
Sonshine News

November 2005

From the Director:

Yippee! We're back in session and after only several weeks, things are going very well.

We expect a fair amount of separation anxiety at the beginning of a pre-school year. This is the first time some children have been away from their mom and visa versa. Some children warm up instantly, others take time to observe before they feel comfortable in the group setting.

Sometimes just when you think a child has settled in nicely that's when they really understand "when I go to preschool, I have fun but my mommy leaves me" and..."waaaaa!!! I want my mommy!"

Not to worry! That's normal.

Coming to preschool is much more than "academic learning". Before children can learn new things, they must be comfortable and happy. We want the children to know they can trust their parents and their teachers to take care of their basic needs (comfort and security). Then the bond of trust will grow between teachers and children.

As the teachers get to know each of the children in their classes, they will adjust the routine and program to meet individual as well as group needs.

It certainly is a privilege to participate in such a developmentally-appropriate program with great staff and such wonderful children and families! Thank you for choosing Sonshine for your child. We look forward to another great year at Sonshine!

Love & Blessings!

Penna Steele, Director



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Preschoolers Share?

Are preschool children ready to share? NO!

Possession is one device the young child uses to hammer out autonomy. Just as babbling comes before talking, so owning comes before sharing. To fully share, a person must first fully possess. It is important to allow children time to feel ownership and fully satiate their need to possess something before they can even think of sharing it.



Often adults expect children to be like adults - completely forgetting that children are children not little adults.

Polar Express Family Outing December 10 - 4:30pm

This is one of our favorite annual events for the whole family and many have made it a tradition! Sonshine purchases a block of tickets to sell to our families at cost.



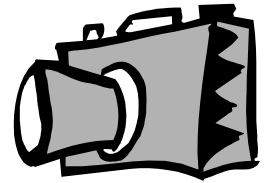
Early in September, we purchased 175 tickets for the Dec 10 train. We are accepting ticket orders until midnight on Oct 18. Don't forget to submit your check along with the order slip. Orders will be filled by a lottery drawing. If your order is not filled, then your check will be returned to you.

If your name is drawn in the lottery, you will be notified by phone call. Please pick up your tickets in the office.

Polar Express Coordinator

School Picture Day Nov. 8 and 9

If your child has never had a school picture taken, you will be pleased to know we just can't say enough about our friends from Carney & Co. These ladies are always positive and tireless as they work with your children and the results show it!



Although there are always a few children who do NOT want their pictures taken (even in the group with their friends), most children are happy participating in what could really be a stressful operation. Parents are NOT allowed to accompany their children for pictures as it is almost always disruptive and causes more problems than you would think.

Teachers will remain with the children while they get their pictures taken. Extra parents have been scheduled to work in each classroom on picture days.

We suggest you dress your child in something they can wear for the rest of the class time since there isn't enough time to change the children's clothes. Although there won't be any paint out on picture day, for the children's sake, the classrooms will continue their regular routine including snack and outside play so we cannot guarantee your child's clothes will not get dirty.



Tuition Reminder

Tuition is due and payable on or before the 1st of every month. For your convenience,

you can drop your payment into the brass mail slot by the office door any time day or night, weekday, weekend, holiday, etc.

Fundraising Opportunities

Help keep tuition down - Raise funds the Easy, Yummy Way!

Each year you have a variety of fundraising opportunities to choose from. Some are yummy, some are fun and some are even "no-cost", "no-work-required".



Some of the choices you have this year include:

e-Scrip - a "no cost", "no-work-required" opportunity

Safeway - shop, save & support Sonshine
(note: Everyone must register their club card)

Albertson's - shop, save & support Sonshine

Masterpiece Cookie Dough - orders due Oct 18

See's Candy - Christmas (November/December)

Fundraising Insurance - Don't want to buy another roll of wrapping paper, light bulbs etc? - Sonshine Fundraising Insurance might be just the thing for you. Your donation is 100% tax deductible. Contact the office for more information.

Fundraising is one way Sonshine can continue to keep tuition reasonable while still providing a quality program with quality staff.



Harvest Celebrations October 26 - 28

During the month of October, Sonshine has been celebrating Fall and the harvest season. We will be visiting Joan's Pumpkin Patch Oct 19 & 20, and on Oct. 26 - 28 each class will hold a Harvest Celebration.

No costumes from home please. Each class will do something special. Some classes will make their own costumes, some will have a parade and some will invite parents for a photo op.

OCTOBER 2005

- 1 Tuition Due
- 2 Ice Cream Social
- 5 Late fee applied at 3:30
- 10 Columbus Day -
Sonshine Open
- 15 Parent Workday (8am - Noon)
- 19-20 Pumpkin Patch Field Trip
- 26-28 Harvest Celebrations
- 30 Daylight Savings Time Ends
- 31 Sonshine Closed

NOVEMBER 2005

- 1 Tuition Due
- 1 All Saints' Day
- 5 Late fee applied at 3:30
- 5 Parent Workday (8am - Noon)
- 8 Election Day
- TBA Chapel
- 8-9 Picture Day
- 11 Sonshine Closed -
Veterans Day
- 16-17 Thanksgiving Celebrations
- 18 Sonshine Closed - Staff Dev
- 21-25 NO School -
Thanksgiving Break
- 24 Happy Thanksgiving!
- 28 Sonshine Resumes
- 1 Tuition Due

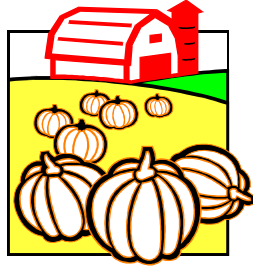
DECEMBER 2005

- 5 Late fee applied at 3:30
- TBA Chapel
- 20-21 Christmas Celebrations
- 21 Last Day before break
- 21 First day of Winter
- 22 - Sonshine Closed
- Jan 6 Christmas break
- 25 Happy Birthday Jesus!

Pumpkin Patch Field Trip

We have reserved times Oct 19 & 20 for each of our classes to visit Joan's Farm for our annual Pumpkin Patch Field Trip. This is always a favorite of the children and parents.

Parents are reminded to supervise their own children at all times. Teachers will be there to greet their class and visit with the children.



Don't forget permission slip and money are due by October 17th. Place in plastic envelope located in front of your child's file box.

T-Shirts



The bright yellow Sonshine t-shirts are great for keeping track of children in a crowd like at the Pumpkin Patch Field Trip. And the navy blue sweatshirts are warm and comfy.

If you didn't get yours at orientation, stop by the office and pick one up today.

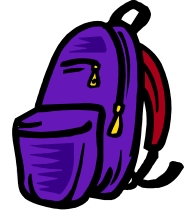
T-shirts: \$10

Sweatshirts: \$20

PS: They also make great Christmas presents

Cubbies

Each child has a cubby to use while in the classroom. At the end of the class, please help remind your child to empty his/her cubby. Anything left in the cubby at the end of class will be emptied into the Lost & Found box in the classroom so that the children in the next class will have an empty cubby when they arrive.



If you are missing any items, please check the Lost & Found box in your child's classroom.

Every Friday, unclaimed items will be taken to the Lost & Found box in the office.

Ice Cream Social

We had a great turnout for our Annual Ice Cream Social!

Thank you to our wonderful teachers for putting out the sundaes on Sunday. And thanks to those parents who lent a hand during the event as well. All the ice cream and toppings were so very yummy! It was great to see so many Sonshine families get acquainted with each other. The kids had a blast showing off their teachers, family and playground.



Also, thanks to Trinity for putting on the presentation for Sonshine families to know a little bit more on the plans for the new education building!

Halloween: Trick or Treat Safety Tips

- ✓Costumes should be short enough so kids don't trip.
- ✓Costumes and treat bags should be marked with reflector material.
- ✓Makeup is less restrictive on vision and breathing than a mask.
- ✓Avoid toy weapons, especially guns which could be mistaken for the real thing.
- ✓Remind children to especially cautious when walking outside where cars are.
- ✓Inspect your child's candy stash before they "dig in".
- ✓Flashlights provide light to see and be seen by.



Committee Sign Ups

We have received everyone's committee preferences and have placed almost everyone in their first or second choice. You should be receiving a phone call to inform you which committee you have been assigned to for the 2005/06 preschool year. If you have not heard by **Nov. 1st** please contact the office.



Attention Full
Co-op Parents:

Saturday
Workdays

If you haven't yet signed up for your Saturday workday, stop by the office when you get a chance.

Parents signed up for October 15:

Denise Chartrand
Dayna Gianoulakis

Suzanne Guy
Cheryl Sommer

Sign In & Out



Licensing requires every child to be signed in by the parent/adult when they arrive and out when they leave using full signatures, ink and the actual time of drop-off and pickup. Noncompliance with this regulation could result in a citation &/or a civil penalty for

Sonshine (\$50 per day fine).

More importantly, should there be an emergency or disaster, the teachers will gather the children, the sign in and out sheets, and head for safety. The consequences could be disastrous if your child isn't signed in on that particular day.

Remember to sign in and out every day. If you don't you **must come right back** when you are called. Let's work together to help Sonshine be the safest place possible for everyone - especially for the children.

Enjoy Them While You Can

Take the time to enjoy your children now! One day soon you will look back and say: how did they grow up so fast?

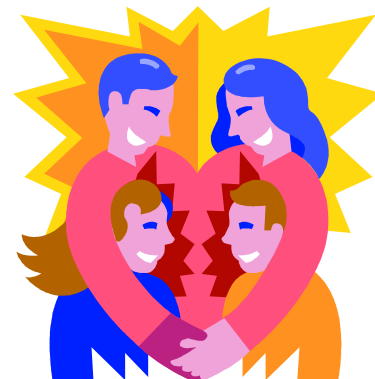
Allow your children time - lots of time - to play and above all, value their play!

Have you ever watched one of those documentaries on how baby animals romp and play? Sure they do it for the fun of it; but more than that, it's the way they prepare for their future as adults. Play is absolutely essential for animals to learn how to function and survive.

Play is absolutely essential for human development! Have you ever watched your child "play house" or "work with tools" like you? This is the time that they try on different roles - sometimes for the fun of it, but mostly to see how things work and what would happen if... This is one of the most crucial times for your child to prepare for his or her future as an adult. It is the foundation of the future!

What would life be like for you even now as an adult if you didn't take time out for fun and exercise? You could become stagnant! Your thinking process would become sluggish!

Need we say more?



Health & Safety Tips

At the beginning of each school year, children tend to come down with more colds, sinus infections and flu as well as a number of childhood diseases. Sonshine has a very good Health Policy in place (see page 14 of your Parent Handbook). However, neither a health policy nor an extreme amount of effort can keep us totally free from dealing with these things.



There are several things we can do together at home and at preschool to help keep exposure to these things at a minimum.

Help the children learn how to cover their coughs and sneezes with the inside of their elbow instead of into their hands (hands spread more germs than you could ever imagine). As an adult you can this method when you cough or sneeze.

Open the windows and let the light and fresh air in. Our windows are always open for the fresh air. We will use the heat or a/c to maintain a comfortable temperature.

Wash hands regularly! Let's work together to help children learn (our example is the best method of teaching this one) to wash their hands thoroughly after using the toilet, before eating, when coming in from outside play, etc. Children can learn how to wash effectively - a little bit of soap combined with friction from rubbing (sing the ABC song all the way through) and then rinse under running water.

Sharing is not necessarily a good thing when it comes to germs - avoid sharing drink containers, utensils, etc.

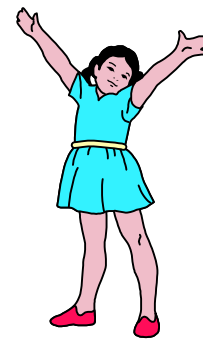
When your child doesn't feel 100% ready to participate, stay home and relax and eat well. We want every child to have a positive experience at Sonshine.

Preschoolers Sitting Still?

In your dreams! Preschool children often get mixed messages about sitting still. Often a parent or teacher is telling them to sit still at the same time their bodies (and please remember: "God created these little bodies") are telling them to move.

Children cannot sit for very long. When the large muscles in a preschoolers' arms and legs are growing rapidly, they cry out for exercise. As a result, the preschool child moves all the time. As an adult, it is our responsibility to respect their physical needs rather than restrict them.

Just as people do not have to practice sitting in a rocking chair, walking with a cane, or gumming food in order to be ready to be "old", neither do children have to practice sitting in circle quietly in order to be ready to do so in school. The child's body will be physically ready to sit still after the muscles have been exercised and the body matures.



"When we are very little, we learn how to feel about ourselves and about life by the reactions of the adults around us."

You Can Heal Your Life
by: Louise L. Hay - page 9

Read to Children - Open Young Minds

The following is an excerpt from a National Governors' Assoc. brochure on reading to children.

How to Read to Children of All Ages

Children learn through repetition. Telling the same stories and singing the same songs over and over may seem boring to you, but not to children. When you repeat a story, children are learning about the meaning of words and how words tell a story. The way you read to children makes a difference. Read stories in a way that encourages children to participate. Follow these tips to make reading enjoyable.



-Select books that reflect a child's own experiences, such as books about daily life, family members or animals

-Expose children to books they can touch

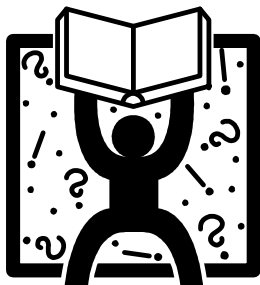
-Encourage children to choose the book(s) you read

-Read books that have rhyme, rhythm or repetition, because the sound of language is especially important to infants who cannot yet focus on pictures.

-Use different voices for different characters or emotions

-Ask questions about pictures or characters in the book. Have children describe what they see

-Have children tell you what they think will happen next in the story



Benefits of Reading Aloud

Reading aloud to a child and listening to a child read to you enriches the time you spend together. Reading with children contributes to their growth in many ways.

-Creates a bond between the child and the reader

-Improves listening comprehension

-Expands the child's attention span

-Builds vocabulary

-Exposes the child to good grammar

-Broadens the child's experience and information

-Stimulates the imagination.

-Promotes critical thinking skills

-Often teaches values

-Builds confidence and self-esteem



What Parents & Caregivers Can Do

-Keep good books, magazines, and newspapers in the house.

-Make reading part of your daily routine. Read to and with children each day for at least twenty to thirty minutes.

-Discuss each book that you read together

-Talk with children during mealtimes and throughout the day

-Tell children stories

-Let children draw or print.

-Limit television viewing and monitor what your child watches

-Routinely explore your local library with your children

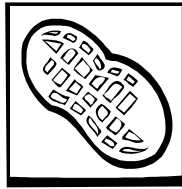
-Show children that reading is fun, lifelong activity by reading on your own for twenty to thirty minutes each day

-Find out about summer programs in your community

Peanut Allergy Alert

In case you haven't heard yet:

Sonshine is a Peanut-Free Preschool!



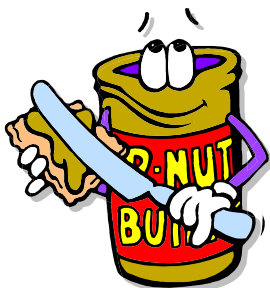
More and more children have developed life-threatening allergic reactions to peanuts and peanut products. If they ingest or are exposed to peanuts or peanut products (even just touching), these children can go into anaphylactic shock.

Anaphylactic shock can prove **fatal** if first aid is not given immediately. We currently have EPI pens on site and although we much prefer never to have to, all Sonshine staff are trained in how to use the EPI pen. In fact, if such an emergency should occur, the first thing we will do is administer the EPI pen - then call 911.

Therefore when preparing snacks, **AVOID ALL NUT PRODUCTS** and please be sure your child's hands and face are washed thoroughly and their teeth are brushed especially if they eat peanuts or peanut products (peanut butter sandwich) prior to coming to the classroom.

Please see the "Did You Know?" article for a list of foods that do or may contain peanuts and/or peanut products.

Thank you for helping us keep all of our children safe!



Did You Know Many Foods Contain Peanut?

The following foods and products do or **MAY** contain peanuts and/or peanut products:

Peanuts
Nougat
Peanut Oil
Granola bars
Peanut Butter M&M's
Little Debbie Oatmeal Creme Pies
All breads with nuts
All ice cream with nuts
Quaker Oats Rice Cakes - All
Marzipan
All cereals with nuts
Quaker Chewy Granola Bar Variety Pack
NesQuick Cereal
Ritz Bits - all
Snicker bars
Jelly Beans & Jelly Bellies
Mixed Nuts
Nestle Crunch Ice Cream
Bars
Products that contain "mandelona"
Butterfinger bars
All cookies with peanut butter or nuts
Nestle Raisinets
Products that contain "new nuts"
All pastries with nuts
All candies with peanut butter or nuts
Pepperidge Farm Large Goldfish Sandwich Crackers
Candy Corn
Fortune Cookies



Some products which don't specifically list peanut products may be a risk due to cross-contamination (contact with nut products by use of shared utensils or cooking equipment). These foods will often state that the item was prepared in a facility that uses peanuts (for example: regular M&M's).

Please read ingredient lists carefully for each product you bring to Sonshine.

Advertising Submission

Do you have a business you'd like to let our Sonshine families know about? To place your business card-sized ad in our next newsletter, please put it in an envelope with \$10 (checks payable to Sonshine). Place it in the brass mail slot.



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