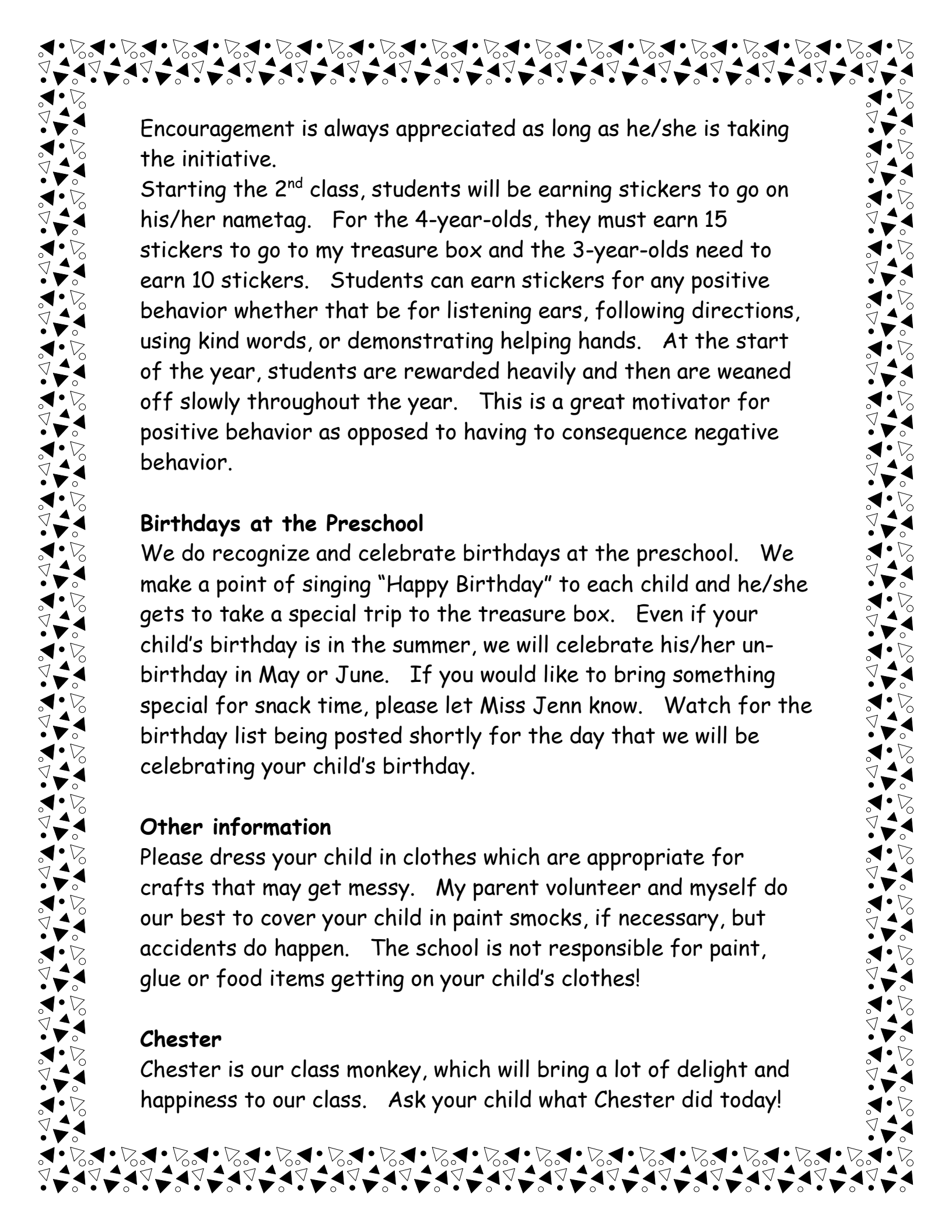
September 8th Staggered Entry
4A 9am - 10:30am
4B 12pm - 1:30pm

September 11th Regular classes begin
4A 9am - 11:30am
4B 12pm - 2:30pm

September 14th No school

Giving your child a great head start to the year.

Right from the get go, it is a good idea to have your child find their nametag above their hook and prepare his/herself for class (putting indoor shoes on, taking off jacket, getting his/her water bottle, etc.) Once they enter the classroom, they will learn where to put his/her class bag, his/her water bottle, and where to find his/her nametag. This should be done by the child.

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Encouragement is always appreciated as long as he/she is taking the initiative.

Starting the 2nd class, students will be earning stickers to go on his/her nametag. For the 4-year-olds, they must earn 15 stickers to go to my treasure box and the 3-year-olds need to earn 10 stickers. Students can earn stickers for any positive behavior whether that be for listening ears, following directions, using kind words, or demonstrating helping hands. At the start of the year, students are rewarded heavily and then are weaned off slowly throughout the year. This is a great motivator for positive behavior as opposed to having to consequence negative behavior.

Birthdays at the Preschool

We do recognize and celebrate birthdays at the preschool. We make a point of singing "Happy Birthday" to each child and he/she gets to take a special trip to the treasure box. Even if your child's birthday is in the summer, we will celebrate his/her un-birthday in May or June. If you would like to bring something special for snack time, please let Miss Jenn know. Watch for the birthday list being posted shortly for the day that we will be celebrating your child's birthday.

Other information

Please dress your child in clothes which are appropriate for crafts that may get messy. My parent volunteer and myself do our best to cover your child in paint smocks, if necessary, but accidents do happen. The school is not responsible for paint, glue or food items getting on your child's clothes!

Chester

Chester is our class monkey, which will bring a lot of delight and happiness to our class. Ask your child what Chester did today!

I See, I Learn

We know that your child's eye health is important to you. That's why the Alberta Association of Optometrists, and the Eye See... Eye Learn® (ESEL) program, are dedicated to help you detect and prevent eye health issues in your children from birth through to adulthood.

The ESEL program provides a fun and interactive way to introduce your children to eye care. Fribbit, our ESEL mascot, puts a friendly and likeable face on optometry.

Alberta Health & Wellness covers the cost of complete eye exams for children ages 0-18. The ESEL program supplements this by providing a pair of free eyeglasses to kindergarten children who require a prescription.

Vision Problem Indicators

If your child is displaying any of these behavioral or verbal indicators, it may be a sign of eye health problems. When taking your child to the optometrist, make sure to mention these indicators.

- dislike or avoidance of close work or detail work (ex: LEGO, drawing, etc.)
- short attention span or "daydreaming" more than is normal for a child
- turning or tilting the head to use only one eye, or closing or covering one eye
- placing head close to books or desk while reading or writing
- excessive blinking or rubbing of the eyes
- losing place while reading or using finger/marker to guide eyes
- trouble finishing written assignments in allotted time
- difficulty remembering what has been read
- age-inappropriate and persistent reversals of letters
- difficulty remembering, identifying and reproducing basic geometric forms (triangle, square, etc.)
- poor eye-hand coordination
- headaches, nausea and dizziness
- burning or itching eyes
- blurring of the vision at any time
- double vision

If your child displays one or more of these indicators, it is a good idea to have their eyes checked by an optometrist.

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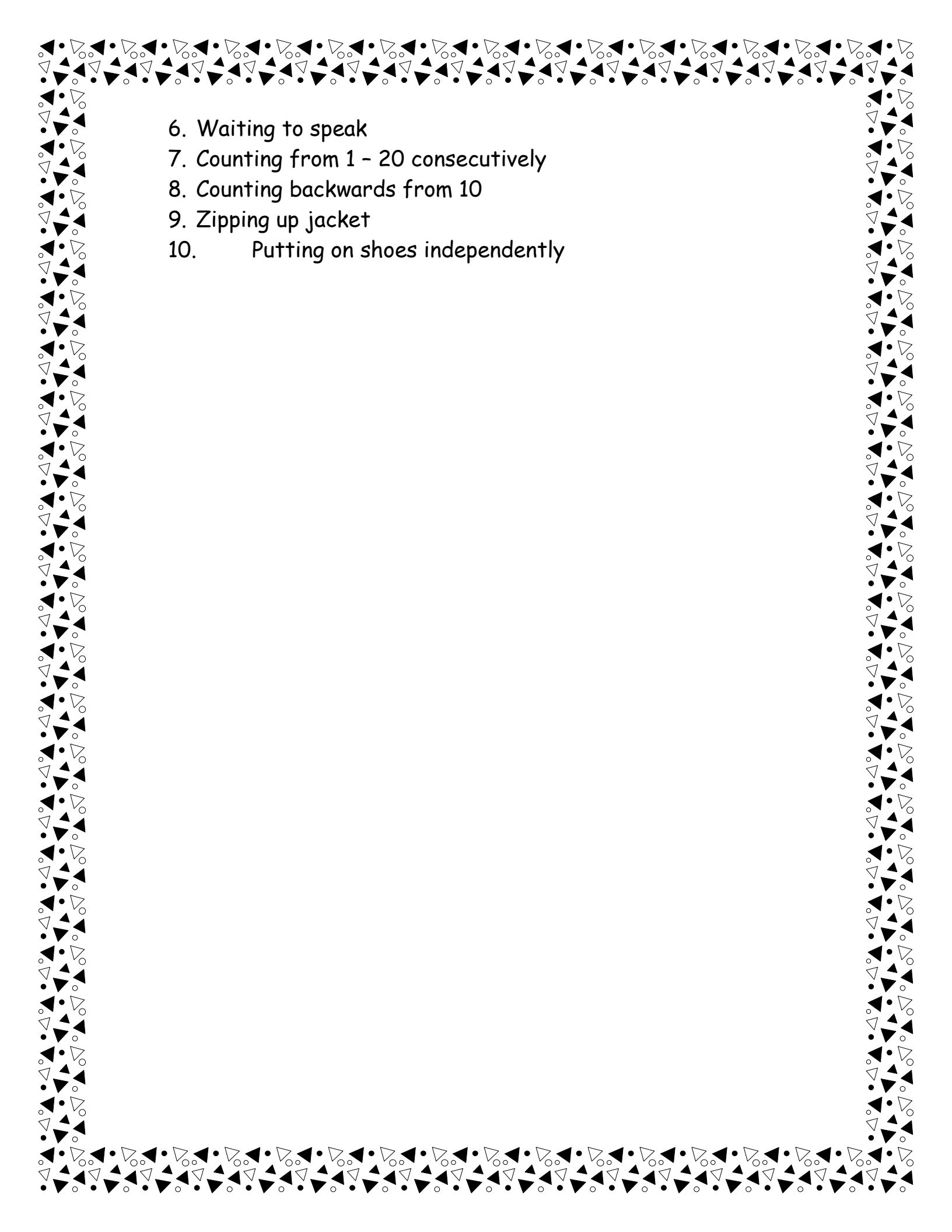
Recommended Activities at Home

3-year-olds

1. Name recognition - first name
2. Color and shape recognition (square, circle, rectangle, triangle)
3. Saying "please" and "thank-you"
4. Tidying up after play
5. Safety concepts - washing hands after the washroom, learning emergency phone numbers including 911 and personal phone number, following pedestrian/car safety rules, understanding stranger danger, and understanding what to do in the case of a fire.
6. Waiting to speak
7. Counting from 1 - 10 consecutively
8. Sitting while eating snack
9. Remembering to go to the washroom despite distractions.
10. Putting own shoes on

4-year-olds

1. Writing first and last name in uppercase letters.
2. Color and shape recognition for more difficult colors like turquoise or more difficult shapes like hexagons
3. Saying please and thank-you
4. Tidying up after play
5. Safety concepts - washing hands after the washroom, learning emergency phone numbers including 911 and personal phone number, following pedestrian/car safety rules, understanding stranger danger, and understanding what to do in the case of a fire.

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6. Waiting to speak
 7. Counting from 1 - 20 consecutively
 8. Counting backwards from 10
 9. Zipping up jacket
 10. Putting on shoes independently