

Sonshine Times

Sonshine Christian Preschool

14515 Harvey Oaks Avenue Omaha, NE 68144

402-208-7333

www.sonshinechristianpreschool.org

September 2016

Our mission is to ensure a Christian based, safe, hands-on, developmentally appropriate, fun learning environment that meets the needs of the whole child...physical, spiritual, emotional, social, and intellectual. This is done by providing a variety of experiences in art, children's literature, music, dramatic play, fitness, cooking, and gross motor activities. We provide an environment where children can discover for themselves, become self-directed and independent, and experience activities that will help them grow and develop.



WELCOME!!!

We are so excited to welcome all of you to Sonshine Christian Preschool! It's the start of a new school year and we plan to have lots of fun. Inside and outside playtime, creative art activities, fun finger plays, music and great stories are just a few of the amazing things going on! All of us are parents ourselves, so we understand just how precious these children are. Please don't hesitate to ask any questions or concerns you may have. We want to make both you and your children as comfortable as we can. We look forward to working with you this year!

Tammie Dickens/Director/Teacher

Jolene Fitzpatrick/Teachers aide

Jennifer Hammes/Teacher

With school starting, many parents have questions regarding separation anxiety. This is actually the number one concern most parents have, so know you are not alone :) Believe it or not, separation anxiety is natural. It is a sign that your child has developed a healthy attachment to you.

Here are some tips to make it easier, the 3 “C”

Be Confident: If you are nervous about leaving your preschooler they will sense it and your anxiety will heighten their fear, stay calm and reassure them that they are safe.

Be Consistent: Doing the same routine every time you drop your preschooler off at preschool will teach them to trust the routine, easing the fear of the unexpected. A quick hug/kiss and an “I Love You and I will see you after school” is a great way to say goodbye!

Cries Happen: Most of our tears last only minutes after you leave and stop altogether by the first month. Your child will soon learn that each goodbye is followed by your happy return. It won't be long before “I don't want to go to preschool” turns into “I'm not ready to leave!”

Peanut/Nut Free Snack Idea's

All fresh fruits and vegetables

Nilla Wafers, Teddy Grahams, Rice

Krispie treats, nutria-grain apple
cinnamon twists.

Rold gold pretzels, snyders of hanover
pretzels, popcorn.

Sunshine Cheez-Its, wheat thins, Keebler
town house crackers...

****A full list can be found on
our front bulletin board****

PEANUT ALLERGIES

If you have not yet signed up for snack, please do so next week. The snack schedule can be found outside your child's classroom!

PLEASE DO NOT SEND ANY SNACKS THAT CONTAIN PEANUTS

OR PEANUT PRODUCTS. WE HAVE SEVERAL CHILDREN
WITH PEANUT ALLERGIES AND DO NOT WANT THEM TO BE

EXPOSED. Although the children with allergies will be
bringing their own snack each morning, we ask that you check
ingredients before bringing in food and please send

prepackaged snacks with their labels so that we can be assured
that we do everything we can to keep our Sonshine children

safe. Thanks!

September Calendar...

September 6- Classes Start

September 14-Bike Day **P3 and P2 Only**

Bring your bike, scooter or bigwheel, helmet and tennis shoes for a fun day of riding bikes at school!

P3, P2 Mrs. Dickens

P2 Mrs. Hammes MWF Class only

September 22- Parent Meeting 7pm-8pm

September 21-Field trip to Bag N Save Day
P3,P2 Mrs. Dickens and P2(Mrs. Hammes MWF) Class only

Parents and siblings welcome!

October Calendar...

October 4-5: Picture Days

October 12-14: No School

October 26 and 27- Fall Festival

Wed. Oct 26

P3, P2 Dickens 11:30am-12:00am

P2 Hammes(MWF) 11:30-12:00am

Thurs. Oct 27

P1 Hammes(TR) 11:00-11:30

BUCKETS

Don't forget to send a change of clothes in your child's bucket. We tend to get messy at school or sometimes accidents just happen. Having a change of clothes helps!

Enrollment Forms

If you haven't already, please print and fill out and return to school no later than Sept. 16. Forms can be found at

www.sonshinechristianpreschool.org.

Gary the traveling Gecko!

Gary, our school Gecko, is available for a visit in your home over the weekends and holidays! He can be checked out on the sign up sheet outside Mrs. Dickens' room. He is super easy to care for and even comes with his own instructions! He is a great way to try out what having a pet is like, learn the responsibility that comes with a pet and compassion for animals.

Book Orders can be done online!

Book orders will be coming home soon! Orders can be placed online at

www.scholastic.com

or orders can be returned to school. Use the code **H6LN9** to link your account to Sonshine. Book orders are due the first Friday of each month.