



# THE NEWS SHED

AUGUST 2011

## A Message From the Director

August marks the beginning of our fifth school year! We say so long to some families who will be moving on, hello to new families and we welcome all of our returning families.

This month the children, new and returning, will be discussing school rules, playing name games and getting to know their friends. Activities that reinforce the letters Aa and Bb will be implemented and the color red will be celebrated with a color day. The teachers have worked extremely hard these last few weeks getting the classrooms ready for a new beginning. A dramatic play area has been transformed into an old fashioned school house, "Unbirthday" parties have been planned and science activities are numerous throughout the month.

We would like to thank all of you who sent families our way and those of you who made supply donations to get us off to a great start.

## Summer Adventures

Summer Adventure Camp was filled with numerous activities this year. Take a look at our lobby bulletin board for all the fun facts!



## So Long Ms. Jules

It is with great sadness that we say so-long, not good bye, to Ms. Jules. Ms. Jules taught in room #3 for several years. Ms. Jules recently received her CNA certificate and has decided to move forward with that career. Good luck Ms. Jules, we will miss you.

## TUITION REMINDER

Please keep in mind that you will not receive a bill for your tuition each month. I will post a memo at the beginning of each month as a reminder. Also, effective August 1st, 2011 Extended Care rates increased \$2 per day.  
half day = \$22 full day = \$30



## Why Are Healthy Lunches At School So Important?

A healthy lunch provides children with the energy and nutrients they need to grow, learn and play at school. Without adequate energy from food, children at any age, may feel sluggish, become more susceptible to illness and find it difficult to concentrate. It can also make rest time more difficult which in turn denies them of the proper rest children need to grow and develop. Below is a list of helpful hints you may want to consider when packing your child's lunch.

- Capture their attention with lunches that include a variety of shapes, colors and textures
- Use a variety of whole grain breads and cut them into triangles, diamonds or other fun shapes
- Decrease portion size. Few preschoolers will eat a whole sandwich, especially when he knows there are sugary items to choose from
  - Consider the sugar content when you place a yogurt, pudding, granola bar and fruit juice in one lunch serving.
  - Have your child be a part of the planning. Give your child several healthy choices and let him choose
    - Children are more likely to eat a food if they have helped with the preparation
  - Consider packing lunches after dinner rather in the morning before school when you are rushed
- Consider packing water instead of fruit juice. Juices are loaded with sugar which decreases your child appetite



**Do you have a home business you would like to promote? An item to sell? Having a garage sale? Place your ad in our monthly newsletter for only \$5 per month. We currently have 85 families enrolled and many other viewers, including Facebook members. Ask me for details!**

*Classified*

## RED DAY

Red hats, shirts, bows and socks. Be "REDDY" on Thursday and Friday, August 18 and 19 for a fun filled day of red activities. Wear all the red you can. Red will be the focus of the day.

## Allergy Awareness

### Please Read

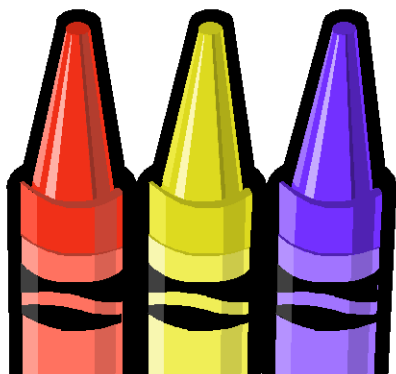
Town and Country Preschool has several children with food allergies. Although these allergies can be life threatening, they are manageable with your help. When donating snacks, please refrain from sending any items that contain tree nuts or peanuts or foods that have been processed in a plant that processes foods that contain these items. Also, we ask that you send your child with lunches that are free from peanut/tree nut products. Thank you for your help with this policy.

## Nap Time Blankets

Parents, please keep in mind that the Department of Public Health requires us to keep children's bedding separated. If your child brings a blanket to school, it must fit into a 2 1/2 gallon size ziplock bag. If it does not fit, it will be sent home. Please remember to take your child's blanket home at the end of each month to be washed. We cannot accommodate stuffed animals and pillows. Thank you for your help with this matter.

## THANK YOU

Thank you so very much for all the supply donations. We have received glue sticks, bleach wipes, copy paper, baggies, tissues, Sharpies and dry erase markers. Thank you so much.



# Welcome

As most of you know, we hired several new staff members at the end of last year. We would like to welcome Ms. Amie who teaches classroom #2, Ms. Regina who teaches classroom #3 in the afternoons and Ms. Bailey who assists in the afternoon. Welcome Ladies!!

## BACK TO SCHOOL BIRTHDAYS

Let's give a cheer to all our August babies!!

Madison 08/02  
Logan 08/10  
Tialer 08/13  
Ms. Laurie 08/20



Tyler 08/21  
Ms. Regina 08/30  
Iris 08/31

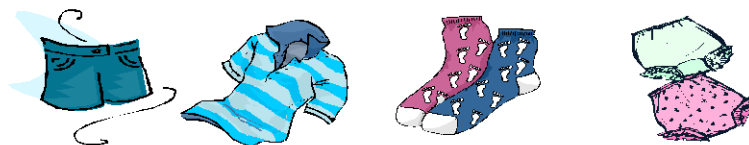
## Volunteers Wanted!!

Your help in the classroom and outside the classroom is always welcome. Don't forget to let your teacher know if you are able to help with cutting art projects, helping with parties, cleaning toys and supplies and anything else you would like to help with. I am also looking for a volunteer to coordinate the "SCHOLASTIC" book orders this year. This would require about 3 hours of your time on a quarterly basis. Please let me know if you are interested. Thank you in advance from all of us!!

I would also like to send a big thank you to Angel Sarafin, one of our parents from last year who has volunteered to coordinate our annual fund raiser. Thank you Angel, you're a doll!!

## DON'T FORGET!

IT IS VERY IMPORTANT THAT YOUR CHILD HAVE AN EXTRA CHANGE OF CLOTHES TO KEEP AT SCHOOL DURING THE SCHOOL YEAR. PLEASE PUT IN A ZIPLOCK BAGGIE WITH YOUR CHILD'S NAME ON IT AND RETURN.



All three classrooms will be doing activities in September that require baby pictures and family pictures. You may start bringing these in at any time.  
Thank you!!