



STEVENS FOREST NURSERY SCHOOL

A COOPERATIVE LEARNING ENVIRONMENT

410-997-0808 www.stevensforestnurseryschool.org

August 2011

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President Message: Casey Otten

Hope everyone is having a wonderful summer! It's hard to believe, but back to school time is almost upon us. There's only one more month before we start another wonderful year of fun & learning at Stevens Forest Nursery School. Take some time in the coming month to attend one of your classes play date, they're a great way to

reconnect with friends new & old. I'm looking forward to seeing everyone at the School Orientation Meeting on Wednesday, August 31st at 7pm. Please make every effort to attend but if you are not able to attend the meeting please be sure to contact me directly so we can ensure you have all of the important information

you will year. As always, please feel free to contact me if you have any questions or concerns. Happy August, stay cool & have fun!

Teacher Notes:

Ms. Katie writes:

I cannot believe it is August already! It is hard to believe that school will begin in just a few weeks. Our family has been very busy this summer, but I have so many fun ideas for the upcoming year.

It has been so nice attending several of the class play dates this summer. Seeing everyone has been a wonderful opportunity to meet new families and get reacquainted with many of our returning ones. I am so excited to return to SFNS for another year and work with Ms. Monica

and Ms. Ann. I hope you enjoy the rest of your summer and look forward to seeing you at an upcoming play date.

Ms. Monica writes:

I don't know about all of you but for my family and me, this summer is flying by. Since the public school let out in June 22, I have spent more time living out of suitcase than I care to admit. I have one more small trip this first week of August, then I am home to stay.

I hope many of you have taken advantage of the wonderful play dates your class chairs have been arranging this summer. It is a wonderful opportunity to meet the others in your child's class as well as for the children to meet their soon to be new friends. I plan to attend August play dates so I can begin getting to know everyone.

It should be another exciting year for Ms. Katie, Ms. Ann and myself and we are looking forward to this year and hope you are as excited as us.

Membership Memos: Lori Hall



We Still Have Openings in All Classes

If you know anyone interested in enrolling their child in preschool; please let them know about us.

Mandatory Family Orientation Meeting

WEDNESDAY,
AUGUST 31
7:00pm

This meeting will last at least 2 hours and covers a lot of information. Please make arrangements for at least 1 family member to attend. It would be appreciated for this to be an adult only meeting.

School Unpacking
Date Change
Now Monday,
August 29
9:00am

Committee Comments: Denise and Darrin Gustafson

Committee assignments will be emailed to you shortly. If you have any questions about your committee assignment; please let us know. Thank you in advance for all your time, effort and support to Stevens Forest Nursery School. We are only as good as our families

Fundraising Fun: Julia McDonough



I hope you all are having a wonderful summer and are getting excited about the upcoming year. The fundraising committee has many fun and exciting events and fundraisers planned this year. Please remember that our school thrives on the generous donations and participation of our families, without you we would not survive!

Up coming events:

Spirit Wear! We will be offering loads of new and fun products this year; shirts, zip-up hoodies, visors, cooler bags, beach bags, winter hats and much, much more. New this year you can choose your shirt and sweatshirt color! Details to be handed out at the August mandatory meeting.

Yard Sale: we will be having a yard sale at the school on September 24th. We ask our families to clean out their closets, garages and basements to donate their unwanted things for us to sell. This has been an extremely successful event for us in the past. Last year we raised \$1000! **New this year:** we will be having a second yard sale in the spring. Date TBD. So don't worry if you can't get all your stuff together in the fall or a spring cleaner, we will have another one in the Spring.

Inside the Classes:

4Day Coordinator: Holly Mays

Summer is on its way out and the Stevens Forest Nursery School Class of 2012 is on it's way in!!!

The mandatory Orientation Meeting is on **Wednesday, August 31st at 7:00pm.** There will be very important information given for both new and returning families. Please bring your class supply items at this time. If you do not know your assigned items, please email me at mays.holly@gmail.com.

The first day of school at Stevens Forest Nursery School is our highly anticipated Cookie Social!! Who doesn't love cookies? This year's 4day class Cookie Social is **on Tuesday, Sept. 6th from 12:30-2:00pm.** Each family may bring a baked good or healthier choice (fruits, veggies and dip, etc) to share. I will be sending a more formal email regarding this event later this month.

Thank you to everyone who came to a very hot playdate at Meadowbrook Park! I will try to hold two more get-togethers before the first day of class. If you have any requests for venues, I will gladly consider them. Chik-fil-a and Jump **Zone are in the talks, currently.**

Shop thru Amazon.com to help support our school! Spread the word to friends and family that you can easily contribute to our school by first going to www.stevensforestnurseryschool.org and click on "Support Us." You will be redirected to Amazon and a portion of your payment will automatically be donated to the school.

I am very excited to meet everyone and begin the year. Please let me know if you have any questions at this time.

2Day Coordinator:

Aparna Shanbhag

Many of the families of the upcoming 2s class have been able to come to the summer play dates which we began in June. Since July we've tried to meet more often by alternating a library story time class with the playground play dates, helping to build more familiarity for the kids. The first day of school is around the corner so we would love to see more families at the remaining play dates.

3Day Coordinator:

Sharon Kemmlein

It's been nice meeting some of the new families this summer and I'm hoping we can all get together at least once more before the start of the school year. We have lots of new faces in the class this year! Parents, please start thinking about any upcoming appointments and dates you can't co-op because I'll be asking soon to start preparing the first month's schedule. If anyone has any questions, please email or call me. See you soon!

Teacher & Assistant

Contact Info

2 & 4 Day Class Teacher

Ms. Monica

301-498-7462 (H)

301-704-1550 ©

monicastamps@verizon.net

3 Day Class Teacher and 2&4Day Assistant

Ms. Katie

410-964-0917 (H)

thebaushouse@verizon.net

3Day Assistant

Ms. Ann (H)

410-997-1482

Tuition due by the 5th of each month. Late payments are subject to a \$10.00 per month late fee. Please add to your check when you are aware that your payment is late.

Treasurer Reminders: Diane Imbach

Payment Reminders:

May 2012 tuition is prepaid and due August 1

Monthly tuition payments will begin Sept 1st. August and September payments should be mailed directly to me. Once school begins, payments can be dropped off in the black lock box located in the

back of the student's folder file box during school hours. Please be reminded that ALL cash payments must be made to me in person and cash should NOT be mailed or left in the tuition box.

Enjoy the rest of your summer.

Accreditation Announcements: Ms. Monica

We officially began the State of Maryland Accrediation program in June of this year. I am now in the process of filling in our Program Improvement Plan and will begin working on implementing those improvements needed during this school year. More information regarding the what and why of this program will be in next month's newsletter.

Health & Safety: Ms. Monica

Please make sure all Health and Safety paperwork is completed and returned to the school by August 8th. Children who do NOT have completed Health Inventory and Emergency Cards will not be permitted to attend school. Please remember to complete the teacher questionnaire and send in 2 small wallet size photos of your child for emergency cards and name tag use.

Thank you.

Recyclable things we can use at school



Shoeboxes with
separate lids

Pringles Cans

Oatmeal Containers
with lids

Paper towel tubes

Newspaper

Ways to Support Stevens Forest Nursery School

1. Amazon.com purchases can be made thru the Stevens Forest Nursery School Website
go to www.stevensforestnurseryschool.org
click on "Support Us" and you are redirected to Amazon.com
proceed as you normal
2. Coming Soon
E-scripts

A Smooth Start

When your child starts preschool, she may experience separation anxiety and regressive behavior. Child psychiatrist Joshua Sparrow explains what you can expect.

By Gail O'Connor

Joshua Sparrow is the co-author, with T. Berry Brazelton, of *Touchpoints 3 to 6*.

The transition to preschool is often marked with two steps forward, one step back, as your child grows and learns in amazing ways — but at the same time, regresses in some behaviors, too. Child psychiatrist Joshua Sparrow, M.D., is an assistant professor at Harvard Medical School professor and co-author, with T. Berry Brazelton, of *Touchpoints 3 to 6*. He's also a former preschool teacher and gives this advice about how to ease your child's transition.

Starting preschool is a big step for many young children. What are some of the biggest challenges they face?

The most common challenge for most kids is saying goodbye to their parents, or trouble separating. For some children this may be their first time out of the home. Others may have separated before, but are now in a new, possibly more demanding situation (if they have to share the adult caregiver with a number of other children).

How can parents help soothe their children's separation anxiety?

First, they can look within for whatever ambivalence they have about leaving their child, because he will pick up on those feelings. If there's any hesitation or discomfort or doubt — which there often is; you hate to leave your child when he's unhappy about it — but if you don't feel good about where you're leaving him, or about the fact that you have to leave him, your child's going to feel, "Well, maybe this isn't really a good place or idea." The first thing you have to do to prepare your child is to prepare yourself.

How else can parents help ease the transition for their preschooler?

There are a number of things you can do to prepare your child. Prior to starting school, take your child to visit the classroom and meet the teacher. If there's a way of having a playdate with one of the other children who will be attending the preschool, that's great, because then the children can welcome each other when they begin school. You could give your child a transitional object, like a favorite blanket or teddy bear they can carry around with them all day; or even a story so the teacher can read it. And give your child lots of reassurance that "Mommy's coming back," or "Daddy's coming back."

To reinforce the idea, you can play a little game in which something disappears from sight but your child rediscovers it. Roll a ball under the couch and say, "Look, we can't see it. Do you think it's still there? Let's

go look." When your child finds the ball, you can say, "See, even though we couldn't see the ball it's still there, just like Mommy when she went to work." What you're doing is reinforcing "object permanence," a concept that comes earlier (by the end of the first year) but can be threatened by the emotional challenge that separation presents.

What are some of the ways preschool helps a child grow?

For some children this may be the first time they're going into a group setting where the attention by caregivers will be divided among several children. Learning to share the relationship to the teacher will be a major new gain. Also, the child will be learning to make friends, share, take turns, and hold back on impulses, areas in which they're still making progress. Preschool will present them with more opportunities to practice these skills. They'll also have opportunities to learn about other children's feelings, and to discover the joy of being generous. It's very early, but you'll see examples where the child will say, "Do you want to play with this doll?" That's their little gift, and they're learning the internal pleasure they get out of that.

Also, at this age kids love the daily routine of preschool. They get excited about mastering the [schedule](#) — they know when storytime and snack and lunch and nap happen — and they're really thrilled with themselves. Their [fantasy play](#) becomes stronger around this age, and there are ways of being more elaborate with their imagination when other children are around. They also benefit from their peers in terms of language acquisition, and even motor development. You may start to see them climb up on a slide more readily, for instance.

When children are learning so many new things in preschool, is it likely they may regress in some other areas?

In general, whenever a child is challenged by a new developmental area, she's likely to temporarily lose ground in an area she's only recently mastered. So at age three, it might be bedwetting, because she may just have learned to stay dry through the night. It's very likely there could be more crying, more clinging, more wanting to stick close to parents, and maybe some baby talk. There could be trouble separating at bedtime, and with getting to sleep. One of the things kids are working on at that age is learning to control their feelings, which in a way, we work on our whole lives. You can expect more crying, more temper tantrums, more irritability, and more impulsiveness.

How do you know whether regression is a sign of something other than a touchpoint, in this case the transition to preschool? When do these behaviors signal something more serious?

Certainly the regression should not last more than a couple of weeks, at the most. And it shouldn't be pervasive throughout the day, for days and days. So although new preschoolers may be talking some baby talk, or they may wet the bed or have more trouble separating to go to sleep, you shouldn't see less of other normal functioning at other times of the day. And they shouldn't lose interest in playing, for example, or having playdates with other kids.

How can parents assess whether the preschool they've chosen is working for their child?

The first thing is to gauge whether the teachers understand that they're not just there to support the child, but also the parent. Do they let parents stay in the classroom for the first several days, to help the child make the adjustment? How forthcoming are they about reporting both the ups and downs of the day? Again, you would expect a child to resist going for the first several days, maybe for the first week or two. And you might also expect him to have a temper tantrum at the [end of the day](#) when he sees you. But what's really helpful is to sneak in and spot your child before she spots you. See what she's doing. If she's on the teacher's lap reading a story, or conversing and playing interactively with another child, or busily playing with something side by side with a child who's playing with something else — those are all good signs. If she is wandering around aimlessly or sitting in a corner looking sad and not being attended to, those are obviously not good signs.

Some children have emotional outbursts when their parents pick them up from preschool. Are these a cause for concern?

When your child has a temper tantrum, that does not mean that he is not doing well. It tells you that he really missed you and can finally let go and be flooded by the feelings he was trying to fight back all day long. The fact that he misses you doesn't mean preschool is not going to work for him. You can reassure your child and say, "I missed you too, and I'm eager to see you because we love each other and we have fun together."

Once regressive behaviors — like trouble separating — subside and the child appears to have successfully made the transition to preschool, can parents expect those behaviors to occasionally return?

Yes. For example, if you go away on a vacation or the preschool closes for a break, your child may experience another, shorter adjustment period. If a teacher or someone the child is close to leaves the school, you may see these behaviors again. Then there are other things of course that can cause these regressive behaviors, like developmental touchpoints, or the birth of a new sibling, or a stressful time in the parent's life. When you think about it, we all regress throughout our entire lives, whenever we do something new and challenging like move, or switch jobs, or get married. There will be things the child is working on, too.

*Taken from Scholastic Parents <http://www2.scholastic.com/browse/article.jsp?id=1372>

Things to Do in August

COLUMBIA LAKEFRONT SUMMER FESTIVAL, sponsored by the Columbia Association and held on the lawn at the Columbia Town Center Lakefront off Little Patuxent Pkwy, from mid-June to mid-September. No admission fee is charged. Parking is free. Sunday concerts begin at 6:30 pm and all other concerts begin at 8 pm and end by 10 pm. Movies begin at dusk (about 8:30 pm) on Fridays. . No glass containers or alcoholic beverages are permitted. For a complete schedule of the many concerts and movies see www.lakefrontfestival.com. For rain cancellation call 410-715-3127

HOWARD COUNTY SUNSET SERENADES, Wednesdays June 29 – August 17, 7-8:30pm, Centennial Park South, sponsored by Howard County Parks and Rec. Grab a blanket, bring the family, have a picnic and enjoy the sounds of summer! Refreshments will be available on site. For more information and a complete schedule call 410-313-4632 or see <http://howardcountymd.gov/rap>.

July 6 – Uncle Jack

July 13 – Drew Stevyns

July 20 – Rocknoceros

July 27 – David Bach Consort

August 3 – Regal Beagles

HOWARD COUNTY TRAVELING BAND SUMMER CONCERT SERIES, 7-8:30pm, sponsored by Howard County Parks and Rec. Grab a blanket, bring the family, have a picnic and enjoy the sounds of summer! For more information call 410-313-4632 or see <http://howardcountymd.gov/rap>.

July 8 - Captain Jack at Meadowbrook Park.

July 22 - Electric Brigade at Centennial Park South.

August 5 - Appaloosa at Schooley Mill Park.

August 12 - Tom Lagana and Sara Jones at Patapsco Female Institute.

August 19 - Nighthawks at Rockburn Park.

The Walkersville Southern Railroad, 34 W. Pennsylvania Avenue, Walkersville, 301-898-0899 or visit www.wsrr.org.

Teddy Bear Picnic, Aug 6 & 20, Midweek children's matinee departs at 11:30. Bring your teddy bear to enjoy games, songs and stories on the train. Enjoy a one-hour stop at the park for play and lunch. Bring your own lunch; babies under one free. Reservations recommended.

Jesse James Day, Aug 2, 11am, 1 & 3pm. Experience an Old West raid on the train. We supply fake jewels and money for the robbery. Caution! There will be the sound of gunfire.

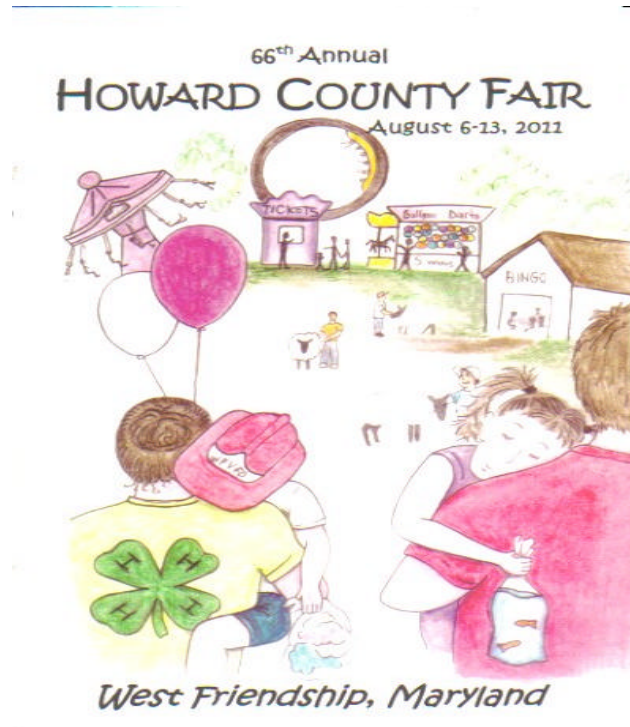
Mystery Dinner Train, Aug. 9 & 23, 6pm, Live theater "on the rail" presented by professional actors, with an all-you-can-eat buffet supper. Buffet served in a lovely park setting. "Murderous" fun. Adult theme. Train departs from the station at 6:00 p.m. and returns at 8:30. Casual attire. Reservations required.

Magic Day, Aug. 16. Magician will visit each child with tricks and balloons.

Bubbles in the Breeze, Aug 9 & 30. A favorite with the younger set! Kids get a bottle of bubbles to blow as the train chugs along.

The Baltimore & Ohio Railroad, 901 W. PrattA Smooth Start

66th Annual Howard County Fair
August 6-13, 2011



Enjoy your summer!