

Sawmill Woods Preschool Press



Families of Sawmill Woods,

Welcome back from winter break! We are all excited to continue helping your child grow this semester. We are happy to announce the continuation of our preschool program options for next school year. Our full day Pre-K with before/after care will be in place. In addition, all of our morning or after noon half day programs will continue. Current students will have information sent home next week for next school year's enrollment. If you would like to secure a spot for your child, then complete and return the form before February 6.

Feel free to tell your friends and family about our upcoming information night on February 6. This is for new families to look into the school and get information. Children must be 3 years old by August 1, 2019 to register for the upcoming fall semester.

Sincerely,
Your Sawmill Woods Staff

Set Expectations HIGH

The beginning of a new year is a wonderful time to set new goals or resolutions. The word resolution comes from the root word *resolute* which is characterized by firmness or determination. It takes a great deal of resolve to do something and reach a goal.

High achievement can be reached by setting high expectations for students. Parents, teachers, and community members all must expect children to do their personal best. Setting high expectations means knowing what a child should be learning at each level. Start this year out by setting guidelines for your child so he or she will understand that learning and school work is a top priority.

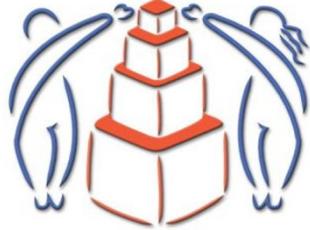
A good education is a great gift we can give to our children. It is important for them to understand they are responsible for working hard and doing their best. Let us help them.

Terry Magnuson, Administrator

Reminders!

Parents, please, make sure your child has a weather appropriate change of clothes in their cubby daily. Some children may need more than one if they are still working on potty training. Even in the Pre-k classes children occasionally get messy, dirty, wet, or still have a toileting accident. We do not have any spare clothing at the school so it is imperative that you maintain a change of clothing for your child in order to make sure that they are prepared.

Questions or Concerns: If you have any questions or concerns please let us know. You can talk with your child's teacher or any one of us in the front office. Also, call our attendance line (317) 535-2069 select option 1. As always our door is always open, please feel free to stop by, or call with any questions, concerns or comments. Our goal is to provide each family with a fulfilling educational experience.



Sawmill Woods Preschool
700 Sawmill Road
New Whiteland, IN 46184
Office 317.535.2069
Fax 317.535.5530

Upcoming Events

January 3
School Resumes - Data Folders sent home on Thursday or Friday

January 21
No School ... possible make-up snow day

February 6
2019-20 Registration Information Night for New Families 4:30-6:30 p.m. (see page 3)



2 Hour Delay Information

In the event of a two hour delay, the pre-school schedule will be as follows:

A.M. – 10:30 to 12:15
P.M. – 1:45 to 3:30
Full Day – 10:30 to 3:30



10 Things Every Parent Should Know About Play

By: Laurel Bongiorno

1. Children learn through their play.

Don't underestimate the value of play. Children learn and develop:

cognitive skills – like math and problem solving in a pretend grocery store

physical abilities – like balancing blocks and running on the play ground

new vocabulary – like the words they need to play with toy dinosaurs

social skills – like playing together in a pretend car wash

literacy skills – like creating a menu for a pretend restaurant

2. Play is healthy.

Play helps children grow strong and healthy. It also counteracts obesity issues facing many children today.

3. Play reduces stress.

Play helps your children grow emotionally. It is joyful and provides an outlet for anxiety and stress.

4. Play is more than meets the eye.

Play is simple and complex. There are many types of play: symbolic, sociodramatic, functional, and games with rules—to name just a few. Researchers study play's many aspects: how children learn through play, how outdoor play impacts children's health, the effects of screen time on play, to the need for recess in the school day.

5. Make time for play.

As parents, you are the biggest supporters of your children's learning. You can make sure they have as much time to play as possible during the day to promote cognitive, language, physical, social, and emotional development.

6. Play and learning go hand-in-hand.

They are not separate activities. They are intertwined. Think about them as a science lecture with a lab. Play is the child's lab.

7. Play outside.

Remember your own outdoor experiences of building forts, playing on the beach, sledding in the winter, or playing with other children in the neighborhood. Make sure your children create outdoor memories too.

8. There's a lot to learn about play.

There's a lot written on children and play. It is a good time to read more about it.

9. Trust your own playful instincts.

Remember as a child how play just came naturally? Give your children time for play and see all that they are capable of when given the opportunity.

10. Play is a child's context for learning.

Children practice and reinforce their learning in multiple areas during play. It gives them a place and a time for learning that cannot be achieved through completing a worksheet. For example, in playing restaurant, children write and draw menus, set prices, take orders, and make out checks. Play provides rich learning opportunities and leads to children's success and self-esteem.

HEALTH UPDATE

Cold and Flu Facts



Facts

- The cold is the most common disease in the world and contains over 200 viruses
- You can't cure a cold, only treat the symptoms
- Antibiotics won't cure a cold
- Vitamin C won't prevent a cold but can help shorten the length of the cold

How Germs Are Spread

- The cold virus infects the lining of the nose, sinuses, throat and lungs
- Virus spreads when an infected person coughs or sneezes into the air and another person breaths in the germs
- The cold virus can also spread when germs get on your hands or land on surfaces such as phones, door knobs, or wet areas in restrooms and kitchens
- Once germs are on your hands they get into your body when you touch your face, eyes, nose or mouth

How To Stop The Spread of Germs

- Wash your hands with soap and warm water for 20-30 seconds
- Dry hands well
- Use hand sanitizer if soap is not available
- Cover your mouth by sneezing/coughing into your sleeve; If you do sneeze into a Kleenex, be sure to wash your hands immediately after
- Avoid touching your eyes, nose or mouth

Practice Good Health Habits

- Get plenty of rest, be physically active, don't smoke, manage stress, drink plenty of fluids and eat foods that can help fend off viruses (e.g., fruits, green vegetables, proteins, etc.)
- Avoid people who have a cold
- Humidify your bedroom or whole house if possible during the winter
- Routinely clean and disinfect common areas in your home
- Get your flu shot



Source: HealthPages.org, Inc. @

<http://healthpages.org/self-care/treat-cold-cough>

Clark-Pleasant
**Sawmill Woods
Preschool**

Register now to secure your child's spot for next school year!

Registration Information Night

February 6, 2019
4:30-6:30 pm

Offering full and half day programming
700 Sawmill Road , New Whiteland

cpcsc.k12.in.us/o/swp
317-535-2069
SWPinfo@cpcsc.k12.in.us



Weather Hotline Reminder:

Our school corporation uses its automated dialer and contacts all parents with their current home number in case of a school cancellation or delay. Please do not call the school, since no one will be there to answer the call. If you are wanting to get the latest information, ask the question...Is your home number accurate? If you are not receiving notifying phone message calls, you will need to update your current contact number.

