



## Arcola Christian Preschool

"Let the little children come to Me . . . for of  
such is the kingdom of God."  
(Luke 18:16 NKJV)

## September 2018

### Director's Note

Welcome to a brand-new school year!

We are so thankful you have chosen to be part of the Arcola Christian Preschool family! The staff had a great week getting their classrooms ready to welcome their new students. We look forward to getting to know your children throughout the school year. Thank you for entrusting us with their care. I am an empty-nester these days. My son graduated from college, has a grown-up job and an apartment and my daughter is a college sophomore at James Madison University, so I feel especially blessed to fill my days spending time with your kiddos.

Please make sure to check your child's school bag each day and take time to read the ACP and classroom newsletters. These will keep you informed of the happenings at our preschool. We also post the ACP newsletter on the website for your reference.

This newsletter is a bit longer than we typically send home, but it is full of important information for the beginning of the school year.

We are a developmental preschool. That means your child will be involved in a variety of active learning experiences. You will not get a craft sent home every day and some things that are sent

home may make you wonder, "What is this for?" Be assured that we are using age-appropriate methods of instruction to help your child build a strong foundation for learning.

The preschool staff has been praying for your children as they have been preparing their classrooms, newsletters and lesson plans. We've attached a "backpack" blessing tag to each child's bag (unless you attend Arcola Church and they already got one in Sunday school) to remind them that the people of Arcola Church and the staff of the preschool have and will continue to pray for them.

I've also attached some information about typical childhood development as well as the importance of play that our staff thought would be good resources for you. If you would like to discuss any of it, please make sure to let me know.

If you have any questions or concerns, please feel free to contact me at any time.

*Barbara*

[BarbaraL@ArcolaChurch.org](mailto:BarbaraL@ArcolaChurch.org)

703-327-7878 x222

### Admin Notes

#### **Tuition**

Tuition payments are **due the first of each month**. The best way to pay is on the preschool tuition payment page on our [website](#). You can also use bill pay through your bank but please allow at least a week for the check to be delivered. There is a \$25 late fee after the 5<sup>th</sup> of the month. We are a non-profit and rely on your timely payments to pay our staff and purchase supplies.

#### **Parent Orientation**

It was wonderful to see so many of our new preschool parents at the parent orientation. Hopefully, a lot of your questions were answered. Most of the information that was discussed can be found in the Parent Handbook. We also provided handouts concerning the skills that we work on in preschool as well as Loudoun County Public Schools' expectations for children entering kindergarten. Our job is to provide a joyful first school experience

for the children and prepare them for kindergarten by exposing them to many different developmentally appropriate and active learning opportunities. If you missed the orientation or have questions about this, please don't hesitate to e-mail or call me.

### **Rosters**

I will e-mail you an updated copy of your child's class roster next week. A few people have caught errors in the one I sent in August, so please make sure to look at your information and let me know if there are any corrections right away. These can be helpful for carpooling purposes, setting up play dates, getting information from room parents, etc. Please remember that these rosters are for preschool use only and the information is not to be used for your business purposes.

### **Absences**

If your child is going to be out of school due to illness or travel, please inform your child's teacher or the preschool office.

### **Classroom Notes**

#### **Snack**

All snacks must be nut free – that includes peanuts and tree nuts. **This policy applies to all snacks to be consumed at the preschool, including those brought in for celebrations, as well as items to be sent home with the children in goody bags.**

We cannot serve items that have been processed or packaged in a facility that also processes or packages peanut products. Snacks must be store bought with labels we can read and be unopened. We will send home the leftovers, but we have no way of knowing if the items inside have come into contact with nuts if the package is open. Since this can be an airborne allergen, we need to be as cautious as possible. **Thank you for your cooperation in keeping all our students safe.** We will send home any snack that doesn't meet our guidelines.

We serve water to drink so there is no need to send in any other beverage. Due to the choking hazard, we prefer to not serve grapes (cutting them into safe sizes can be time consuming).

### **Clothing**

Please be sure to label all clothes, jackets, and school bags with your child's name. Many children do not recognize their own belongings when there are several others that look similar.

If you have not done so, please send in an extra set of clothing to be kept at school for your child. Occasionally, accidents and spills happen.

#### **Socks and Sneakers**

Those flip-flops are adorable.  
Your sandals are so cute.  
And you look very stylish  
In your clogs and cowboy boots.

But when you're on the playground,  
Where there's dirt and mulch and rocks,  
The safest things for you to wear  
Are sneakers and some socks!

The mulch can scratch your ankles.  
The rocks can stub your toes.  
You might take a tumble  
And bop your little nose!

Your teachers want to keep you safe.  
We think you're very sweet.  
So please wear socks and sneakers  
To protect your little feet!

### **Arrival and Dismissal**

We will begin the arrival carline at 9:25 each morning. Please do not go into your child's classroom before that time. Before 9:25am, the teachers are working hard to prepare for the day. Dismissal carline will begin at 12:15pm.

At any time, you are welcome to accompany your child to their classroom at the start of their day or come in to pick them up after school. Even if you usually do the carline, it is nice to walk in occasionally to see what's going on inside. With children who have trouble separating, it is best to use the carline for drop-off at first

**There is a map of carline on the back page of the online [Parent Handbook](#). Please keep the following**

in mind to help our carline run smoothly and safely:

- Stay in your car
- Do not use your cell phone
- Turn off electronic devices when you get in line (movies, games on phone or iPads, etc.)

Upon arrival, staff will open your child's door, help them out and walk them into their class. For dismissal, please hang your carline sign from the rearview mirror with a pant or skirt hanger or have it in your front passenger window (although sometimes those slide down if you unroll your window). We need to be able to easily see the child's name throughout the entire pickup process.



Staff will put your child into your car; however, it is the responsibility of the driver to fasten safety belts. If a child requires assistance in fastening his/her car seat belt, please pull into a vacant parking space or into the grass lot and secure him/her properly. This helps keep the carline moving smoothly. Thank you for your cooperation.

Please make sure to share our carline procedures with anyone who transports your child – nannies, grandparents, friends, etc.

## Scholastic Books

Does your child love books? Reading to your child is the most important thing you can do to help them succeed in school. If you would like to purchase books for your child and help our school earn FREE books with every order, go to [www.scholastic.com/readingclub](http://www.scholastic.com/readingclub). Each month, new flyers will be posted. Please take a few moments to explore the selection together and let your child help choose books he or she is excited to read. Our school deadline is posted, and you can safely order online. Thank you for supporting your child's reading both at home and in the classroom! Your books will ship directly to our preschool and we will send them home with your child.

PS: Please let me know if your order includes a surprise for your child, and I will contact you when it arrives instead of sending it home with your child!

September order due date: 9/14/2018

Web address: [scholastic.com/bookclubs](http://scholastic.com/bookclubs)

Class Activation Code: GZVWY

## Upcoming events at Arcola Church

Check out our church website for more information about Arcola church as well as upcoming groups and events. We would love to see you!

**Arcola United Methodist Church**

Pastor: Chris Riedel

Web site: [www.arcolachurch.org](http://www.arcolachurch.org)

Sunday worship times: 9:15 & 11:00 am

If you are interested in learning more about what is happening in the life of Arcola Church, please send me an e-mail ([BarbaraL@ArcolaChurch.org](mailto:BarbaraL@ArcolaChurch.org)) and I will have you added to the church newsletter e-mail distribution list.

# Things Every Parent Should Know about Play

Laurel Bongiorno

Play supports children's learning in so many ways. Make sure your child has time to play to promote cognitive, language and literacy, physical, social, and emotional development.

## Children learn through their play

Never underestimate the value of play! While playing, children learn and develop

- **Cognitive skills**—like choosing the blocks to build a tower as high as possible
- **Language skills**—like learning the vocabulary words they need for different play scenarios
- **Literacy skills**—like writing an appointment in a pretend dentist's office
- **Physical abilities**—like gluing a collage and running on the playground
- **Social skills**—like playing together in a pretend car wash with workers and customers
- **Emotional skills**—like waiting for a turn to be the pretend bus driver

## Play is healthy

Play helps children grow strong and healthy. It also can help prevent child obesity through its active nature.

## Play reduces stress

Play helps children grow emotionally. It is joyful and provides an outlet for anxiety and stress.



## Play outside

Think about your own outdoor experiences of building forts, sledding in the winter, or playing with other children in the neighborhood. Make sure your children create outdoor memories, too.

## Play and learning go hand in hand

Play and learning are not separate activities but are closely connected. Think about them as a science lecture with a lab—play is a child's lab.

## Play is a child's context for learning

Children practice and reinforce their learning in multiple areas during play. For example, in playing restaurant, children write and draw menus, set prices, take orders, and play out roles. Play provides rich learning opportunities and leads to children's success and growth in self-esteem.

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Message in a Backpack™ is available online in Spanish. Visit [NAEYC.org/tyc](http://NAEYC.org/tyc) to start reading now!



# Your Child at 2 Years



Child's Name \_\_\_\_\_

Child's Age \_\_\_\_\_

Today's Date \_\_\_\_\_

How your child plays, learns, speaks, acts, and moves offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by his or her 2nd birthday. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

## What Most Children Do at this Age:

### Social/Emotional

- Copies others, especially adults and older children
- Gets excited when with other children
- Shows more and more independence
- Shows defiant behavior (doing what he has been told not to)
- Plays mainly beside other children, but is beginning to include other children, such as in chase games

### Language/Communication

- Points to things or pictures when they are named
- Knows names of familiar people and body parts
- Says sentences with 2 to 4 words
- Follows simple instructions
- Repeats words overheard in conversation
- Points to things in a book

### Cognitive (learning, thinking, problem-solving)

- Finds things even when hidden under two or three covers
- Begins to sort shapes and colors
- Completes sentences and rhymes in familiar books
- Plays simple make-believe games
- Builds towers of 4 or more blocks
- Might use one hand more than the other
- Follows two-step instructions such as "Pick up your shoes and put them in the closet."
- Names items in a picture book such as a cat, bird, or dog

### Movement/Physical Development

- Stands on tiptoe
- Kicks a ball
- Begins to run

- Climbs onto and down from furniture without help
- Walks up and down stairs holding on
- Throws ball overhand
- Makes or copies straight lines and circles

## Act Early by Talking to Your Child's Doctor if Your Child:

- Doesn't use 2-word phrases (for example, "drink milk")
- Doesn't know what to do with common things, like a brush, phone, fork, spoon
- Doesn't copy actions and words
- Doesn't follow simple instructions
- Doesn't walk steadily
- Loses skills she once had

**Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your state's public early intervention program. For more information, go to [www.cdc.gov/concerned](http://www.cdc.gov/concerned) or call 1-800-CDC-INFO (1-800-232-4636).**

The American Academy of Pediatrics recommends that children be screened for general development and autism at the 24-month visit. Ask your child's doctor about your child's developmental screening.

Adapted from CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics. This milestone checklist is not a substitute for a standardized, validated developmental screening tool.



[www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly)

1-800-CDC-INFO (1-800-232-4636)

Learn the Signs. Act Early.

# Your Child at 3 Years



Child's Name \_\_\_\_\_

Child's Age \_\_\_\_\_

Today's Date \_\_\_\_\_

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by his or her 3rd birthday. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

## What Most Children Do at this Age:

### Social/Emotional

- Copies adults and friends
- Shows affection for friends without prompting
- Takes turns in games
- Shows concern for a crying friend
- Understands the idea of "mine" and "his" or "hers"
- Shows a wide range of emotions
- Separates easily from mom and dad
- May get upset with major changes in routine
- Dresses and undresses self

### Language/Communication

- Follows instructions with 2 or 3 steps
- Can name most familiar things
- Understands words like "in," "on," and "under"
- Says first name, age, and sex
- Names a friend
- Says words like "I," "me," "we," and "you" and some plurals (cars, dogs, cats)
- Talks well enough for strangers to understand most of the time
- Carries on a conversation using 2 to 3 sentences

### Cognitive (learning, thinking, problem-solving)

- Can work toys with buttons, levers, and moving parts
- Plays make-believe with dolls, animals, and people
- Does puzzles with 3 or 4 pieces
- Understands what "two" means
- Copies a circle with pencil or crayon
- Turns book pages one at a time
- Builds towers of more than 6 blocks
- Screws and unscrews jar lids or turns door handle

### Movement/Physical Development

- Climbs well
- Runs easily
- Pedals a tricycle (3-wheel bike)
- Walks up and down stairs, one foot on each step

## Act Early by Talking to Your Child's Doctor if Your Child:

- Falls down a lot or has trouble with stairs
- Drools or has very unclear speech
- Can't work simple toys (such as peg boards, simple puzzles, turning handle)
- Doesn't speak in sentences
- Doesn't understand simple instructions
- Doesn't play pretend or make-believe
- Doesn't want to play with other children or with toys
- Doesn't make eye contact
- Loses skills he once had

**Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your local public school. For more information, go to [www.cdc.gov/concerned](http://www.cdc.gov/concerned) or call 1-800-CDC-INFO.**

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1-800-CDC-INFO

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# Your Child at 4 Years



Child's Name \_\_\_\_\_

Child's Age \_\_\_\_\_

Today's Date \_\_\_\_\_

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by his or her 4th birthday. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

## What Most Children Do at this Age:

### Social/Emotional

- Enjoys doing new things
- Plays "Mom" and "Dad"
- Is more and more creative with make-believe play
- Would rather play with other children than by himself
- Cooperates with other children
- Often can't tell what's real and what's make-believe
- Talks about what she likes and what she is interested in

### Language/Communication

- Knows some basic rules of grammar, such as correctly using "he" and "she"
- Sings a song or says a poem from memory such as the "Itsy Bitsy Spider" or the "Wheels on the Bus"
- Tells stories
- Can say first and last name

### Cognitive (learning, thinking, problem-solving)

- Names some colors and some numbers
- Understands the idea of counting
- Starts to understand time
- Remembers parts of a story
- Understands the idea of "same" and "different"
- Draws a person with 2 to 4 body parts
- Uses scissors
- Starts to copy some capital letters
- Plays board or card games
- Tells you what he thinks is going to happen next in a book

### Movement/Physical Development

- Hops and stands on one foot up to 2 seconds
- Catches a bounced ball most of the time
- Pours, cuts with supervision, and mashes own food

## Act Early by Talking to Your Child's Doctor if Your Child:

- Can't jump in place
- Has trouble scribbling
- Shows no interest in interactive games or make-believe
- Ignores other children or doesn't respond to people outside the family
- Resists dressing, sleeping, and using the toilet
- Can't retell a favorite story
- Doesn't follow 3-part commands
- Doesn't understand "same" and "different"
- Doesn't use "me" and "you" correctly
- Speaks unclearly
- Loses skills he once had

**Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your local public school. For more information, go to [www.cdc.gov/concerned](http://www.cdc.gov/concerned) or call 1-800-CDC-INFO.**

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[www.cdc.gov/actearly](http://www.cdc.gov/actearly)

1-800-CDC-INFO



Learn the Signs. Act Early.



# Your Child at 5 Years



Child's Name \_\_\_\_\_

Child's Age \_\_\_\_\_

Today's Date \_\_\_\_\_

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by his or her 5th birthday. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

## What Most Children Do at this Age:

### Social/Emotional

- Wants to please friends
- Wants to be like friends
- More likely to agree with rules
- Likes to sing, dance, and act
- Is aware of gender
- Can tell what's real and what's make-believe
- Shows more independence (for example, may visit a next-door neighbor by himself [adult supervision is still needed])
- Is sometimes demanding and sometimes very cooperative

### Language/Communication

- Speaks very clearly
- Tells a simple story using full sentences
- Uses future tense; for example, "Grandma will be here."
- Says name and address

### Cognitive (learning, thinking, problem-solving)

- Counts 10 or more things
- Can draw a person with at least 6 body parts
- Can print some letters or numbers
- Copies a triangle and other geometric shapes
- Knows about things used every day, like money and food

### Movement/Physical Development

- Stands on one foot for 10 seconds or longer
- Hops; may be able to skip
- Can do a somersault
- Uses a fork and spoon and sometimes a table knife
- Can use the toilet on her own
- Swings and climbs

## Act Early by Talking to Your Child's Doctor if Your Child:

- Doesn't show a wide range of emotions
- Shows extreme behavior (unusually fearful, aggressive, shy or sad)
- Unusually withdrawn and not active
- Is easily distracted, has trouble focusing on one activity for more than 5 minutes
- Doesn't respond to people, or responds only superficially
- Can't tell what's real and what's make-believe
- Doesn't play a variety of games and activities
- Can't give first and last name
- Doesn't use plurals or past tense properly
- Doesn't talk about daily activities or experiences
- Doesn't draw pictures
- Can't brush teeth, wash and dry hands, or get undressed without help
- Loses skills he once had

**Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your local public school. For more information, go to [www.cdc.gov/concerned](http://www.cdc.gov/concerned) or call 1-800-CDC-INFO.**

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