



MOVE UP DAY

JULY 2

Move up day is just around the corner, so I wanted to take some time to introduce myself and give you some insight into the Preschool I class.

My name is Sally Wilson. I have been with Sacred Heart Early Childhood Center since October of 2016. This will be my second year as the Head Teacher of the Preschool I class. I have a BA in elementary/early childhood education and a MA in Educational Technology both from Boston College. Since 1980, I have held many different positions in the field of education but my passion is Early childhood education.

During the next year, I will have the pleasure of helping your child transition from a toddler to a preschooler. Your child will grow more independent, be able to perform many tasks completely on their own, learn strategies to control their emotions and begin to cooperatively play with their friends. If your child is not already potty trained, it will become an important area of focus.

Your child will experience an explosion in language development during their time in this class. As they learn about oceans, the five senses, apples, fire prevention, pumpkins, corn, turkeys, Advent, Christmas, Lent, Easter, shapes, colors, numbers, letters, planting seeds, caterpillars, butterflies, farming, pond life and much more, their vocabulary and knowledge of the world will expand tremendously.

Developing acceptable social skills will be one of the challenges for children in Preschool 1. They will be learning how to play with others, wait their turn, share, wait in a line, sit and participate in circle time, express their needs and wants verbally and clean-up after themselves.

Another important focus of the coming year will be fine motor coordination and strength. They will be participating in many activities which use tweezers, tongs, eye droppers, hole punches, q-tips and simply picking up small objects with their fingers. All these activities might look “just like playing” but they are targeting the muscles needed to hold a pencil and write legibly without fatigue.

On the preschool playground, your child will be climbing on bigger structures, sliding, balancing, skipping, jumping, running, hanging from the monkey bar and much more. Their ability to control their body movements, coordination and muscle strength will increase dramatically over the year. **For your child’s comfort and safety, please send them in closed toed shoes which are worn with socks that will easy for your child to learn how to put on and take off.**

This next year is sure to be filled with fun, excitement, growth and learning! Please feel free to stop by the red room to meet me and get a tour of the classroom before move up day. I am really looking forward to working with you and your child, Sally Wilson.

Now let's talk about some of the items your child will need for my class.

Red and Blue mat

Mat cover (stretchy king sized pillow case)

Small blanket

2 complete changes of clothes (shorts/pants, shirt, underwear and socks)

1 extra pair of shoes

1 package of pull-ups (if your child is not yet potty trained or needs them for nap time)

1 package of wipes

July and August Only (these items will be left at school for our twice a week water days)

1 bathing suit

1 pair of water shoes

1 towel

Items they *DO NOT* need:

Pacifier

Bottle

Sippy cup

Stuffed animal or toys

Pillow

Important information about lunch

We are a nut-free school.

Candy is not allowed.

If juice, gummies, cookies or other sugary foods are packed in their lunch, we have the child save them until afternoon snack. Limiting these items to snack makes it easier for the children to nap and reduces the number of nap time accidents. The children are provided with as much water as they would like to drink at lunch and have access to water all day.