FOR THE MONTH OF SEPTEMBER

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

Mark Your Calendars!!!!

September 5th	Staggered Entry
	3A 9am - 10:30am
	3B 12pm - 1:30pm
September 6th	Staggered Entry
	4A 9am - 10:30am
	4B 12:15pm - 1:45pm
September 7th and 8th	Regular classes begin
September 20th	Individual school photos – More details to come
September 29th	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 his/her name card above his hook and prepare himself for class (putting indoor shoes on, taking off jacket, getting his/her water bottle, etc.) Once he/she enters the classroom (starting in the 2nd and 3rd class), I will sanitize his hands, let him choose the type of greeting he would like and have him identify his nametag. He/she will also learn where to put his/her water bottle. This should be done by the child.

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. Watch for the birthday list being sent out soon for the day that we will be celebrating your child's birthday. If you would like to bring a treat for your child's birthday for the other children, please ensure that it can be taken home as opposed to be eaten in the classroom.

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, the 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 alloted 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.

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 personal space, following "uh oh feelings", 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
- Writing first and last name in uppercase letters.
- Color and shape recognition for more difficult colors like turquoise or more difficult shapes like hexagons
- Saying please and thank-you
- Tidying up after play
- Safety concepts - washing hands after the washroom, learning emergency phone numbers including 911 and personal phone number, following pedestrian/car safety rules, understanding personal space, following "uh-oh feelings", and understanding what to do in the case of a fire.
- Waiting to speak
- Counting from 1 – 20 consecutively

- Counting backwards from 10
- Zipping up jacket
- Putting on shoes independently