



The Play Schools



November 2018 Newsletter

30 Years of Early Childhood Education in Hamilton County

The Play School at Arbor Village
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The Play School at Legacy
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Phone:
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The Play School at Saxony Village
13149 E 131st Street
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Family Owned ~ Family Focused

Rita Hafner, Founder

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Directors: Krista, krista@theplayschools.com; Sarah, sarah@theplayschools.com;

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Hours of Operation:
6:30 am - 6:00 pm
Monday-Friday

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We're on the Web!
Theplayschools.com

Be sure to 'like'
The Play School
on Facebook!



November evokes memories of family gatherings, precious time spent together, and homemade cooking in the kitchen. Plans are readily being made to celebrate what this holiday season represents: family and friends, sharing of precious time, and a meal together. Whatever your plans for Thanksgiving, may they include gratitude for what you have and often for what you don't have.

It is a time for us to simply state "thank you" for your loyalty and trust that you have given to us at The Play School. Some of you have been a part of The Play School for a multitude of years. We hope you understand how much we appreciate your faith in us and the support you have given to the teachers at the school over the years. Thank you for backing them; they need you and appreciate this more than you know. We must never take you for granted and continue to serve your family in a high-quality manner.

There are those that are still familiarizing themselves with The Play School family. We know it is not an easy decision to leave your precious child. That never gets old. Please know we are trying very, very hard to assist you as your family gets acclimated to our school.

Our deepest gratitude to all Play School families. Happy Thanksgiving!

Special Events



UPCOMING HOLIDAY CELEBRATIONS



Mark your calendars for the festive holiday celebrations we have coming up at The Play Schools!

- Thankful Friendship Feasts (in-class parties)! Please watch for a sign-up sheet on your child's classroom door in weeks leading up to this holiday party for ways you can help make the theme more exciting for the children. Each class will ask for donations of either fruit or vegetables. They will work together as a class in the morning to wash and prepare their food and then enjoy either a fruit salad or vegetable tray for their afternoon snack. ~ Tuesday, November 20th, 3:00-4:00pm.
- Holiday Parties with Santa! Please join us in this family-friendly celebration! There will be games, arts & crafts, a picture with Santa Clause, and some tasty goodies. All siblings of enrolled Play School children are welcome so bring the whole family. If you can't make it to your specific school's date, please consider joining us at a different Play School.
 - Arbor Village ~ Saturday, December 1st, 9:00-11:00
 - Saxony ~ Saturday, December 8th, 9:00-11:00
 - Legacy ~ Saturday, December 15th, 9:00 - 11:00 am



**Please RSVP to your Director. We hope to see you there!*

Kans for Kids

This year marks the 30th year The Play School has participated in a canned food drive! All the items donated go directly to FAMILIES RIGHT HERE IN HAMILTON COUNTY! We will have a box or two set up in the front office of the schools for donations to be dropped off starting November 5th through December 14th. We thank you in advanced for any help you can give to the families in need and partnering with The Play School in another community service project!

Winter Coat Drive

Starting November 5th, we will be collecting winter coats and delivering to less fortunate families throughout Hamilton County. There will be a donation box in the front office and we will accept child and adult coats! Clean out your hallway closet for a good cause!



Housekeeping Items

THANK YOU

We wish to thank all our amazing parents who donated items to our classroom parties in October. Without your help and support, our annual Boo Bash class parties would not have been quite the hit that they were. The children and faculty both very much enjoyed this day!

Operation Christmas Child

Thank you all for the donations that have already come in for our Operation Christmas Child drive. The kids are getting excited to have the packing parties and send the boxes on their way! It's not too late to donate. If you'd like to pick up a shoebox to pack at home, please feel free to take one. The box even has printed instructions with suggestions of what to put in the box and a list of items that cannot be included. There is also a big box in the front office of each school if you'd like to drop off just a few items.



The packing parties will be on the following dates:

Legacy - Tuesday,
November 6th

Arbor Village - Wednesday,
November 7th

Saxony - Thursday,
November 8th

THE PLAY SCHOOL 2017/2018 CLOSURES

- Thursday, November 22 ~ Thanksgiving Day
- Friday, November 23 ~ Friday after Thanksgiving
- Monday, December 24 ~ Christmas Eve
- Tuesday, December 25 ~ Christmas Day
- Monday, December 31 ~ Closing early at 3:00 pm for New Year's Eve
- Tuesday, January 1 ~ New Year's Day
- Monday, February 18 ~ President's Day (Professional Development Day)
- Monday, May 27 ~ In observance of Memorial Day
- Thursday, July 4 ~ In observance of Independence Day
- Friday, August 30 ~ Staff Professional Development Day
- Monday, September 2 ~ In observance of Labor Day
- Thursday, November 28 ~ In observance of Thanksgiving
- Friday, November 29 ~ Friday after Thanksgiving
- Tuesday, December 24 - Closing early at 3:00 pm for Christmas Eve
- Wednesday, December 25 ~ In observance of Christmas
- Tuesday, December 31 ~ Closing early at 3:00 pm for New Year's Eve
- Wednesday, January 1 ~ In observance of New Year's Day



(All tuition remains the same)

Housekeeping Items (continued)

HSE / NOBLESVILLE / CARMEL CLAY ELEMENTARY SCHOOL CLOSURES

**Hamilton Southeastern*: No School: November 21, 22, 23

**Noblesville*: No School: November 21, 22, 23

**Carmel Clay*: No School: November 21, 22, 23



BE SURE TO STOP BY THE FRONT OFFICE IF YOUR SCHOOL-AGER WILL NEED FULL-DAY CARE DURING THE LISTED SCHOOL CLOSURES! ALSO, DON'T FORGET ABOUT WINTER BREAK THAT IS APPROACHING SOON!

INCLEMENT WEATHER

It is The Play School's policy to remain open during winter weather. We do NOT close when the local elementary schools close. We will close if local government officials deem the roads too unsafe to travel. This winter we will notify parents and faculty of The Play School's decision to close if that situation arises through:

- Smartcare Email
- Our Facebook Fan Page (The Play School)
- WTHR Channel 13



CHILDREN'S CUBBIES/EXTRA CLOTHES

Fall is here! We are still going outside. Many classrooms have earlier playground times so please make sure that hats, gloves/mittens, and appropriate coats are being sent to school with your child. We will try to take advantage of the warmer fall temperatures and continue to get outside as much as possible until we get hit with that first big snow and frigid winter temperatures. Please help us to beat the inevitable "cabin fever" that will one-day set in and dress your child appropriately, so they are comfortable outside.

Also, please check your child's "extra clothes bin" here at school. Please take home any shorts, t-shirts, sunscreen, water bottles, and any items that may be too small now. We need extra clothes for every child; we simply want to make sure it is size and season appropriate. Thank you for your help in this matter.

VETERAN'S DAY

Sunday, November 11th is Veteran's Day. Please take a moment to thank a veteran for the service and sacrifice they have made to protect our freedom. Thank you!



DIETARY NEEDS / SUPPLEMENTAL MEALS

If your child has a diagnosed allergy and cannot have all the meals provided by the Play School, we would ask for a note from your child's pediatrician detailing the allergy and then we would have you provide supplemental meals on the days that we are serving an item your child is allergic to. Our licensing guidelines require us to serve what is posted on the approved menus, so we must have written documentation anytime we are altering a meal. Thank you for your cooperation in this matter.

Announcements

Potty Training Tips

Ready or not?

Somewhere between two and 3½ years, your child should be ready to start the toilet-training process. Here are some signs that it's time to get serious:

- Staying dry for long periods of time.
- Showing interest in other people going to the bathroom.
- Wanting privacy when he fills his diapers.
- Asking to wear underwear.

Potty Training Tip #1: Persuading a toddler to first sit on the potty is no small task. Some are scared, some get mad, and others are just not interested. In childcare, we use peer modeling to our advantage. At home, you don't have a row of toddlers to exert peer pressure, but you can employ an older sibling, cousin, or friend to demonstrate the joy of using the toilet. Flushing the toilet or pulling off toilet paper further helps kids feel in control of the world of the bathroom. If the child refuses to give it a try, the teachers just shrug it off – and then they offer again a few hours later. They offer the next day and next day and the day after that. If the child refuses, we don't push it, but we ask consistently. Utilize that stash of potty books to help your child get comfortable with the idea. And when you get a defiant, "No," to your bathroom offers, try to conceal your frustration. Just keep offering. Start changing your child's diaper in the bathroom. Suggest incremental tasks, such as pulling up and down pants, tearing off toilet paper, and flushing. When your child does finally give it a shot, show him/her you're happy and excited, even if your child doesn't "go."

Potty Training Tip #2: Here is another important point to consider as your child is practicing on the potty at home: potty vs. toilet. At school, we have child sized porcelain toilets that flush with a typical, loud sound. At home, your child may have a separate little potty or a padded toilet seat insert. (Those are not sanitary enough for our setting, so we do not utilize those at school.) Since you have more flexibility at home, take advantage of it. Toilets are big and loud. Some children are frightened by them; others know the small potty is not what adults use and may give it a snub. So, have both a seat insert and a small potty available. Use the one your child prefers without making a fuss or trying to talk your child into the option most convenient for you. Take a bold step and try underwear at school. Send lots of changes of underwear, pants, and socks for accidents when they happen. If your child has been potty training at school, it doesn't hurt to check their supply of spare clothes. We play hard at school and often get messy. Spare clothes in your child's backpack are always in need.

Child-Centered Yoga

We have all been having fun with yoga once a week at each of our schools! Do you ever wonder what child-centered yoga looks like? It looks like downward dog with tails wagging! It looks more like creative dramatics. Our yoga teachers often read stories and incorporate yoga into the stories. It's fun, it's playful, it's honoring the attention span that they have. While yoga does allow the children to stretch their muscles, they are learning many social-emotional skills as well! Yoga helps us with our own self-awareness, which is a foundation in social-emotional competence. The children are learning different breathing techniques that allow them to focus their mind and body before reacting to a situation happening in front of them. In the early childhood classrooms, impulsivity happens daily. Through the techniques taught to our students by the yoga teachers, we are seeing a decline in impulsivity and a rise in self-regulation and impulse control! We hope you are seeing this at home as well!

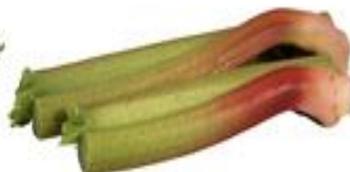
What's Cooking? Our Lunch Menu

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- Thursday, Nov. 1:** Homemade Meatloaf, WG roll, mashed potatoes, peaches, milk
Friday, Nov. 2: Chicken alfredo pasta with WG noodles, steamed broccoli, fruit cocktail, milk
Monday, Nov. 5: Chicken nuggets, cooked carrots, pineapple tidbits, WG roll, milk
Tuesday, Nov. 6: Cheese tortellini with alfredo sauce and WG noodles, salad with light ranch, diced apricots, milk
Wednesday, Nov. 7: WG breaded fish sticks, mixed vegetables, fresh diced grapes, and WG roll
Thursday, Nov. 8: Spaghetti with meat sauce and WG noodles, salad with light ranch, fruit cocktail, milk
Friday, Nov. 9: Beef and cheese buitots wih WG tortilla shell, shredded cheese, corn, mandarin oranges, milk
Monday, Nov. 12: Homemade macaroni and cheese with WG pasta, pears, green beans, milk
Tuesday, Nov. 13: Baked cod filet, WG buttered bread, yams, fresh banana, milk
Wednesday, Nov. 14: Chicken soft taco with WG tortilla shell, cheese, peas and carrots, fresh melon, milk
Thursday, Nov. 15: Chicken breast patty, WG bun, peaches, sweet potato baked fries, milk
Friday, Nov. 16: Chicken and rice casserole with WG brown rice, mixed veggies, diced apricots, milk
Monday, Nov. 19: Turkey link, french toast stick, green beans, applesauce, milk
Tuesday, Nov. 20: Homemade baked ziti with WG noodles, cheese, salad with ranch, peaches, milk
Wednesday, Nov. 21: Homemade turkey and gravy, mashed potatoes, cooked carrots, fresh diced grapes, milk
Thursday, Nov. 22: CLOSED FOR THANKSGIVING ~ Gobble, Gobble! 
Friday, Nov. 23: CLOSED FOR THANKSGIVING
Monday, Nov. 26: WG cheese pizza, pears, corn, milk
Tuesday, Nov. 27: Grilled chicken sandwich with WG bun, peas, mandarin oranges, milk
Wednesday, Nov. 28: Sloppy joe sandwich w WG bun, green beans, pineapple tidbits, milk
Thursday, Nov. 29: Homemade Meatloaf, WG roll, mashed potatoes, peaches, milk
Friday, Dec. 1: Chicken alfredo pasta with WG noodles, steamed broccoli, fruit cocktail, milk

**WG = Whole Grain (where seen above)

**Whole grains are served for breads, pastas, cereals, waffles, crackers, etc.

**Canned fruits and vegetables are served at a minimum, replaced as much as possible with fresh fruits and vegetables



Feeling Stressed?

Feeling Pain and Stiffness?

Is your schedule always *TOO BUSY*
to make time for *yourself*?

Massage can help you!

Katlin McElroy, CMT

In-home massage services

Make “making time for yourself” easier, gain relief from stress, recover from muscle pain and stiffness, all in the comfort of your own home.

Pricing: 60 min - \$70

90 min - \$100

120 min - \$130

Mention The Play School when scheduling your massage for \$20 off your first service.

