

# The Play Schools

September 2019 Newsletter

**Hours of Operation:**  
6:30am-6:00pm M-F

**The Play School  
at Arbor Village**  
11501 E 116<sup>th</sup> Street  
Fishers, IN 46037

**Phone:**  
(317) 841-0647  
**Fax:**  
(317) 841-0754  
**Email:**  
sarah@theplayschools.com

Director: Sarah Ritter

**The Play School  
at Saxony Village**  
13149 E 131<sup>st</sup> Street  
Fishers, IN 46037

**Phone:**  
(317) 776-3330  
**Fax:**  
(317) 776-3390  
**Email:**  
krista@saxonyplayschool.com

Director: Krista Roberts

**The Play School at Legacy**  
14454 Community Drive  
Carmel, IN 46033

**Phone:**  
(317) 810-1760  
**Fax:**  
(317) 810-1759  
**Email:**  
brooklyn@theplayschools.com  
erin@theplayschools.com

Director: Brooklyn Seebly  
Assistant Director: Erin Wilson

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## Upcoming Events!

- ◆ Closed in observance of Labor Day, 9/2
- ◆ Fall Pictures at Arbor Village, 9/10
- ◆ Fall Pictures at Saxony Village, 9/11
- ◆ Fall Pictures at Legacy, 9/12

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# Kindness Rocks!

The Play School is always working hard to develop and improve the curriculum for our amazing students. This year, we are excited to develop our kindness curriculum. Over the summer, it was introduced to students and this fall, it will be implemented more thoroughly in the classrooms.

Research shows teaching kindness within the curriculum benefits children in a multitude of ways. When kindness is taught, children have an increased level of peer acceptance, feeling of gratitude, higher self-esteem, and their health overall improves as their stress levels are lower. In addition, teachers report less bullying in the classrooms which leads to a greater sense of community and sense of belonging amongst the children. At The Play School, we strive daily to meet the academic and social-emotional needs of all of our children. We are excited to use our new kindness curriculum to help and guide the social-emotional needs of all of the children as they grow throughout their years with us.

Choose   
KINDNESS.

**~PREPARING CHILDREN FOR KINDERGARTEN FOR OVER 30 YEARS~**

Fall sports have kicked into gear and the yellow school buses have begun their routes. For many of you, it's starting to sink in that there is precious little time left before your little one goes off to kindergarten. It can be an exciting time for your child and an anxiety-filled time for mom and dad. So many questions: Are they ready? Will they have friends they know? Do we send them on the bus? Should we go next August or wait one more year? What am I looking for in a preschool program? Rest assured, we have supported families year after year through similar worries, cares, and concerns about their child's preparation for kindergarten.

Preparing children for kindergarten is important work! We honor this great responsibility in everything we do. It starts with making sure our school is comprised of the most loving, educated, and passionate teachers for your child(ren). Here you will not find one lead teacher and an assistant; our preschool teaching teams are comprised of two experienced and highly educated teachers! In our PreK classes, here is what you can expect:

- Two degreed teachers
- Classrooms conducting a kindergarten curriculum
- Letter and number recognition and ability to write all letters and numbers
- Introduction to sight words and many children able to read beginner reader books by graduation
- A low teacher to child ratio of 1:15 (Most classes are 1:12 ratio, in fact.)
- Spanish, Music, PE, Yoga and Dance classes every week
- STEM (Science, Technology, Engineer and Math) weaved into daily learning and play experiences

Included below is a chart that highlights the cumulative education of our amazing Play School teachers. We hope that it will give you a tremendous level of comfort that you have chosen the best early education program for your child.

**OUR STRONG TEACHING TEAMS:**

Ms. Tammy (3s) Childhood Development Associates	Ms. Peggy (3s) Childhood Development Associates	Ms. Jess (3s) bachelor's in Early Childhood Education
Ms. Megan (3s) bachelor's in Early Childhood Education	Ms. Renee (3/4s) bachelor's in Early Childhood Education	Ms. Crystal (3s) bachelor's of arts in Political Science
Ms. Rachel (4s) bachelor's in Elementary Education	Ms. Vanessa (4s) Childhood Development Associates	Ms. Susan (3s) master's in Early Childhood Education
Mr. Patrick (4s) bachelor's in Secondary Education	Ms. Shar (4s) pursuing Childhood Development Associates	Ms. Amanda (4s) bachelor's in Elementary Education
Ms. Jackie (PreK 5s) bachelor's in Elementary Education / Spanish Immersion	Ms. Kara (5s) bachelor's in Elementary Education	Mr. AJ (4s) pursuing bachelor's in Education
Ms. Mary (PreK 5s) bachelor's in Early Childhood Education	Ms. Cynthia (5's) bachelor's in Business / Spanish Immersion	Ms. Anastasia (5s) bachelor's in Elementary Education
Ms. Gabi (PreK 5s) bachelor's in Early Childhood Education /Spanish Immersion		Ms. Rosi (5s) bachelor's in Elementary Education / Spanish Immersion

## Housekeeping Items

### VACATION POLICY

The Play Schools generously offer our families two weeks of “tuition free vacation time” annually, from August to August. You must notify your director of your child’s absence in advance and it must be a full week at a time (no split weeks). Vacation weeks cannot be used toward your required two-week notice if withdrawing from our school. Vacation slips are located in the front entry. If you have unused credits from the 2018/2019 school year, those will not roll over into the new school year. All families have two credits on their account as of Monday, August 12 for the 2019/2020 school year. Thank you!

### CUBBY ITEMS

Please take a moment at pick up to take any unnecessary items out of your child’s cubby. We ask that your child has a backpack that zips, in which they can fit their blanket, sheet, soft naptime item, if needed, and an extra set of clothing. This helps reduce the spread of germs and teaches the child self-help skills as they love to pack up their own bags after nap. Thank you!



### REFERRAL PROGRAM

There is no bigger compliment than when a family joins The Play School because of your support and kind words about us. For every family that enrolls due to your referral, you will receive a \$100.00 tuition credit on your account after the new family’s 4<sup>th</sup> consecutive week with one of our schools. This applies to new families only and must be mentioned at time of enrollment. Thank you again for supporting our school!

### FALL PICTURE DAYS

SAY CHEESE! Fall Picture Days are scheduled at each of The Play Schools on the following dates.

Arbor Village, Sept. 10

Saxony Village, Sept. 11

Legacy, Sept. 12

### THE PLAY SCHOOL 2019 CLOSURES

- Monday, September 2 ~ In observance of Labor Day
- Thursday, November 28 ~ In observance of Thanksgiving
- Friday, November 29 ~ In observance of Thanksgiving
- Tuesday, December 24<sup>th</sup> - Closing early at 3:00 pm in observance of 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.)

### HSE / NOBLESVILLE ELEMENTARY SCHOOL CLOSURES

- \**Hamilton Southeastern*: Fall Break, No School: October 14-18
- \**Noblesville*: Fall Break, No School: October 14-25
- \**Carmel Clay*: Fall Break, No School: October 10 & 11

## What's Cooking? Our Lunch Menu

**Monday, September 3:** CLOSED

**Tuesday, September 4:** Soft Taco, beef, cheese, WG shell, lettuce salad, cherry tomatoes, banana, milk

**Wednesday, September 5:** Chicken Tenders, WG chicken strips, green beans, diced grapes, WG roll, milk

**Thursday, September 6:** Cheeseburger on WG bun, hamburger patty, lettuce salad, cheese slice, mango, milk

**Friday, September 7:** PBJ Sandwich, peanut butter, jelly, WG bread, peas, mandarin oranges, milk

**Monday, September 10:** Homemade Mac & Cheese, WG macaroni, cheese, green beans, fruit cocktail, milk

**Tuesday, September 11:** Breakfast for Lunch! Scrambled eggs, turkey link, mixed veggies, banana, WG toast, milk

**Wednesday, September 12:** Chicken Quesadilla, chicken, cheese, WG soft shell, corn, orange slices, milk

**Thursday, September 13:** Roll Up, turkey, cheese slice, WG soft shell, peas, mandarin oranges, milk

**Friday, September 14:** Pizza Burger, hamburger, cheese slice, WG English muffin, steamed broccoli, fruit cocktail, milk

**Monday, September 17:** Chicken & Noodles, WG noodles, chicken, peas/carrots, pears, milk

**Tuesday, September 18:** Chicken Patty Sandwich, chicken patty, WG bun, lettuce/tomatoes, light ranch, peaches, milk

**Wednesday, September 19:** Homemade Spaghetti, WG noodle, meat sauce, green beans, pineapple, milk

**Thursday, September 20:** Casserole, hamburger, tater tots, steamed broccoli, apple slices/applesauce, milk

**Friday, September 21:** Grilled Turkey Sandwich, WG bread, turkey, cheese, diced carrots, pears, milk

**Monday, September 24:** Homemade Cheese Pizza, WG crust, corn, fresh melon, milk

**Tuesday, September 25:** Homemade Chicken and Rice, brown rice, mixed veggies, pears, milk

**Wednesday, September 26:** Sub Sandwich, turkey, cheese, lettuce, tomato, WG hoagie bun, orange slices, milk

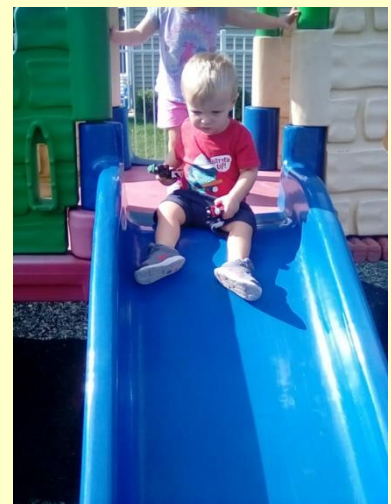
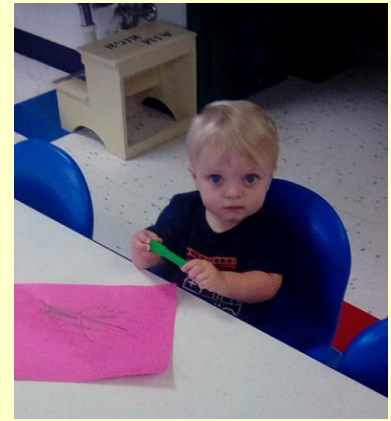
**Thursday, September 27:** Homemade Lunchable, hard-boiled egg, cheese slice, cherry tomatoes, WG crackers, apricots, milk

**Friday, September 28:** Grilled Cheese Sandwich, apple slices, fresh carrots, WG bread, milk

**\*\*WG = Whole Grain (where seen above)**

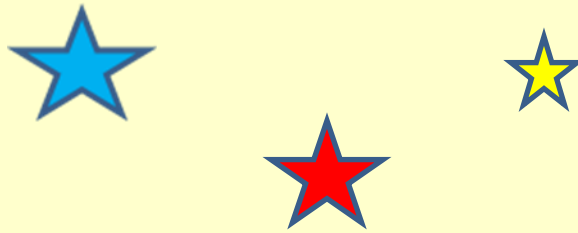
**\*\*Whole grains are served for breads, pastas, cereals, waffles, crackers, etc.**

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



Playing,  
learning, and  
growing  
together at  
The Play School  
at Saxony  
Village!





Learning  
something new  
every day at  
The Play School  
at Legacy!





Little minds  
being built to  
explore, learn,  
and play at  
The Play School  
at Arbor Village!



## Helpful Hints and Tips

### POTTY TRAINING TIPS

This is the first installation of POTTY TRAINING: TIPS FROM THE EXPERTS.

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. At the daycare, 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.” Good luck to all you potty trainers!

### WHY IS MY CHILD BITING?

Biting is a typical behavior often seen in infants, toddlers, and 2-year olds. As children mature, gain self-control, and develop problem-solving skills, they usually outgrow this behavior. While not uncommon, biting can be an upsetting and potentially harmful behavior. A child might bite to:

- Relieve pain from teething
- Explore cause and effect (“What happens when I bite?”).
- Experience the sensation of biting.
- Satisfy a need for oral-motor stimulation.
- Imitate other children and adults.
- Feel strong and in control.
- Get attention.
- Act in self-defense.
- Communicate needs and desires, such as hunger or fatigue.
- Communicate or express difficult feelings, such as frustration, anger, confusion, or fear.

There are a variety of things that families can do to prevent biting. It helps to:

- Have age-appropriate expectations for your child's behavior based on his or her current skills and abilities.
- Make sure your child's schedule, routines, and transitions are predictable and consistent. At meal and bedtimes, try to do things in the same way and at the same times. Young children thrive when they know what will happen next.
- Offer activities and materials that allow your child to relax and release tension. Some children like yoga or deep breathing. Offer playdough, foam balls, bubbles, soft music, and other stress-reducing items.
- Use positive guidance strategies to help your child develop self-control.
- Provide items to bite, such as teething rings or clean, wet, cold washcloths stored in the refrigerator. This helps children learn what they can bite safely, without hurting anyone else.