



# FAIRLINGTON PRESCHOOL

*Come and see how we play!*

## NEWSLETTER November 2020

### CALENDAR

November 1	TUITION DUE
3	Election Day School closed
25 - 27	Thanksgiving holidays, school closed
December 1	TUITION DUE
2	Parent conferences, no school for children

### 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.

### 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.**
- **Sick children must stay home.** Even with Covid, kids still get sniffles so if your child does not seem like his/herself, please keep them home.
- **Please let us know if your child will not be attending school.** A phone call or email message is appreciated!
- **Late arrivals:** Please bring your child to the office so we can do the temperature check.
- **Holiday travel:** I encourage parents to remember that if your family chooses to travel to relatives to celebrate, please remember that each individual participating brings to the space all of their other contacts which could be a large number of people who may or not be careful about how they are operating during the pandemic. Hard choices must be made to keep everyone safe. We all are in this together and we make it work with the thoughtfulness of every family involved.
- **PLEASE SIGN UP FOR HARRIS TEETER** grocery fundraiser. 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. Obviously, all of that will look different during a pandemic. Ordinarily, we would be collecting food for ALIVE and we would come together as a community to celebrate. However, this year, we are asking families to donate to food pantries, churches etc. on their own as we cannot collect this year as we have done in the past. I also will really miss our Grateful Gathering as it was always so much fun to see the children and sing songs together....

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, 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.

*Reading this today makes me think about how the Pandemic has challenged our resilience. I am amazed at how our children demonstrate resilience every day! Some of our friends who attended Fairlington last year have come into the school as if they had left it just last week instead of 6 months ago!*

*When I count my blessings this season, I am thankful for Michele, Mindy, Susan, Sozit, Sara, Annie, Karen and Lana. Working together is what makes our Fairlington Preschool Community great!*