



August Newsletter

Welcome to Preschool

The 2008-2009 school year is underway! I'm excited, the staff and students are excited, and things are going well. We are looking forward to another great year of serving children and families in the St. Thomas More community. Please be patient as we all adjust to our new school year. Feel free to call the school if you have any questions or concerns.

As I visited in the classrooms this week, I was amazed at how well the majority of our preschoolers are adjusting to their new environment. It was especially fun watching our

youngest preschoolers making their way around on their tour of the school. The playground was definitely a favorite.

Transition times such as lunch bunch and extended care are beginning to run smoothly. Shifting the focus from one activity to another can put a child into a temporary state of confusion. Thanks to our wonderful staff of lunch bunch and extended care teachers, the children are moving happily from one transition time to another.

The teachers will contact you if there are any serious problems.

Birthday Gifts of Food for the Poor

You may celebrate your child's birthday at school by providing birthday napkins and simple refreshments to be shared during regular snack time. This is not a party and parents are asked not to attend.

We want to help our preschoolers learn about the joy of giving instead of getting. Several years ago we started a wonderful program to celebrate birthdays. The children are asked to bring birthday gifts of nonper-

ishable food items to the birthday child. The birthday child places the food in a special Birthday box of food for the poor. The food is donated to St. Vincent DePaul.

STM Preschool

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Reminders:

- Ⓢ Check your child's tote bags daily. Plastic envelopes must be returned daily.
- Ⓢ A.M. Extended Care—Breakfast is served from 7:00–7:45. We can not serve breakfast after 7:45.
- Ⓢ The preschool can not handout flyers for organizations or businesses not related to the parish.

Inside this issue:

Welcome	1
Birthday Gifts	1
Car Pool	2
August Birthdays	2
Separation Anxiety	2-3
Dates to Remember	3
Preschool Policies	3

Car Pool/ Room Mother Meeting

Please remember that children not registered in Extended Care must be dropped off in the car pool line. Parents who live in the neighborhood and walk their children to school be sure you transfer your child to a preschool staff member before leaving.

If you need to speak to a teacher leave your name at the front desk and the teacher will get back to you as soon as possible. You may also leave a written message with Miss Joan.

Room Mothers - All Moms interested in volunteering to help with holiday parties, the Jambalaya Dinner, Grandparents' Day, Snow Day, Mardi Gras Parade, St. Joseph Altar/Dads' Day etc. please come to a volunteer meeting Thursday, August 21 at 9:00 in the Activity Center coffee shop. At that time we will plan for the parties and special activities for this school year. Everyone is invited to attend.

Volunteers have always played an important part in our preschool program. Without volunteers it

would not be possible to have the special events mentioned above. Every family is expected to volunteer three hours of their time to a preschool event during the school year. Lets work together to make this a great year.

Birthdays/Dates to Remember

Haylee Deshotel	8-9	"Miss" Connie's Class	Thursday, August 7—Returning Parents visit classrooms—6:15—6:45
Jake Covell	8-22	"Miss" Pam's Class	
Connor Thurman	8-24	"Miss" Dana's Class	Thursday, August 7- 7:00—New Parent Meeting
Natalie Kaiser	8-25	"Miss" Dana's Class	
Patrick Alley	8-26	"Miss' Connie's Class	Friday, August 8—Open House for students
Carmen Salvaggio	8-26	"Miss" Margaret's Class	
Tram-Anh Truong	8-31	"Miss" Connie's Class	

Monday, August 11—First day of school for children whose last names begin with A-L

Tuesday, August 12—First day of school for children whose last names begin with M-Z

Maintenance Fees

Thanks in part to the maintenance fees collected we were able to make major improvements to our preschool building during the summer. Our activity room has been painted and the walls repaired, new carpet was installed in all the classrooms and the activity room, the playground bathroom was remodeled, and all the floors were stripped and waxed. As you can see your maintenance fees were put towards many need improvements.

Separation Anxiety: 15 Ways to Ease by Cathryn Tobin, M.D.

Separation anxiety is a little one's way of saying how much they really don't want to say good-bye. Most pre-schoolers and grade schoolers experience it at some point in their early lives. Sometimes it occurs out of the blue after a change in the environment. Other times separation anxiety occurs because children are worried about life at home—perhaps because parents are fighting or someone is sick — and they feel a sense of uncertainty about leaving home. Most often, however, separation anxiety is purely a "missing mom" issue. My child fussed for months on end until I had my eldest daughter drop her off. Almost immediately, the tears and tantrums disappeared. Follow these 15 strategies and you may be able to minimize the problem too.

Do: Keep your good-byes short and sweet. In doing so, you convey the message that you have confidence in your child's ability to cope.

DON'T: Hover around. Your child will sense your anxiety, and this will make it more difficult for her to calm down.

DO: Tuck a family picture or a loving reminder away in your child's tote bag for her to look at later in the day.

DON'T: Sneak out. You want your child to know unequivocally that she can trust you.

DO: Develop loving good-bye routines. My child and I invented a kiss-hug-nose-rub routine that we both enjoy.

DON'T: Bargain or bribe your child to behave. Your little one should be allowed her feelings.

DO: Send clear messages. Your child needs to know that you expect him to go to school no matter how much he fusses, cries, or stamps his feet.

DON'T: Take your school aged child home. If you do, you send the message that if your child cries enough he won't have to stay.

DO: Invite children from the class over, so your child can forge friendships that will make the transition easier.

DON'T: Get upset. By keeping an upbeat and positive attitude about your child's school, teacher and friends, you'll help your child feel safe and enjoy his time at school.

DO: Ask your spouse or another family member to take a turn dropping your child off, or pick up one of your child's classmates on the way to school, and your problems may disappear with lightning speed.

DON'T: Discuss problems with the teacher in the morning. Save conversations and questions for the end of the day.

Do: Involve the teacher. You need someone on the other end who will greet your child and ease the transition.

DON'T: Be surprised if you solve the problem and it reoccurs after holidays and sick days

DO: Believe in your child's ability to make positive changes.

Remember: Separation anxiety means that a strong and loving bond exists between you and your child.
