

# Sonshine Times

September 2014

Sonshine Christian Preschool    14515 Harvey Oaks Avenue  
Harvey Oaks Baptist Church    Omaha, NE 68144    208-7333

*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

Julie Huntington/Assistant Director

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 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!

### 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\*\***

## September Calendar...

September 8: Classes Start

September 16-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 Mrs. Dickens**

**P2 Mrs. Hammes MWF Class only**

September 24: Parent Meeting 7pm-8pm

September 23-Field trip to Bag N Save Day  
**P3(Mrs. Dickens and P2(Mrs. Hammes MWF) Class only**

**Parents and siblings welcome!**

## October Calendar...

October 5-7: Picture Week

October 14-16: No School

October 28 and 29: Fall Festival

### **Wed. Oct 28**

P1 Huntington(MW)11:00am-11:30am

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

### **Thurs. Oct 29**

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

P3Dickens 11:30-12:00

## **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**

The enrollment packet is on our website [www.sonshinechristianpreschool.org](http://www.sonshinechristianpreschool.org) under "registration" then "enrollment packet". If you haven't already, please print and fill those out and return to me no later than Sept. 25. Please note that we cannot accept any sort of print out for immunizations. The form needs to be filled out and signed by hand.

### **Book Orders can be done online!**

One of the greatest gifts you can provide to your child is the gift of reading! Scholastic offers a great selection of books for every reading level! Every time you order a book online, Sonshine collects points to purchase books for our library here at school. Just click on the link on our website and register. Use the code **H6LN9** to link your account to Sonshine. Books are ordered on the first Friday of each month.



## Smores the traveling Guinea Pig!

Smores, our school guinea pig, is available for a visit in your home over the weekends and holidays! She can be checked out on the sign up sheet outside Mrs. Dickens room. She is super easy to care for and even comes with her own instructions! She 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.

### Developmental Scre

*Sonshine Christian  
Preschool T-shirts*

*New this year!*

*We are ordering t-shirts, long  
sleeve t-shirts and  
sweatshirts!*

*They will be great to wear on those  
extra messy days or just any day of  
the week! Orders forms will be sent  
home in buckets next week!*

*All orders due by September 25!*