



NEWSLETTER

October, 2019

CALENDAR

- October 1 TUITION DUE
- 9 Parent Workshop, *Language Development 101* at 11:00 am room 110
- 14 Columbus Day Holiday (Indigenous People Day) School closed
- 22 Petting Zoo visits Fairlington on the playground at 9:30
- 31 Halloween Parade on the Playground

WELCOME BACK! After several weeks of school, I can say we are off to a great start! We have loved catching up with our returning families and getting to know our new ones. The children are becoming familiar with new rooms and teachers. New friends are being made. If you ever have any questions, concerns, or just need to chat, please come see me in the office. I want to understand your needs and feedback from you helps the staff and I provide the best preschool experiences possible.

Look for a Fairlington Preschool newsletter to be sent home via email at the beginning of each month. Check the calendar that will always be included to learn about new events or to remind you about already scheduled events.

PARENT EDUCATION

This fall we will have a parent workshop entitled *Language Development 101* given by Patti Wilson, Speech and Language Pathologist and owner of Playworks where Alise Gregory (our Speech Language Pathologist) also sees clients. Patti will present on the

fundamentals of language in young children and why it is so important. Please come and hear Patti speak about this important topic. She is easy to listen to and so knowledgeable!

YELLOW TWOS CLASS

We have openings in our Yellow 2's class that begins in January in the yellow room. The class will begin on January 9, 2020 and meets on Thursdays and Fridays until the end of school in June. Children must be 2 by the end of November. If you have a younger child at home and are interested, please let Carol know and an application will be emailed to you.

SNACK GUIDELINES AND CALENDARS

Thanks to all of you for bringing in healthy snacks. If you are unsure of what to send in for snack, please read the snack guidelines included in your parent handbook. They are very comprehensive and informative. Snack calendars for October will be emailed. A hard copy is posted outside the classrooms.

Please bring snacks in their original containers or boxes so the teachers may check labels for any allergens. If you are sending in fresh fruit, please be sure to wash it and cut it ahead of time. Also, grapes need to be cut in half for the purple, lilac and yellow 2 classes as they are a choking hazard for 2's. Remember that snacks should include 2 food groups like apple slices and crackers or cheese sticks and animal crackers. If you have any questions, please don't hesitate to speak to teachers or office staff. A great snack is a banana and some pretzels.

PETTING ZOO

Squeals on Wheels petting zoo comes to our playground on Tuesday, October 22 as they have in the past. The children will have opportunity to pet farm animals, bunnies, ducks, chickens, sheep or goats. The Purple class does not meet that day, but parents are free to bring their child to come that morning and enjoy the petting zoo with us! Teachers will let you know what time each class expects to go outside. Parents are welcome to join us on that day but keep in mind that when you leave, your child may become upset.

HARRIS TEETER TIE

This year the preschool continues to raise funds by participating in the Harris Teeter Together in Education programs. These programs bring funds to the preschool by linking your Harris Teeter savings cards to our preschool. Funds are deposited into our account and all you need to do is shop! Cards can be linked to more than one school. Please consider participating in this program. It's easy!

- Simply give the cashier at Harris Teeter your VIC card and Fairlington Preschool's TIE number...5236, during checkout OR

- Go to www.harristeeter.com, click the community tab and then enter your information.

LIBRARY:

Every week your child has library and will bring a book home in his/her cubby. This is a wonderful opportunity for you to read a book together that your child has chosen!

The library days are as follows: Tuesdays; Yellow, Red and Lilac. Wednesdays: Blue, Coral and Teal. Thursdays: Orange, Green and Purple. Please remember to send your child's library book back on the library day for his/her class and encourage your child to give it to the teacher or leave it in the designated space in the classroom. Thanks!

FAIR PLAY:

Fair Play is **F**un **A**ctivity **I**magination and **R**ecreation. This is a 20-minute time for each class every week led by Karen Joia, our certified Therapeutic Recreational Specialist. The goal of Fair Play is to use recreational games and activities to further enhance the High Scope curriculum in the key developmental skill areas of Approaches to Learning, Social and Emotional Development, Physical Development and Health, Language, Literacy and Communication, Mathematics, Creative Arts, Science and Technology and Social Studies. Karen sets up different activities and learning opportunities for each class every week. She will also push in to the classes she works with each day and provide support in the classrooms.

PARKING:

The parking lot is a very busy place in the morning at drop off time as well as pick up time at noon. Since many with families drive large vehicles, please be aware that it is difficult to see around these vehicles. Please have your child or children by the hand when walking in the parking lot. Also, when crossing the street, please use the pedestrian signal button to alert cars that you are in the crosswalk. Thank you for not parking in handicap spaces unless you have a DMV hangtag for your car. There are grandparents who pick up children who need those spaces. Also, the only entrance to the upper parking lot is off Menokin St. Exiting is only at Van Dorn St. If you have a provider or grandparent pick up your child, please share this information with that individual.

HALLOWEEN IS COMING!

Halloween is just around the corner. For most children, Halloween is a fun time to learn some spooky songs and finger plays about witches and pumpkins. It is also a great opportunity for children to "pretend" and experience being something or someone else. We love Halloween here at Fairlington, but we try to keep activities low-key and comfortable for all the children. And we may talk about Halloween after October 31 as much as before the big day. That's because young children need to experience an event in a concrete way before they truly understand it. And some of our youngest were only 18 months old the last time Halloween came around! We will have a Halloween costume

parade on the playground at 11:30 on October 31. More information will be coming home from your child's teacher closer to that day. We request that costumes not be frightening for younger children and masks may not be worn that day as children have a difficult time being able to see with masks. We also have dress ups here that children can wear if they do not have a costume. Classes that do not meet on Halloween may elect to do something else on a day they do meet. Teachers will keep you informed.

ODDS AND ENDS

- **Please be on time to school!** A late arriving child is disruptive to the classrooms and makes the transition more difficult for the late arriver. Plus, there are so many great things happening in the classrooms, you don't want your child to miss out! Parents and children arriving later than 9:15 need to come to the office so Lana or Carol can bring the child to class to lessen the disruption to the class.
- **Remember to sign in your child on the sign in sheet.**
- **Dress your child appropriately for the weather.** Make sure they are prepared to go outside every day. As the weather begins to cool off (will it ever?) make sure there is a jacket or sweatshirt available for your child. It is also important to **mark your child's outerwear with his/her name on the label.**
- To keep our hallways clear, please leave strollers in the elevator alcove or the area near the church Parlor.
- Thank you to Orange, Coral and Blue room parents for keeping the third-floor hallway clear and standing in the assigned area. This really helps us move everyone through arrival and dismissal quickly and easily.

FROM THE DIRECTOR

I will often use this space to share articles about early childhood that I find interesting for parents. This article comes from Exchange Every Day, May 23, 2019

Encouragement Versus Praise

*Be honorable yourself if you wish to associate with honorable people.
-Welsh Proverb*

Rachel Robertson, in an *Exchange* article called "[Making Happy Happen: Building Resilience in Children](#)" describes the difference between encouragement and praise: "We live in a culture where a blue ribbon, a gold star, a trophy, or at minimum an enthusiastic, 'Good job!' has become commonplace and even expected when children participate in an activity, regardless of their effort or outcomes. Many feel these practices are important to build a child's self-esteem and are harmless. In fact, they are neither. While each situation in and of itself is not harmful, and some are perfectly appropriate, the practice of continually praising or over-praising a child can be."

Instead of over-praising, Robertson explains that: “As an alternative to praising the outcome or end result or the children themselves, we should offer recognition and encouragement for their efforts and attitude.”

Instead of praise, comment on a child’s effort, “you worked hard putting on your shoes yourself”; “you worked hard to glue all those jewels on your paper;” “thank you for remembering to carry your cubby bag”.