

Back-to-School: Newsletter

Chesterbrook Academy

4401 Roger Stover Drive, Fairfax, VA

703-803-7920

WELCOME!

We are calling all SUPER KIDS for 2016 -2017 CBA Pre-School Year! Thank you all for Leaping into Learning with Chesterbrook Academy!!

We are looking forward to a fun and educational year! We are always excited to see our children grow, develop and interact with new experiences. This month the children will be learning "All About Us".

The first week will be an introduction week "Welcome to School". The following weeks will be "All About Me, My Family Tree", "Friendship and Feelings", and "Where I Live". We will learn about each other and get to know our new friends!

With the new school year, please make sure that all paperwork/documents are current in your child's student file. Please let Ms. Sydney or Ms. Kirby know if you have questions on this.

FRIENDLY REMINDERS:

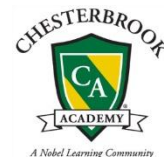
- Children should wear closed toed shoes
- Home toys are not allowed, except on special days such as 'Show and Share' (Fridays)
- Outside food is **NOT** permitted unless prior arrangements have been made with classrooms
- Please remember to change the season/size of clothes in your child's classroom cubby. Also, bring extra underwear for potty training, and PreK and PreK 2 for accidents.

SUMMER WRAPUP:

We would like to thank all the teachers and families who were part of Summer Camp 2016! It was a HUGE success. Thank you! We are also bittersweet about our campers going back to school or starting for the first time as kindergarteners. These families will truly be missed and we look forward to seeing you for Summer Camp in 2017!

September

09.01.16	Soccer Shots
09.02.16	Cody & BJ Music Show
09.05.16	Closed-Labor Day
09.06.16	First Day of School- New Classrooms for Fall transitions
09.06.16	Little Caesars- Fundraiser Kick off
09.08.16	Meet & Greet Families - 5:30pm- 6:30pm
09.12.16	Joy of Dance- Ballerina Demo, (no sign up necessary)
09.13.16	Train 2Greatness- Trial Classes start at (no sign up necessary)
09.14.16	Stretch & Grow - Demo (no sign up necessary)
09.16.16	Music for Life - Demo (no sign up necessary)
09.14.16	Picture Day- Infant, Infant 2, Toddler & Beginner
09.15.16	Picture Day- Intermediate, PreK1, PreK2 and Siblings
09.22.16	First Day of Autumn
09.22.16	Back-to-School Night- 6:00pm-7:30pm
09.19.16	Little Caesars- Fundraiser Ends
10.07.16	Parent Date Night!- 6:30-10pm



Our Amazing Teachers & Staff

Infant:

Ms. Deega, Lead Teacher
Ms. Mounira, Ms. Sabba, Ms. Arley, & Ms.
Sheryl

Infant 2:

Ms. April, Lead Teacher
Ms. Brianna, & Ms. Humaria

Toddler:

Ms. Allyson, Lead Teacher
Ms. Kalpana, & Ms. Nasreen

Beginner:

Ms. Amy, Lead Teacher
Ms. Adrian

Intermediate:

Ms. May, Lead Teacher
Ms. Rania, & Ms. Erinn

Pre-K:

Ms. Annette, Lead Teacher
Ms. Najiba, Ms. Katera & Ms. Qabas

Pre-K2:

Ms. Erin, Lead Teacher
Ms. Ashley & Ms. Sree

Management

Ms. Sam, Kitchen Manager
Ms. Kirby, Administrative Assistant
Ms. Sydney, Principal

Tuition Reminder

Please remember that tuition is due every Friday for the upcoming week. Payment is considered late Monday at noon. Afternoon on Monday, a \$25 late fee will be assessed. To avoid the fee, please remember to pay on time! If you have any questions, please refer to the Tuition Agreement.



Parking Reminder

Help us keep our parking lot safe! It has been brought to our attention that parents have been utilizing the handicap spaces and the fire lanes for parking. Unless you have the appropriate permit, please do not park in these unauthorized spaces, including the middle access ramp between the handicap spaces. Your attention to this matter is greatly appreciated.



Parent Date Night

The next Parent Date Night will be held on Friday, October 7th. We will be open from 6:30pm–10:00pm. Those who are new to Parent Date Night, we will provide dinner for the children. Please remember to bring pajamas and a sleeping toy to make your child feel as comfortable as possible. The charge is \$35 for the first child and \$25 for each sibling. Parent Date Night will be charged two weeks after the event.

Menu

Please refer to the September Menu to see our new options. The ingredient list is also included with the menu. For families with allergies, please notify management if there are any questions or concerns.



ANCILLAY PROGRAMS

Ancillary Schedule:

Monday - Joy of Dance (Ballet and Tap Dance outreach program promotes the highest quality of fine art instruction in a loving, caring, and joyous artistic environment. Our fine arts faculty, all masters of their fields, encourage each student to reach their maximum potential in the arts.)

Tuesday - Train2Greatness (Olympic theme games, along with a variety of obstacle course layouts kids will be filled with entertainment while also having the opportunity to participate and improve physical fitness and coordination!

Wednesday - Stretch-n-Grow (We will show your preschoolers how fun it is to exercise and take care of their bodies. Each week our dynamic instructors will lead them through an energized, kid friendly workout. The class is complete with silly stretches, numerous gross motor skill activities, aerobic games, creative movement and a cool down, all done with lots of silly music

Thursday - Soccer Shots (Emphasis should be focused on foundational movements that promote increased bone and muscular strength. All movements should be practiced through fun activities and games. These activities will promote stability, coordination, and self confidence for further growth.)

Friday- Music For Life - Basic knowledge of fundamental music concepts able to be molded around Links to Learning curriculum with an end of term performance)



Ancillary Reminder:

Ancillary programs are in full swing starting the week of September 12th! If you are interested in Joy of Dance, Train2Greatness, Stretch-n-Grow, Soccer Shots or Music For Life, please refer to the bulletin board in the hallway by the Beginner's Room. If you are interested in enrollment or have questions, please ask Ms. Kirby or Ms. Sydney. We will be billing out all programs the second week of the following month.

To ensure your child does not miss their program, please have them dropped off by 9:30am on their respective day. Dance will start promptly at 10:45am for two year olds & 11:15am in the Pre-K2 classroom for 3 and up.

Little Caesars Fundraiser

On September 6th we will be starting our first community fundraiser of the school year to provide extra spending for the classrooms.

Please feel free to participate but no obligation is necessary. We appreciate the extra support and will be making it worth your while by providing the top sellers (1st place) a **FREE PARENT DATE NIGHT!**

Our first date night will be on Friday October 7th from 6:30-10pm.



Picture Day!

Bring your child dressed their best on September 14th-15th. We will be turning our Toddler room into a picture studio for our Infant, Infant2, Toddler & Beginner classroom on the 14th and our Pre-K1 room for the Intermediate, PreK1, PreK2 and Siblings on September 15th.

Developing Balance Skills in Young Children From Tummy Time to Bike Riding Balance is a fundamental skill necessary for maintaining controlled positions, such as sitting in a chair, or engaging in physical activities like running or riding a bike. Having balance makes motor skill development easier, reduces the risk of injury, and helps children focus on academic tasks. Our Nobel Learning Education team stays up to date with the latest research to ensure that our Links to Learning curriculum exceeds childhood learning standards. The Links to Learning curriculum was enhanced last fall to include a greater focus on balance, a building block for skills such as hand-eye coordination, muscular strength and body awareness. Here are some ways we help improve balance in the classroom, as well as ideas for you and your child to do at home.

INFANTS: In the classroom: Tummy time promotes neck, back and abdominal strength needed for infants to eventually push up, roll over, sit up and crawl. Teachers keep infants engaged by using activity mats or push blocks. At home: Place your baby on his stomach and shine a flashlight near him. Once you have captured his attention, shine the light in a rhythmic pattern. For older infants, encourage your baby to move or crawl toward the light.

TODDLERS: (ages 1-2): In the classroom: During the toddler years, children make major strides in balance and coordination. Teachers play music and encourage students to move their bodies in different ways while maintaining their balance. At home: Push and pull toys require children to use core balance and arm strength, which can be difficult for new walkers. Place a small wagon or toy shopping cart and a pile of blocks on the floor. Show your child how to fill the cart with blocks. He will enjoy pulling or pushing the blocks around the room.

BEGINNERS: (ages 2-3): In the classroom: Sitting cross-legged, or as we say with the children “criss-cross applesauce,” is an important developmental skill for two year olds. Teachers encourage children to sit criss-crossed anytime they are playing on the floor. Sitting in this position strengthens a child’s core muscles and helps improve body control. We discourage “W-sitting,” with knees together and feet on either side of the hips, because it puts strain on knees and hips and fails to engage core abdominal muscles. At home: Provide your child with a sit-and-spin toy. Ask him to sit on the toy with his legs crisscrossed. As he turns the wheel to spin, he will gain a better understanding of cause and effect.

INTERMEDIATES: (ages 3-4): In the classroom: Around age three, children learn to maintain control of their upper body while moving their lower body. Our Intermediate students practice pedaling a tricycle, bouncing on hopper balls, and walking on a balance beam. At home: Have your child practice running and stopping with control by playing the traffic light game. Shout out the color green, yellow or red. Have him move quickly when hearing “green,” move slowly when hearing “yellow,” and completely stop when hearing “red.”

PRE-K/PRE-K 2: (ages 4-5): In the classroom: Teachers encourage children to practice balance and coordination by jumping on their non-dominant foot, walking on a line or beam, or jumping rope. Children also practice balance by crouching down to tie their shoes. At home: Ask your child to tell you about the games and activities played at school. Include these activities at home and during family events such as birthday parties and vacations. Scooters and pogo jumpers are great toys for children at this age. Good balance helps children maintain appropriate and controlled body movement during important tasks. By building balance skills in the preschool years, your child will be better prepared as he enters elementary school and beyond. – Lauren Starnes, PhD – Director of Early Childhood Education

Social and Emotional Skills Building

One of our goals for the new year is moving towards a more structured approach to develop our children’s social and emotional skills. This is an ongoing process but we want to share our implementation with our families.

Social skills teach sensible interpersonal, problem solving and conflict resolution skills that are needed by today’s student and can be learned and taught on a daily basis from both school and home.

Our positive discipline approach focuses on what behaviors we want to teach the children. Although very simple, classroom rules share social and emotional principles that we want the children to learn. So to begin our implementation process, these principle swill be outline and share with each classroom in addition to uniform classroom rules throughout the building. These rule will guide our skill building process and can be use at home to increase the child’s understanding. Below is a chart that outlines the rules and principles.