

A Typical Day in Preschool

Building Blocks (3 year olds)

Welcome and Free Play

An opportunity to explore materials

Circle Time

Songs, games, group activities, calendar, stories, cooking and music, classroom helper, "It's all About Me"

Centers Exploration

Use of a wide variety of materials and manipulatives in small groups with attention to content areas and thematic study and social interaction

Snack

Snacks provided by families

Outdoor/Gym Time

Running, sliding, swinging, digging & biking (group games in the Gym when weather prevents outdoor play)

Closing

Discussion of the day's highlights and upcoming events, say goodbye to friends

Stepping Stones (4-5 year olds)

Welcome and Free Play

An opportunity to explore materials

Class Meeting

Discussion about themes and ideas, areas of exploration, group projects, daily planning, calendar, activities, adopted Grandparents visits

Centers Exploration

Use of a wide variety of materials and manipulatives in small groups with attention to content areas and thematic study and social interaction

Snack

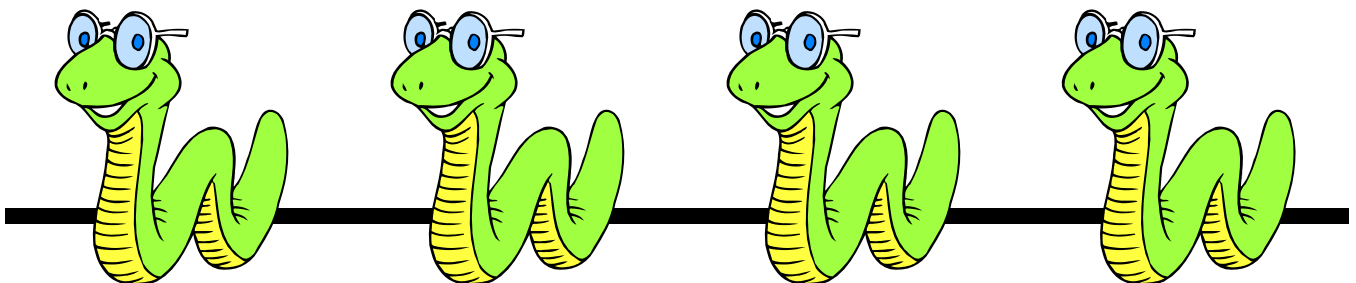
Snacks provided by families and is available during free play time and center time

Outdoor/Gym Time

Running, sliding, swinging, digging & biking (group games in the Gym when weather prevents outdoor play)

Closing

Discussion of the day's highlights and upcoming events, say goodbye to friends



Children's Adjustment to Class

Entering a new group of children and adults may be temporarily upsetting to a child which, in turn, may bring about feelings of guilt or doubt in their parents. These feelings are perfectly natural. And, while it may take time for a child to feel completely comfortable in a new environment, it will happen. Some children will run right into class with a hurried good-bye to parents. Some of these parents may feel emotions that the child doesn't need them anymore, and this is certainly not the case. Parents should respect their child's independence and say good-bye and let the child know that they will return later.

Suggestions for families who are having a slower adjustment :

- Talk with the child's teacher, sharing any information that will help make the transition easier.
- Talk positively and enthusiastically about the class and teachers with the child. It is important that the child sense that the parents like and trust the teachers.
- When arriving to class, the parent could take a moment to get the child settled in, interest him/her in a toy and tell him/her that they are going now, but that they will be back later. Once the good-bye has been said, parents should promptly leave the classroom. Good-byes should be kept short and simple. It is not recommended to "sneak out" while the child isn't looking. He/She may soon discover the unexplained absence and feel betrayed or abandoned. By being open about "good-byes", parents will help their child develop the confidence and trust that the parent will return.
- Crying when a parent leaves is not unusual of a young child. In most cases, crying stops shortly after the parent is out of sight. Trust that the staff will try to comfort your child until he/she is ready to join their new friends. Some children may not want to be comforted by the teachers (in some cases it can even make the child more agitated); in this case, teachers will let the child have their own space and the teacher will keep an eye on them from a distance. Teachers will encourage participation in the class, but will never force participation. The goal is for the child to gradually feel comfortable in their new environment– the child may choose to play independently or watch from the perimeter of the classroom.
- Parents shouldn't "peek" through the classroom window as children are aware of this and will have a difficult time moving away from the door and joining their classmates. If the child is in Building Blocks or Stepping Stones, parents may call the Center to check on their child. If the child is in Twoodles and is extremely upset and not calming down, a teacher will bring the child to the parent if deemed necessary for the wellbeing of the child or safety of the other children in the class.
- Parents are encouraged to have open communication with teachers to discuss strategies. Parents should inform teachers if there have any changes at home like a new baby, visitors, death in the family or anything else that may disrupt the daily activities at home.



Suggested and Approved Snacks for Building Blocks and Stepping Stones



Fresh fruit and/or veggies (clean and cut)
Canned fruit (opened and drained)
Applesauce, fruit cups, fruit in gel cups with spoons
Crackers—goldfish, graham, Ritz, animal
Bread—muffins, bagels, rolls
Bars—fruit, granola*, energy, etc.
Chips, rice cakes—healthy versions preferable
Cookies*—healthy versions preferable, i.e. fruit Newtons

Some Preschool approved favorites: graham cracker and applesauce, fruit salad, carrots & celery with hummus or ranch dip

Most importantly- No snacks should contain peanuts or be processed in the same plant as peanut containing foods. Be aware that your preparation utensils don't come into contact with a nut product and then cross contaminate anything you are preparing for class.



Stepping Stones Parents: Please wear gloves provided on the snack cart when touching any food items with bare hands or use a serving utensil.



Water will be served with all snacks.



All snacks should be store bought and in the original packaging. Exceptions can be made for home baked "treats," but a detailed list of specific ingredients must accompany all home baked items.

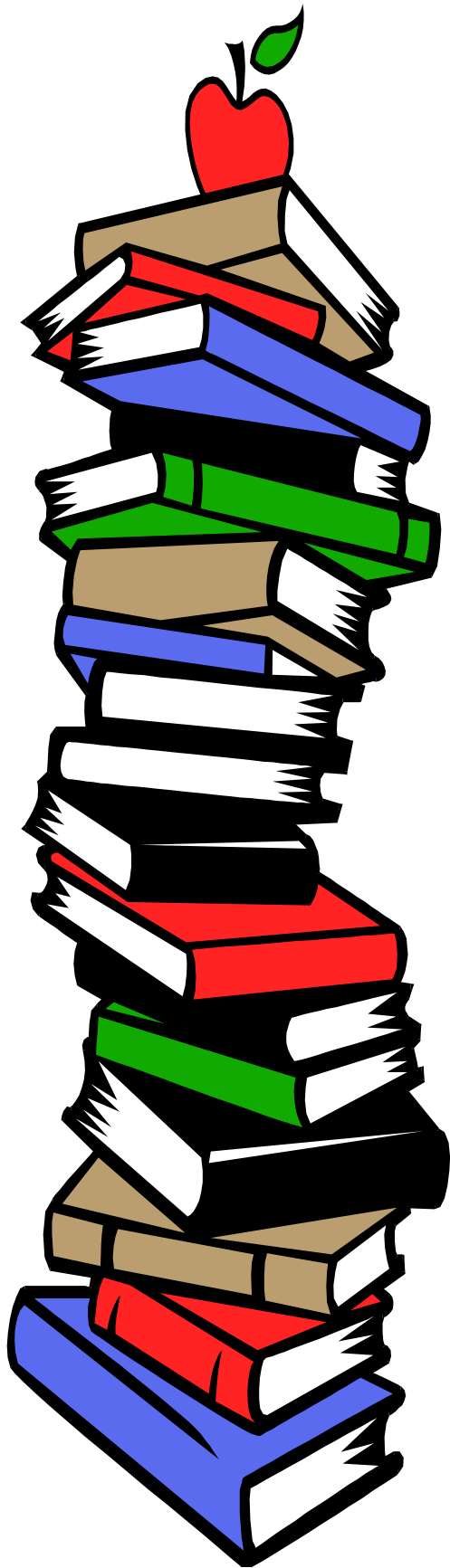


We are unable to serve any perishable items like cheese or yogurt due to Health Department Regulations.



Please send spoons if your snack requires them. Napkins are always appreciated!





Dear Building Blocks & Stepping Stones Families,

As we welcome you into our program, we would like to introduce you to two programs that we participate in: Scholastic Books and Grand Rabbits Bunny Bucks.

The Louisville Recreation Center Building Blocks and Stepping Stones programs participate in the Scholastic Book Club because it affords us the opportunity to help families establish and build their children's home libraries at a low cost while also providing us with an opportunity to order books for our classrooms at no cost.

The September Catalog will be available at the Open House for your family. Please take a minute to look it over. If you are interested in purchasing any of the books, just fill out the back order form and return it to your child's teachers with a check for the total amount made out to Scholastic Book Clubs.

You may also shop online with Scholastic
<http://www.scholastic.com/clubordering>
User Name: LouisvilleRecreationCenter
Password: BBlocksSStones

When your books arrive, your child's teacher will put them in his/her cubbie. Stepping Stones and Building Blocks are credited points for every purchase you make and the points are used to order books for our program. By building your library at home, you also help to build your child's school library!

Scholastic comes out with a new catalog every month or two and you will get a copy of it in your child's cubbie. You are under no obligation to order books from Scholastic and there is no ongoing commitment. We just ask that if you are purchasing books for your family, that you consider buying them through our program and Scholastic.

Bunny Bucks at the Grand Rabbits store is another program in which we participate. If you are doing any shopping at their stores, please mention our program at time of check out and we will receive points for your purchase. Twice a year, they issue Bunny Bucks based on the number of sales associated with our program and we may use them to purchase supplies for the classroom. Our program is listed as Louisville Recreation Center Preschool.

Thank you and Welcome!
Lana Fauver
Stepping Stone Teacher
Program Director

 SCHOLASTIC

