

# Sonshine Times

Sonshine Christian Preschool

14515 Harvey Oaks Avenue, Omaha, NE 68144

402-208-7333

[www.sonshinechristianpreschool.org](http://www.sonshinechristianpreschool.org)

September 2018

*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 contact us with any questions or concerns you may have. We look forward to working with you this year!

Tammie Dickens/Director/Teacher

Christi Koch/Teacher

Jennifer Knight/Teacher's Aide

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 so that we do everything we can to keep our Sonshine children safe. Thanks!

### Peanut/Nut Free Snack Idea's

Any fruit, Apples, bananas,  
grapes

Cantaloupe, watermelon

yogurt

Cheese, crackers

Any Veggies, Carrots, broccoli

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

### September Calendar

**September 12-**Bike Day, Rain or Shine!

**P3 and P2 Only**

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

**September 19-**Field trip to Family

FareDay

P3, P2 (Kochs MWF/Dickens M-Th)

Classes only. Parents and siblings welcome to walk with us! Leave Sonshine at 9:30 and hope to return by 10:30. Please send \$1.00 with your child to school on or before this trip for their apple!

**September 20-** Parent Meeting 7-8 pm

**September 20-**Red Day, wear your favorite red outfit to school!

Mrs. Koch P1 T/TH Class

**September 24-**PJ Day- Wear your PJ's to school!

Mrs. Dickens P3 M-TH and  
Mrs. Koch P2 M/W/F class.

**September 25-**PJ Day Wear your PJ's to school!

Mrs. Koch P1 Class

### October Calendar

**October 9-**Class Pictures

Mrs. Koch-T/TH P1

**October-10** Class Pictures

Mrs. Koch M/W/F, P2

Mrs.Dickens M-Th P3

**October -17-19- No School**

**Wed. Oct 24** Fall Festival

Mrs. Koch-MWF, P2-11:30-12:00

Mrs.Dickens M-TH P3- 11:30-12:00

**Thurs. October 25** Fall Festival

Mrs. Koch-T/TH, P2-11:00-11:30

\*\*\*More Fall Festival info to follow in October!

### **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!

**Book Orders can be done online and are due the first Friday of every month!**

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, Sonshine collects points to purchase books for our library here at school. Please go to [www.scholastic.com/bookclub](http://www.scholastic.com/bookclub) use the code **H6LN9** to link your account to Sonshine. Orders may also be returned to school by the first Friday of the month!

## Mark your calendar for our Parent Meeting

September 20 from 7-8pm

This meeting is for parents only and we will be covering a few things from our handbook and answering any questions you may have about our school. We will also have a short speaker, Carey Pomykata from Coalition RX. Carey was a previous director at Sonshine and was a big part of our playgrounds Dillon's house. Dillon's house was donated to Sonshine by a family from Harvey Oaks Church who lost their son to a prescription drug overdose at the age of 15. Dillon attended Sonshine and knew Carey personally. She has been instrumental in the Omaha area with the Dillon's House Foundation and Coalition Rx trying to spread awareness about prescription drug abuse. Carey will be bringing drug lock boxes for every family who attends and giving us ways to keep our kids safe around prescription drugs! We hope to see you all that evening.

### **!!!!!!!!!!!!!!!!!!!!Fun Fridays!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

**Join Mrs. Dickens for an extra day of play every Friday from 9-11:30. Any child ages 3-6 years old is able to attend this fun morning of play. Each session is \$10.00 or \$30.00 if registered for a full four week month!**

**September 14 Alphabet Mystery**

**September 21 Apple Adventure**

**September 28 Bears Oh My!-Bring your favorite stuffed bear!**

**Sign up is located inside the school entrance!!**