

# Preschool

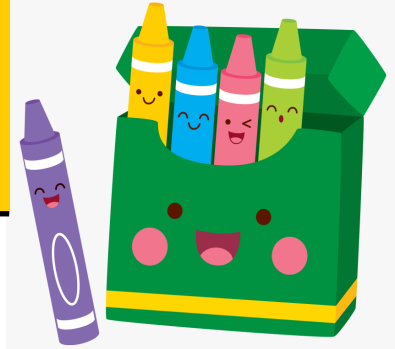
## MONTHLY NEWS

September 2024 Ready, Set, Learn! • PreK

PlayLynnwood.com



### Our Class is a Family!



Welcome to our Preschool program newsletter for *Ready, Set, Learn!* and *Kids Klub PreK!* We have been busy planning an exciting year for both classes and are very excited to finally get started!

**This newsletter has shared information and class specific pages, so please read carefully!**

Our theme this month for both classes is: "Our

Class is a Family". We will focus on meeting our new classmates, making friends and how to be a good friend. We'll also be learning classroom rules and establishing our daily routines.

Our door is always open, so please don't hesitate to ask, call or send us an email.

Happy 1st month of Preschool!



-Miss Darci & Miss Jamie



### IMPORTANT DATES

Sept. 10

• **1st day of Preschool!**

PreK: 9-11:30am

RSL: 12:30-3pm

Sept. 26

• **Birthday Celebration**

(during class)

Sept. 27

• **No school**

Teacher planning day

**Preschool:** (425)754-9293

**Kacee Jaimes:** (425)670-5524 • **Customer Service:** (425)670-5732

Jamie: [jpsaradelis@lynnwoodwa.gov](mailto:jpsaradelis@lynnwoodwa.gov) • Darci: [dbussman@lynnwoodwa.gov](mailto:dbussman@lynnwoodwa.gov) • Kacee: [kjaimes@lynnwoodwa.gov](mailto:kjaimes@lynnwoodwa.gov)

**[PlayLynnwood.com/activities/kidsklub](https://www.playlynnwood.com/activities/kidsklub)**

# What's Happening in Ready, Set, Learn!

## September 2024

| Sunday | Monday         | Tuesday                                       | Wednesday                          | Thursday   | Friday | Saturday |
|--------|----------------|---|------------------------------------|--|--------|----------|
| 1      | 2<br>Labor Day | 3   | 4                                  | 5  | 6      | 7        |
| 8      | 9              | 10<br>First day of<br>Preschool!<br>12:30-3pm | 11<br>I can Play<br>SAFE           | 12<br>The Hand<br>washing<br>Song                      | 13     | 14       |
| 15     | 16             | 17<br>Little SPOT<br>of KINDNESS              | 18<br>Friends<br>Share             | 19<br>I'm a Good<br>FRIEND                             | 20     | 21       |
| 22     | 23             | 24<br>Simon Says                              | 25<br>Belly Breathe                | 26 Bday Celebration<br>Our Preschool<br>Family Promise | 27     | 28       |
| 29     | 30             | 1<br>Preschool<br>Pop Art                     | 2<br>Little Blue,<br>Little Yellow | 3<br>Fire Drill<br>Practice-I'm<br>Here, I'm Safe      | 4      | 5        |

Character Focus: **Be KIND**

Shape: **None**

Color: **BLUE**

Song: **GOOD-BYE SONG**



# WHAT'S HAPPENING IN PRE-K

## September 2024

| Monday                         | Tuesday  | Wednesday                          | Thursday  | Friday                                     |
|--------------------------------|--|------------------------------------|---|--|
| 2<br>Labor Day                 | 3  | 4                                  | 5   | 6  |
| 9                              | 10<br>First day of<br>Preschool!<br>9-11:30 am | 11<br>I can Play<br>SAFE           | 12<br>The Hand<br>washing<br>Song                         | 13<br>Little SPOT<br>of Emotions           |
| 16<br>Who has the<br>button?   | 17<br>Little SPOT<br>of KINDNESS               | 18<br>Friends<br>Share             | 19<br>I'm a Good<br>FRIEND                                | 20<br>School<br>Around the<br>World        |
| 23<br>Our class IS a<br>Family | 24<br>Simon Says                               | 25<br>Belly Breathe                | 26 Bday Celebration<br>Our Preschool<br>Family<br>Promise | 27<br>No School<br>Teacher<br>Planning Day |
| 30<br>Rhythm Stick<br>Fun      | 1<br>Preschool<br>Pop Art                      | 2<br>Little Blue,<br>Little Yellow | 3<br>Fire Drill<br>Practice-I'm<br>Here, I'm Safe         | 4<br>This is ME                            |

Character Focus: **Be KIND**

Shape: **none**

Asl/Color: **BLUE**

Song: **GOOD-BYE SONG**

Game: **SIMON SAYS**

Small group: **MY NAME**





# HERE'S THE NEWS

## Wash YOUR HANDS!



## Fine Motor Skills in Preschool



Developing hand strength and learning to hold a pencil are key components of learning to write our name. In PreK, your child will have lots of opportunity to build hand strength through games and play, as well as, hands on coaching in small group time. At home, continue fine motor work by allowing your child to draw, color, play

games, roll Play-doh, use scissors and more!

Once your child has become comfortable holding a pencil, we move onto writing the letter in our name. IT IS EXTREMELY IMPORTANT to monitor your child in these beginning stages of writing. Using correct case (upper/lowercase) and correct form

(letters start at the TOP; move left to right) is critical. If left unchecked, it is very hard to unlearn incorrect muscle memory.

Writing should be fun and not a chore. Refer to your Parent Writing Packet (sent home at Curriculum Night) for tips and tricks. Don't wait-please let us know if you need help! Success begins when we are all working together to achieve our goals. ♥

## HAPPY BIRTHDAY!

**Cavan, Viraj, Scarlett & Karlee**

Look here for each month's birthdays!





Preschool

# Snack Menu



September 2024

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
| 2   | 3  | 4   | 5   | 6  |
| 9   | 10<br>1 <sup>st</sup> Day of School!<br>Goldfish<br>Crackers &<br>String Cheese<br>Water | 11<br>Pretzels &<br>Fruit<br>Water                  | 12<br>Veggie Straws &<br>Applesauce<br>Water      | 13<br>Left Over Day!<br>Water                                  |
| 16<br>Tortilla Chips w/<br>Salsa & Cheese<br>Water          | 17<br>Snack Mix &<br>Gogurt<br>Water   | 18<br>Popcorn &<br>Carrot Sticks<br>Water           | 19<br>Cheez-it<br>Crackers &<br>Craisins<br>Water | 20<br>Animal<br>Crackers &<br>Dried fruit<br>Water             |
| 23<br>Bagels<br>w/Cream<br>cheese & Dried<br>Mango<br>Water | 24<br>Veggie Straws &<br>String Cheese<br>Water  | 25<br>Goldfish<br>Crackers &<br>Applesauce<br>Water | 26<br>Birthday Treat<br>Surprise!<br>Water        | 27<br>No School-<br>Planning Day                               |
| 30<br>Left Over Day!<br>Water                               | 1<br>Popcorn &<br>Applesauce<br>Water  | 2<br>Animal<br>Crackers &<br>Fruit<br>Water         | 3<br>Snack Mix &<br>Gogurt<br>Water               | 4<br>Tortilla Chips w/<br>Salsa &<br>Tillamook<br>Cheese Water |



# Parent Corner



## September Songs & Games

### Good-bye Song



See you later,

Alligator

After while, Crocodile

See you soon, little

Baboon



Bye-bye, Butterfly

Give a hug, little Bug



Out the door,



Dinosaur-ROAR!

(we sing this song at the end of **every** class)

Setup Your Preschooler's Day for Success!

### The Ultimate Morning Routine

The role of routines and schedules in our daily lives are essential to our overall productivity and honestly, our happiness and well-being. Furthermore, morning routines are geared specifically towards setting up your entire day for success.

Your child's morning routine should include

#### **STEP 1: WAKEUP**

Wake up should be the same time everyday.

#### **STEP 2: MAKE YOUR BED**

It grows their independence and confidence, which will present itself in other areas too!

#### **STEP 3: BREAKFAST**

Your child should be having breakfast every single morning to give them enough energy to move about their day.

#### **STEP 4: BRUSH TEETH**

After breakfast, it is time to brush teeth. Be sure to allow time for this!

#### **STEP 5: PICK CLOTHES**

This can be the biggest battle of the morning. So let's win by preparing the night before! Lay out two options the night before that you think your preschooler will like so there is less of a hassle the following morning.

#### **STEP 6: TIME TO GO**

Stick to a set time and adhere to this and have it become routine every day (or at least Monday through Friday!)

# SIMON SAYS

SIT DOWN

TURN AROUND IN A CIRCLE

JUMP UP AND DOWN

HOP ON YOUR RIGHT FOOT

HOP ON YOUR LEFT FOOT

CLAP YOUR HANDS

TOUCH YOUR KNEES

WIGGLE YOUR FINGERS

PUT ONE ARM IN THE AIR

FLAP YOUR ARMS LIKE A BIRD

SLITHER ON THE GROUND LIKE A  
SNAKE

QUACK LIKE A DUCK

RUN IN PLACE

STAND ON ONE FOOT

PUT YOUR HANDS ON YOUR HIPS

PRETEND YOU ARE A DOG

MOO LIKE A COW

WINK YOUR RIGHT EYE

PUCKER YOUR LIPS

SING AS LOUD AS YOU CAN

PAT YOUR BELLY

PUT BOTH HANDS ON YOUR HEAD

WAVE HELLO

RAISE BOTH HANDS IN THE AIR

SHAKE YOUR RIGHT ARM

SHAKE YOUR LEFT ARM

PRETEND LIKE YOU ARE SLEEPING

ROLL ON THE FLOOR

DO A SOMERSAULT

SKIP AROUND THE ROOM

GALLOP LIKE A HORSE

MEOW LIKE A CAT

HOP TO THE RIGHT

HOP TO THE LEFT

MAKE CIRCLES WITH YOUR ARMS

TOUCH YOUR EARS

STICK OUT YOUR TONGUE

DO JUMPING JACKS

DO A SILLY DANCE

DO A CARTWHEEL

SQUEAK LIKE A MOUSE

WALK LIKE A PENGUIN

SIT DOWN AND SCOOT ACROSS  
THE ROOM

WALK ON YOUR TIP TOES

MAKE A SAD FACE

MAKE A HAPPY FACE

ACT LIKE YOU ARE ICE SKATING

DO A SIT UP

TALK LIKE A ROBOT

ACT LIKE YOU ARE DRIVING A CAR

DO A PUSH UP

WIGGLE YOUR TOES