



The Little School at
Memorial Drive Presbyterian Church
11612 Memorial Drive
Houston, Texas 77024
713-490-9267



SEPTEMBER 2018 NEWSLETTER

Welcome to the new school year! We are excited to start the semester and are looking forward to getting to know your children!

Our teachers will let you know what the procedure is in your child's classroom. They will show you where the backpack and napmats go as well as your child's

lunch.

We will send home reports daily so, please, always check your child's bag for this important communication! Always check the calendar section below for up-to-date event information!

Remember, we will take the very best care of your child and we are always here

for you! Please let me know if you have any questions or concerns - email works best - and I respond as quickly as possible!

We are looking forward to a great year!

Love, Candice

Upcoming Events and Special News

Upcoming Events and Special Days

- August 27th – First Day of School!
- September 3rd – Labor Day – No School
- October 8th – Columbus Day – No School
- October 9th and 10th – Individual Pictures
- Week of October 15th – Vision, Hearing and Speech Screenings (by request only)
- October 30th and 31st – Halloween Parties

Important Reminders

Please label everything that you send with your child's first and last name (licensing regulation)

Remember that we are a **peanut and nut free school**-no peanut butter or peanut snacks

Always bring your purse in with you from your car

Tuition is due by the 10th of each month (we don't send bills) -

please make checks payable to
MDPC

Please do not bring your child to school if he/she has had a fever, diarrhea or vomiting within 24 hours of attending

If you have not already provided us with updated immunization records (or other forms), please do so as soon as you can!

Early Bird and Extended Day

Our early bird class allows for early drop off before the regularly scheduled class time. Children using this program are dropped off between 8:30 and 9:00 a.m. Just check with Allie in the office to see which classroom your child will go to! Their classroom teacher will pick them up a few minutes before the program officially starts at 9:15. Please drop off the child's belongings in front of their classroom door.

Our extended day allows for an extension to the school day to either 3:30, 4:00 or 5:00. The classroom teachers will transfer the children to the extended day rooms. The older children have a snack and play outside on the

playground. If weather is not permitting, they will play in the motor skills room (119/120).

If you are interested in using one of our extended care programs please be sure to make a **reservation before leaving your child**. We will take reservations on a first-come, first-served basis (so plan ahead if you can!).

Our extended programs are very popular and book up quickly so please be sure to contact us if you would like to schedule your child.

The fee for using the early bird program is \$8, and the extended day program is \$12 until 3:30, \$16.00 until 4:00 and \$21 until 5. Payment is due upon reservation. For more information, please call The Little School office.



Parents' Night Out

Hosted by Child Care Plus (CCP)

DATE: Saturday, October 13th
TIME: 4:30 P.M to 8:30 P.M

COST: \$20.00 for the first child and \$15.00 for each additional child. This fee includes dinner (pizza) and materials for the crafts your child may use while in our care.

Registration: ccp.mdpc.org

BOOK ORDERS

A book order for September is coming home now! You may always order online at Scholastic.com (there are even more choices of books online!) – just use our code KPG3V. This is an awesome way to build your child's home library with inexpensive books and we realize points towards free books for our school! How awesome is that?

MOPS (Mothers of Preschoolers)

Meets the first and third Thursday of the month

MOPS provides connection with other moms in your same parenting stage and gives encouragement and hope to the weary. You'll hear relevant speakers at meetings that equip you with parenting knowledge and leadership skills to better influence your family and community.

There is a MOPS membership charge; please first register online on the MDPC website with MOPS. **MOPS at MDPC begins Thursday, August 30.**



Order deadline: Friday, September 21

Pick up in the Kitchen on Wednesday, September 26: 8:30-10:00 AM or 2:00-3:00 PM

MDPC Mom's Meals lets you pre-order items from [Chef's Cupboard](#), Chef Bernadette's huge freezer of goodies! Pick out something delicious for dinner, or order ahead for parties. On offer are homemade soups, casseroles, spaghetti sauce, pizza, cookies, and brownies, as well as party trays by pre-order.

Contact Chef Bernadette Loweree: bloweree@mdpc.org

Parenting Tips

Tips for Easing Drop Off

As summer comes to an end, the idea of school routines, new teachers and classrooms can trigger worries in a lot of kids.

If your child struggles to leave you during drop off or you dread leaving them each morning, here are some tips to help with process:

- **Engage/ play** with full attention with your child 10 minutes before getting in the car and 10 minutes after they get home. Creating these moments can meet their needs for connection and soothe their nerves.
- **Establish a consistent caregiver** who will engage with your child right away when you leave. This should be the same person each time and someone who can spend time soothing them and easing them into the activities in the classroom.
- Give your child a **transition object** to buffer the goodbye process. This can be a lovey, stuffed animal, small toy... anything your child is attached to. Have the caregiver engage with them and this transition object.
- For smaller children, whenever possible, go into the classroom with them and **put them on the floor/ table** instead of handing them to a caregiver. Sit with them and play for **1-2 minutes** to show them you feel safe and trust the environment. The floor is a buffer of the transition to the caregivers and allows them to accept the environment before being taken away from you.
- Establish a goodbye routine. And **keep it SHORT**. It can be as simple as a hug and a kiss or a phrase.
- After the goodbye routine, **leave the room**. Don't give extra hugs, don't come back in to check on them. This is THE HARDEST PART. But doing

these things only confuses your child and makes the transition to their new caregivers even tougher. They learn that if they cry hard enough or hold on long enough, mom will come back and rescue them. Teachers will let you know if your child is struggling an abnormal amount. Teachers are experienced and more often than not, your sweet baby will be fine in 2-3 minutes after mom/ caregivers have left.

- Speak positively about the school and **remind them of fun things** about their teachers. They pick up on your anxiety, so if you show worries about leaving them, they will also struggle to feel safe.

By- Michelle Collins, LPC, CCTP, M.Ed,
Mom of 2 toddlers