



August 2015



Principals Message:

Dear Parents,

This summer has been full of activities that have been fun and educational with our summer camps. Some of you may have received a "Parent Share" directly from your child's teacher. This is a new communication tool that we have implemented to show you what your child is learning at school. We are only allowing children who have a general release form filled out to participate in this. If you would like your child to participate please stop by the office and fill one out. We are also on Facebook, come check us out.

We want to welcome all of our new families that have joined us and will be joining us during the next few months. We are excited for you to be a part of our Discovery Isle Family!

As our summer winds to an end soon, we would like to thank all of our wonderful families for participating in our special events and being a part of the Discovery Isle family.

Sincerely,
Melinda Carvalho, Principal

Quick News for You!

- Starting July 1st new Tuition rates will begin. Please see the office if you have any further questions.
- If you will be taking time off this summer please let the office know. Any termination requires a 30 days' notice.
- Vacation time will be renewed as of July 1st. Starting July 1st our new Vacation policy will also begin which states that a vacation credit will be authorized of one week each school year as long as a child's absence from the school is up to five consecutive days (which days may not extend over a weekend) Please refer to your Parent Handbook on page 6.

A little Reminder...

- ✓ It's getting hot out there so please make sure that you apply sunscreen on your child in the morning and fill out the Sunscreen Authorization form for the teachers to apply sunscreen if you child is at school after 3:00 pm.
- ✓ Parents please be sure to remember proper pick up times:
Part-time 8:30am-2:30pm
Fulltime 6:45am-6:00pm

Students picked up later will be charged \$1.00 for every late minute.
- ✓ Please make sure that you sign your child in and out in their classroom's sign in/out book located in the front office each day. This is a licensing requirement. Thank you.

Save the Date!

<i>Aug 1st - 5th</i>	Accepting August Tuition ☺
<i>Aug 4th</i>	Bring your favorite stuffed animal rainforest friend to school
<i>Aug 13th</i>	San Diego Chargers football spirit day
<i>Aug 19th</i>	Summer Sunglasses Day <i>-wear your sunglasses to school today)</i>
<i>Aug 23rd - 24th</i>	Ahoy Mateys! <i>Treasure hunts, searching for gold and treasures, walking the plank and much more pirate fun!</i>
<i>Aug 25th - 26th</i>	Sherriff's Visits
<i>Aug 27th -28th</i>	Fire Fighters Visits
<i>Aug 31st</i>	Beach Ball Bonanza Blast!

A message from our Nobel Education Department

Reestablishing Routines for Your Preschooler

Maintaining Order & Staying on Track

As we reach the end of summer, now is a great time to reestablish comforting routines for your preschooler. Routines help children build self-confidence and independence, cope with transitions, and gain a better understanding of the world around them.

Our Links to Learning curriculum promotes students' social and emotional development, which is necessary for following directions and demonstrating self-control. Our teachers focus on the importance of healthy living and safety routines in the Wellness component of our curriculum.

Here are some examples of ways we establish routines in the classroom, as well as ideas for you and your child to do at home.



TODDLERS (ages 1-2):

In the classroom: Naptime gives children an opportunity to recharge and reboot. Our toddlers transition from napping in cribs to napping in cots. Teachers schedule naps at the same time and in the same area of the classroom every day. Soothing music is played to help toddlers wind down.

At home: Talk with your child's teacher about the naptime routine at school. Minimize naptime battles by attempting to maintain the same routine at home.

Recommended reading: *Naptime* by Elizabeth Verdick

BEGINNERS (ages 2-3):

In the classroom: Around age two, children begin to learn basic self-help skills such as dressing themselves. Our Beginner students practice snaps and zippers, and are encouraged to complete basic sequences like putting on socks before shoes.

At home: Offer your child a choice during routines in order to increase his interest in the activity. For example, lay out two outfit options for him to wear. Allow him to choose the outfit he prefers. Give him ample time to dress himself before offering assistance. Praise every attempt.

Recommended reading: *Let's Get Dressed* by Caroline Church

INTERMEDIATES (ages 3-4):

In the classroom: Teachers focus on the importance of sleep in the Wellness component of our curriculum. Students read and act out *We're Going on a Bear Hunt* by Helen Oxenbury and Michael Rosen. They discuss why the bear was sleeping, and why sleep is important.

At home: Create a bedtime routine for your child. For example, bathe, brush teeth, read a story, go to sleep. Follow the same sequence of events at the same time and in the same order every night.

Recommended reading: *The Going-to-Bed Book* by Sandra Boynton

PRE-K/PRE-K 2 (ages 4-5):

In the classroom: Our older students follow an arrival routine at the start of every school day. They sign themselves in, say goodbye to their parents, and put away their belongings. Students learn rhymes and songs to help remind themselves what to do when they enter the classroom.

At home: Mornings are critical for setting the tone for a successful and positive day. Establish a morning routine for your child with a maximum of four steps. For example, get dressed, brush hair, brush teeth, eat breakfast.

Recommended reading: *Waking Up is Hard to Do* by Neil Sedaka & Howard Greenfield

Following routines helps children develop the habits of responsibility that will be crucial for their future success and well-being. Kindergarten students are expected to follow instructions, listen to their teacher and complete specific tasks. By setting routines in the preschool years, your child will be better prepared as he enters elementary school and beyond.

- Lauren Starnes, PhD – Director of Early Childhood Education