

# Little Bridges News

August 2025



## Calendar of Events

### **CLOSED – Staff Training**

Monday 8/11  
Tuesday 8/12

### **LB Orientation**

Tuesday 8/12  
9:00 - 9:45am

### **First Day of School**

Wednesday 8/13

### **CLOSED – Labor Day**

Monday 9/1

### **Back-To-School-Night**

6:30pm Thursday 9/4

### **Picture Days**

Mon 9/8 & Tue 9/9

### **Book Fair**

Mon 9/22- Fri 9/26

## **Teacher Training/In-Service Days**

Little Bridges will be closed on Monday, August 11<sup>th</sup> and Tuesday, August 12<sup>th</sup> for teacher training/in-service days. We will be using these days to attend professional development workshops, become recertified in First Aid/CPR and participate in team building exercises.

## **Join Us on 8/12 for Orientation Day**

New Student Orientation will be held August 12<sup>th</sup>. Any child transitioning into a new room is invited to check out their new classroom. We hope that a brief visit with your child's new teachers and environment will help make for an easy transition on their first day of school. The Duck, Giraffe, Jaguar, Koala, Panda, Tiger and School Age classes will have a morning orientation time from 9:00am – 9:45am. Because this is a teacher training/in-service day, we have to keep the orientation brief.

## **Baby Wipe Drive**

Little Bridges is partnering with Canyon Creek Church in a Baby Wipe Drive for the Community Care Pantry. CCP supports families who are facing reduced income or loss of employment with free household supplies.

New and up opened packages of wipes can be dropped off in the LB office or on the CCP table outside of the Gathering Hall from August 13<sup>th</sup> to August 31<sup>st</sup>

## **Sign In/Out Daily on Brightwheel**

All children must be signed in and out on brightwheel EVERY TIME they are dropped off and picked up from school. It is extremely important to have accurate attendance and it is also a licensing regulation we must comply with. Little Bridges can be fined every time a child is not signed in or out (and they check when they visit!).

## **Back to School Night - Thursday, September 4<sup>th</sup>**

Back-to-School-Night is scheduled for Thursday, September 4<sup>th</sup> from 6:30- 7:30 pm.

This is a time for teachers to discuss the class curriculum, the daily schedule, and the objectives for the year. I hope you plan on attending this very informative night. **This night is for parents only please.** Parents can go straight to their child's classrooms.



## **Saying Goodbye is Hard**

This past month has probably been an emotional one for many of you. Realizing that your children are growing up and going off to school usually brings up a set of mixed feelings for the entire family. I can relate. After raising four children, there was always some new milestone being crossed as the years ticked by.

There are many of you who are feeling the strain of what we call "Separation Anxiety" – and going through this can make it extremely difficult to say goodbye to your child, especially if they are clinging onto your leg for dear life and begging you not to leave. (I've been there.)

For the most part, separation anxiety is a little one's way of saying how much they *really* don't want to say good-bye. Most preschoolers and grade-schoolers experience it at some point in their early lives. Sometimes it occurs out of the blue after a change in the environment. Other times separation anxiety occurs because children are worried about life at home. Most often, however, separation anxiety is purely a "missing mom/dad" issue.

If you can treat these separations matter-of-factly, your child will learn to separate rather easily, making the whole process much less draining for both of you. Below are some suggestions to help you and your child deal with separation.

**DO:** Keep your good-byes short and sweet. In doing so, you convey the message that you have confidence in your child's ability to cope.

**DON'T:** Hover around. Your child will sense your anxiety, and this will make it more difficult for her to calm down.

**DO:** Tuck a family picture or a loving reminder away in your child's cubbie for her to look at later in the day.

**DON'T:** Sneak out. You want your child to know unequivocally that she can trust you.

**DO:** Develop loving good-bye routines. One of my sons and I invented a kiss-hug-nose-rub routine that was our special way of saying "Goodbye, I will be thinking of you today and I'll be back".

**DON'T:** Bargain or bribe your child to behave. Your little one should be allowed her feelings.

**DO:** Send clear messages. Your child needs to know that you expect him to go to school no matter how much he fusses, cries or stamps his feet. Stay calm and say, "Today is a school day."

**DON'T:** Take your child home. If you do, you send the message that if your child cries enough he won't have to stay.

**DO:** Invite children from the class over, so your child can forge friendships that will make the transition easier.

**DON'T:** Get upset. By keeping an upbeat and positive attitude about your child's school, teacher and friends, you'll help your child feel safe and enjoy his time at school. (You can always loose it in the car when you are alone).

**DO:** Involve your teacher. You need someone on the other end who will greet your child and ease the transition.

**DON'T:** Discuss problems with the teacher in the morning. Save conversations and questions for the end of the day or use Brightwheel to message teachers directly. (And do these out of your child's earshot.)

**DO:** Believe in your child's ability to make positive changes.