

Notes from Ms. Cindie...

Welcome August!! It is time to get ready for the new school year! We have had so much fun this summer with water play, ice cream and bubbles. The new school year brings friends old and new to our classrooms. We will learn about how to play and talk with our friends while having a great time learning in each of our classrooms.

I would like to highlight some important parent topics, information and reminders. Please update your drop off time information in your child's classroom. Your schedule may have changed with the start of the school year and we need to know when to expect your child at school. If your child is going to be absent please notify the office. **Please remember that all children need to arrive by 9:30 a.m.**

We ask that all parents please conclude your phone conversations prior to picking up your child. Your child is excited to see you and has many things they want to share with you about their day when you arrive in the afternoon. The teachers may also have important information that they wish to share with you also about your child's accomplishments of the day.

Please label all of your child's belongings and make sure that a weather appropriate change of clothes is in a Ziploc bag in their basket. Bulky back packs are not needed and we ask that due to space constraints that they be left at home.

We would like to remind everyone that we are peanut and tree-nut free school and that all monthly snack donations and lunches should be nut free. Some suggestions for healthy snacks to share are included in this newsletter for you to keep handy at home.

While we understand that the squeeze pouch snacks are convenient for busy parents and on the go families we ask that they be used sparingly in your child's lunch and snacks. Children need to practice picking up finger foods to experience the textures, sights, smells and flavors of all kind of foods to promote life-long healthy eating habits. Chewing is an important developmental process that all children need to accomplish. Finger foods and solid food choices in older children's lunches promote healthy eating along with jaw and tongue development. We are receiving information that there are some initial studies that are showing concern that children not having these chewing experiences may have delayed speech progression and clear speaking abilities later on. We are watching these studies very closely so that we may bring you all of the updated information as it progresses.

Sensory development is such an important part of every child's growth. Through sensory experiences like eating solid food and learning to manipulate it in their mouth, tasting sour, sweet, salty, and savory, feeling different textures of smooth and rough as well as different temperatures as cold and warm, and smelling various scents, hearing variety of sounds and tones along with seeing all the environment has to offer help children learn about themselves and their place in the world around them. It is vital that we teach the whole child and one aspect of reaching this goal is allowing hand on sensory experiences every day.

Blessings,

Ms. Cindie