

# CHESTERBROOK ACADEMY

January 2017

Family Newsletter

The new year is upon us already! A whole new world of possibilities await us and our children as we take our first steps into the future! Chesterbrook Academy will continue to provide the best educational, social, and nurturing environment for our students and provide several family involvement opportunities to highlight the importance of parent and teacher partnership.

It is my honor to continue providing the best preschool experience to the students as well parents with the best team of teachers possible! Thank you for being a proactive part of our child's education in the school! We are excited to reach new academic heights and become stronger community leaders in the new year!

-With excitement, Prachi Patel, Principal

## Dates to Remember:

**1/2/17: New Year's Observance School Closed**

**1/3-1/27: Give Warmth Coat Drive (Pg 3)**

**1/4: National Spaghetti Day**

**1/6: Cookie Friday**

**1/13: Princess and Superhero Day. Dress up as your favorite princess or superhero**

**1/16: Martin Luther King Jr Day (school open)**

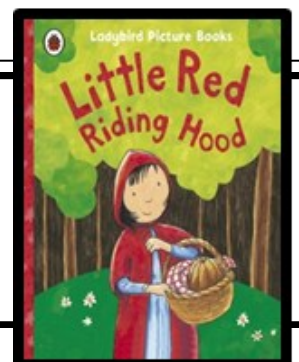
**1/18: Wacky Tacky Day. Come to school dressed in your wackiest outfits!**

**1/20: Winter Gala (pg 4)**

**1/30-3/3: Read Across America Challenge (pg 5)**

**Door Decorating Contest Winner:**

**Little Red Riding Hood by Intermediates**



# Education Article

## Taming Tattling

“Sophia took my doll!” “She’s being loud!” “She knocked over my block tower!”

Does this sound familiar? Tattling is a normal and common behavior in young children, and is a sign that they haven’t yet developed the emotional and social skills needed to problem solve.

They are starting to develop a sense of right and wrong, as they learn about rules. Children may take rules quite literally, quickly becoming “kid police” and alerting authorities.

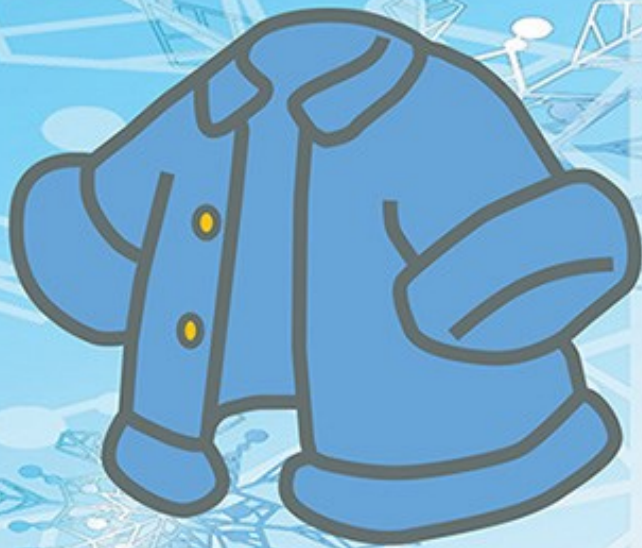
Tattling can start a vicious cycle where each child blames the other, or it can be a teachable opportunity for conflict resolution. Below are some ways you can work with your child to develop that understanding.



1. Determine motivation. Ask your child, “How is that a problem for you?” “How can we solve your problem?” or “Have you talked to your sister about that?” These questions don’t assign blame, but instead encourage him to think of a solution. You might not implement his solution, but his response can give you insight about why he tattled. For instance, he might say, “I think she should be punished,” which tells you he wanted to get someone in trouble.
2. Point out tattling and its effect. “I hear that you’re tattling on your friend. How do you think she feels about that? Is there something you could have done besides telling me?” Then, say, “What are some ways you can both feel better and be good friends?”
3. Teach the difference between tattling and getting help. Distinguish between tattling and getting help by giving concrete examples. “If you tell me that your sister stole your toy, you are tattling on her. However, you need to tell me if you she is hurt or in danger, for example, if she’s standing on the table and could fall.” When he comes to you for help, praise him by saying, “Thank you for trying to keep your sister safe.”
4. Read books with your child to reinforce problem solving skills. With your child, read “A Bad Case of Tattle Tongue” by Julia Cook. The book is about a boy whose tongue turns yellow with purple spots when he tattles. He meets the Tattle Prince and learns important problem solving skills. After reading the book, ask your child to brainstorm different ways he could resolve conflicts without tattling.

In the classroom, teachers use songs, puppets, games, books and brain-builder activities to help nurture important social and emotional skills such as listening, understanding feelings, labeling emotions and resolving conflicts. Over time, children become empowered and confident to solve their problems on their own without tattling. They learn better ways to help themselves and others, and make and maintain friendships.

– Lauren Starnes, PhD – Director of Early Childhood Education



# Giving Warmth coat drive

Help our school collect jackets for the  
**Fairfax County Reston Coat Closet.**

All jackets go to local families in need to  
basic necessities during the winter!

Please donate gently used washed jackets  
(grown ups and children)

**January 3rd– 27th**



# WINTER GALA

## Story-time Wonderland

Friday January

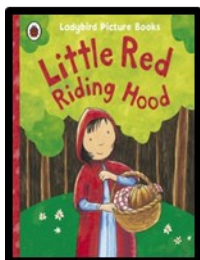
20th, 3:30pm-4:30pm

Enjoy light snacks and drinks afterwards while you integrate with other families!

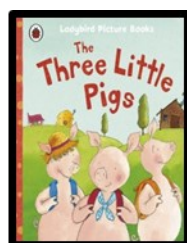
Bring family and friends to cheer our student performances!  
*\*Don't forget the cameras\**

This year, with the focus on literature and imagination, our classes will be performing various performances from some of the famous childhood stories! Please check with your teachers for details on the costumes, props, and performance practices.

We encourage the parents to get involved with the first big school event of the new year and help our young learners enhance their interest in learning the Winter gala performances.



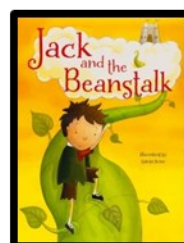
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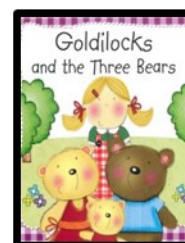
Toddlers



Pre-Kindergarten 1



Beginners



AM Preschool



Pre-Kindergarten 2




# Read Across America!

Join Chesterbrook Academy and the National Education Association to promote **READING!**

From **January 30th–March 3rd**, we challenge each family to read books in a contest to read **2,000 books** for Dr Seuss's birthday!

If we succeed, students get to turn Ms Shea and Ms Stacey into a **PAINT MURUAL** on March 17<sup>th</sup> 2016 !!!

*Drop off the completed reading list each Friday in the Truffula Tree and pick up a new list too!! We will add and show our weekly progress on the Tree!!*



So how many books does each child read a week to meet our goal?  
**Only 2 books a day!**

# Tuition Policies Reminders for the new year

Please carefully read and understand this important information to avoid further surprises when requesting dates for students. There have been no changes to these policies since the year 2012, and will be continually adhered with firm standards.

## Tuition Due dates/Fees:

Weekly tuition is due every Friday for the upcoming week. Fees are considered delinquent at 12:00 noon on the day following the due date (Monday). Late charge is assessed in the amount of \$25 for each week the full tuition that is not paid on time. If tuition and any other outstanding charges are not paid within seven days of the due date, attendance at the school is not permitted until the full past tuition and for the current period is paid.

## Registration Fees:

Our registration fee amounts are \$100 for the first child and \$70 for each sibling. All families pay registration fees when they originally enroll as well as annually on July 1 for the next school year.

*\*Exception: participate in Early Bird enrollment in March and receive a registration discount for the upcoming school year.\**

## Vacation Credits:

A vacation credit allows a family to take a week-long vacation without owing tuition. The credit may only be used in lieu of attendance and must be a whole calendar week, ie. Monday-Friday

Moving forward, we will be adhering to the following policies regarding vacation credits: a family becomes eligible for their vacation credit after *6 months* of enrollment. Two week advance notification in writing is required (ask the office for a Vacation Credit Form) or the request will be denied. In addition, each family will only receive one vacation credit per fiscal year (July 1 - June 30); all other weeks' tuition is due based on your enrolled schedule, regardless of your student's attendance.

## Extended Vacations:

If a family chooses to withdraw their student while away on an extended vacation (2 weeks or more), the following rules apply:

1. We require a 4 week notice. We will not be able to accommodate your withdrawal until the 4 week mark.
2. A new registration fee is due *before* your last day to re-register your student upon your return.
3. We cannot pro-rate partial weeks if you withdraw mid-week or return mid-week, school tuition is billed based on the schedule you are enrolled for.
4. Your tenure with us is forfeit and for all policy purposes, your "first day" will be counted as your return date. Thus, you will have to wait 6 months from your return date to be eligible for a vacation credit.

## Withdrawal/ Change in Schedule Policy:

We ask for 4 weeks' notice to withdraw your student. If you chose to withdraw, tuition will be due as usual up until the 4 week mark regardless of your child's attendance. We can use your deposit for the last week of attendance upon parental request.

Sincerely,

Prachi Patel, Principal

# Health and Safety

Whether winter brings severe storms, light dustings or just cold temperatures, the American Academy of Pediatrics (AAP) has some valuable tips on how to keep your children safe and warm.

At Chesterbrook Academy, health and safety are a top priority! Please take a minute to see how we can work together to ensure the best learning environment in and out of the classroom for our future leaders!

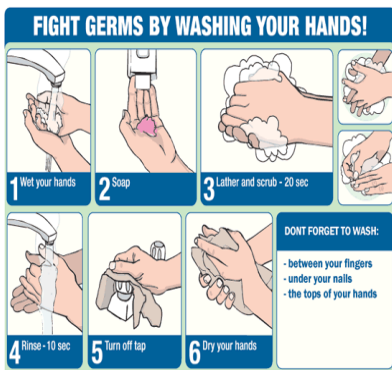


## What to Wear

1. Dress toddlers and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Don't forget warm boots, gloves or mittens, and a hat. Keep extra socks, pants, gloves, and hats in the class with their names. *This will reduce cross contamination from "sharing" clothing.*
2. The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.
3. When riding in the car, babies and children should wear thin, snug layers rather than thick, bulky coats or snowsuits.
4. Blankets, quilts, pillows, bumpers, sheepskins and other loose bedding should be kept out of sleeping environment because they are associated with suffocation deaths and may contribute to over-heating, and children's core temperature are higher than adults.

## Winter Health

- \* If your child suffers from winter nosebleeds, try using a cold air humidifier in the child's room at night. Petrolatum jelly may help keep nasal tissues moist during daytime as well as night time.



\* Many pediatricians repeat that **cold weather does not cause colds or flu**. But the viruses that cause colds and flu tend to be more common in the winter, when children are in school and are in closer contact with each other. Frequent **hand washing** and teaching your child to sneeze or cough into the **bend of her elbow** may help **reduce** the spread of colds and flu.

\* Around 80% of all influenza and cold illness generally occurs in January, February, and March. Children in school setting do get sick, however it only helps their immune system become stronger as they are coming across various strains of the common illnesses.