



NEWSLETTER November 2019

CALENDAR

November 1	TUITION DUE
5	Election Day School open regular hours. No Transportation for Red and Teal
6	Petting Zoo
11	Veteran's Day Holiday, SCHOOL CLOSED
14	All City Kindergarten Fair 6:30 – 8 at Jefferson Houston School
13 – 15	Red and Teal classes; Bus students ONLY dismissed at 11
26	Grateful Gathering and food collection
27 - 29	Thanksgiving holidays, school closed
December 4	Parent conferences, no school for children in Orange, Green, Blue, Coral, Yellow, Lilac classes. Red and Teal classes meet.

PARENT EDUCATION OPPORTUNITIES...in the community

The Alexandria Half-Day Preschool Directors Association will host Vicki Hepler for a special 2-hour Introduction to Conscious Discipline for preschool families and staff

Who: All interested parents and teachers

When: **November 11, 7-9 p.m.**

Where: Fellowship Hall at Westminster Presbyterian Church.

Cost: \$10/person

What is Conscious Discipline? For schools: “Conscious Discipline is a leader in classroom management and provides a transformational, whole-school solution for social-emotional learning, discipline and self-regulation.

For parents: “Conscious Discipline is a proven, comprehensive approach that empowers you with skills that create a safe, connected, problem-solving environment for families.”

Contact preschooldirector@wpc-alex.org or 703-549-5267

KINDERGARTEN FAIR

The Alexandria Preschool directors are sponsoring a city-wide Kindergarten Fair on **Thursday, November 14 from 6:30 – 8 pm** at Jefferson Houston School, 1501 Cameron St. School Representatives from area private schools as well as ACPS will be there.

PARENT CONFERENCES

Parent Conferences are an important part of preschool here at Fairlington. This is the time for parents to share insights about their children with teachers and teachers to report on what children are doing in our classrooms. We recognize the importance of parents being a child’s first teacher and we look to partner with parents during your child’s time here at Fairlington. For that reason, we close school for parent conferences so both teachers may be present at the conferences. Teachers will have sign-up sheets posted outside their classrooms 2 weeks before conferences. It is best for children not to attend with parents. Since there is no school, I encourage you to work out conference times with your children’s friends so while you are having your conference, someone will watch your child and then you watch your friend’s child during their conference. The playground will be available (or the fellowship hall in case of rain). For the Red and Teal rooms, parent conferences will be held after school.

BRING IN YOUR EXTRA HALLOWEEN CANDY AND BENEFIT A GREAT CAUSE!

This year, Fairlington Preschool will be collecting candy for the 8th Annual Post-Halloween Candy Drive with Mattie Miracle Cancer Foundation! Bring your candy & snacks to the bin in the school office between Nov. 1-7. Donated candy & snacks help to fill the free snack carts Mattie Miracle offers to families caring for children with cancer or other life-threatening illnesses at MedStar Georgetown University Hospital, Children’s National Medical Center, The Children’s Inn at NIH, The Hospital for Sick Children, and several local Ronald McDonald Houses. To learn more about the Mattie Miracle Cancer Foundation, please visit: <http://www.mattiemiracle.com> and thank you very much for your thoughtful donations!

ODDS AND ENDS

- **Dress your child appropriately for the weather.** Make sure they are prepared to go outside every day. Boots are helpful if it has been raining.

Please mark your child's outerwear with his/her name on the label. Children do not always recognize their belongings.

- **Please be extra careful in our parking lot.** The lot is very busy not only with parents picking up children, but also church members here for various activities.
- **Sick children must stay home.** We are at that time of year where children have runny, gooey noses, coughs and sometimes just do not feel well. A child with a constantly running nose and cough; even without a fever, may not be well enough for school. A morning here takes lots of energy and we want to keep the other children and teachers from getting sick.
- **PLEASE SIGN UP FOR HARRIS TEETER** grocery fundraiser. We are far below our goal of 50 families sign up. Ask the cashier to sign you up or fill out a form outside the office. Our number is 5236.

THANKSGIVING GRATEFUL GATHERING

Preschool children have a difficult time understanding the whole concept of the Thanksgiving holiday. We tell them the story of the first Thanksgiving, and it is just a story to them. What young children can enjoy from the holiday is a sense of sharing and belonging and the warm feelings of family, friends and a shared meal. Our tradition here at Fairlington is to collect food for ALIVE. Children are asked to bring a non-perishable food item; cereal, peanut butter, canned soup, vegetables, fruit, beans, canned meat or fish. The Orange and Green rooms will be building with the cans; **CANSTRUCTION!** We will gather in the fellowship hall and admire the “*canstructions*” and each class will sing a song. Parents are invited to join us. The festivities will begin at 11:40 on November 26. Please begin sending in cans (we need lots of them to build with!) the week of November 12.

FROM THE DIRECTOR.....

This article comes from Exchange Every Day October 23, 2019

Making Happy Happen

October 23, 2019

“Denmark is one of the happiest countries in the world,” proclaims an article on the *morningfuture.com* website. “This is according to the UN’s World Happiness Report, an important survey that since 2012 classifies the happiness of 155 countries in the world, and that for seven years has placed Denmark among the top three happiest countries on a global level. The fact that teaching empathy has been mandatory since 1993 in schools in Denmark is a factor that contributes to the happiness of the country. Empathy helps build relationships, prevent bullying and...promotes the growth of leaders, entrepreneurs and managers.”

Rachel Robertson, in an Out of the Box Training Kit, "[Making Happy Happen](#)," writes about another way to help children grow up happier: "One of the best ways to nurture happiness is to prepare children for the adversity they're guaranteed to encounter in life: in other words, develop their resilience. Ann Masten, a leading researcher on resilience calls it ordinary magic: a commonplace phenomenon that can do wondrous things. Sure, resilience is something we are all born with, But, if it is not nurtured or if a child repeatedly experiences significant crises, his resilience can wither and fade... Purposefully developing a child's naturally resilient tendencies will give him the essential life skills he needs to cope with challenges, adopt a positive perspective, and develop self-confidence and self-worth – all essential ingredients for happiness."

Source: "[Empathy? In Denmark they're learning it in school.](#)" *morningfuture.com*, April 26, 2019