

# Little Bridges News

August 2021



## Calendar of Events

### **CLOSED – Staff Training**

Thursday 8/5

Friday 8/6

### **Orientation**

8/6 9:00am – 9:45am

### **First Day of Pre-School**

Monday 8/9

### **First Day of School Age**

Tuesday 8/10

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

(No children please)

7:00 pm – 8:00 pm

Thursday 8/26

### **CLOSED – Labor Day**

Monday 9/6

### **Book Fair**

Mon 9/27 - Fri 10/1

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

Little Bridges will be closed on Thursday, August 5<sup>th</sup> and Friday, August 6<sup>th</sup> for teacher training/in-service days. We will be using these days to go through safety training, curriculum, and team building exercises.

## **Orientation Day - Friday, August 6<sup>th</sup>**

New Student Orientation Day will be held August 6<sup>th</sup>. Any child transitioning into a new room on August 9<sup>th</sup> 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 Ducks, Giraffes, Jaguars, Koalas, Pandas and School Age Kindergarten 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.

## **Masks Required**

We are asking that all parents wear masks when picking up and dropping off students. All our staff and children ages 2 and up will also be masking up until your precious little ones can be vaccinated.

## **Parking Lot Safety**

Please drive **SLOWLY** through our parking lot and back up **SLOWLY** when pulling out of a parking spot. There are so many little children coming and going and they are hard to see. The drop off zones are NOT a place to park to walk your child to class.

## **Updated Emergency Forms**

All enrollment and emergency forms are due! We must have updated forms filled out every school year. Packets were emailed to families last month with all required forms. If you have not turned in your 2020/2021 forms in yet, please do so ASAP.

## **Back to School Night - Thursday, August 26<sup>th</sup>**

Back-to-School-Night for all preschool classes (Frogs through Pre-K) is scheduled for Thursday August 26<sup>th</sup> from 7:00 pm – 8:00 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. Even with adult children, there is always some new milestone being crossed as the years tick by. I will be sending my "baby" off for his last year of college in 17 days (yes – I'm counting) and I know it will be tough.

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. (And do these out of your child's earshot.)

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