



Foresight News

February 2024

Dear Parents,

February is already here! Can you believe it? This month will be full of exciting projects and special activities everyone will LOVE!!!!

Our theme for February is "Healthy Body, Dear Hearts." We'll be exploring all aspects of the human body: our organs and what they do for us, the skeleton and how it's connected, muscles and exercise, and what makes a nutritious diet. We'll also discuss our 5 senses, teeth and good dental care and making healthy choices.

Special Events

Valentine Tea:

Wednesday, February 14th from **10:30-11:30**. There will be a sign-up sheet posted. We will exchange Valentines, create a special project, and enjoy treats! Please have your child bring 20-25 Valentines with his or her name on them, but do not address them to specific children. We hope everyone can attend! Volunteers also needed.

Presidents Day:

February 19th --Foresight will be closed in observance of President's Day. Have a lovely day!

Spring Break:

Foresight will be closed March 14 and March 15, 2024 (Thurs. & Fri.). We hope everyone can enjoy a little fun-in-the-sun with family!! Make some great memories!

Other News

Student Absences & Family Illness:

If your child is going to be absent for any reason, please call or email us that they will be gone and why. This helps with planning classroom activities and being aware of illness occurring at our school.

Winter Recess, Fresh Air and

Clothes: Getting fresh air is more important than ever with all the germs and the winter months, to get rid of germs and keep all our friends healthy. We will go outside for recess (even if only for a few minutes), so please send your child to school with a warm coat, a hat, and mittens; snow boots and snow pants if there is snow. **It is very helpful to label all items with your child's name.**

Contact Information:

Please be sure we have a current phone number to reach you in case of emergency. If any contact numbers have changed, we need to have them on file. Please talk with Kori or Beth to check contact updates.

Arriving at School:

Please try to have your child at school **5-10 minutes before class begins**. Your child's day starts with a group lesson that is very important to the rest of their class time. When they are late it takes away from their school experience, makes it difficult for them to know what is going on and it disrupts the other students. If it is not possible for your child to be here on time, then we ask that you plan your arrival to be 20-30 minutes late (after your scheduled arrival time) to avoid

group lesson interruptions and stress to students with separation anxiety. (This is especially true for our younger students). We want all our students (and staff) to enjoy the very best learning environment we can provide.

Enroll for Summer and Fall 2024!!

We recently sent out your intent to continue form for Summer and Fall 2024. Those forms are due by March 1, 2024. We will then fill available spots with families on our wait list. To avoid losing your spot we suggest getting the intent form filled out and back to us asap. Remember, if your child will not be attending this summer you need to fill out a withdrawal notice by May 1st to give your 30 days' notice and ensure that your deposit will be applied to your last month of tuition.

Nap Time and Nap Blankets:

If your child naps at school, please be sure to provide a "small" blanket for them. Unfortunately, we do not have extras. Also, we will send the blanket home every Friday to be washed and returned for the next week. Thanks!

Kindness & Respect:

We have been talking about what it means to be kind and respectful to each other, our teachers, and our school/materials. Last week the glass hamster cage got broken (we believe by a block getting slammed against it). This act is neither kind, respectful, or safe. We understand accidents happen, and children must explore their environment, however playful exploration does not include forceful slams to school materials, putting

pencils, crayons, etc. down the toilet, or speaking so loudly it disrupts the other classrooms. These are all incidents the teachers have been dealing with during inside time, making their job even harder. That is why I am sharing this with everyone in the hope that at home you could reinforce behaviors of kindness, respect, and safety. We feel these are the most important behaviors we as educators and parents can instill in all children to make this world a better place.

Snack Time:

Please remember that snacks must follow our Quality First guidelines for healthy snacks/lunches and each snack should include **two** food group components. Please save cookies, fruit snacks, junk food, and high fat snacks for home. Extra food is always good, especially for those kiddos going thru a growth-spurt!

Staff:

We wanted to let everyone know that besides Teacher Jess, who has been substitute teaching with us since this Fall, we have another substitute on staff now. Olivia Bernard has been in training with us and getting to know the students and the routines. She is an NAU student who is studying psychology. She enjoys working with children, is kind, patient, and energetic! We have all positions filled (and trained), but want to ensure we are well staffed when illness occurs. And you might see Morgan occasionally on a Thurs. or Fri. afternoon-yeah!

Thank You so much!!!!

***To our wonderful staff for their dedication and 100% effort to make this the best preschool in Flagstaff! We received 100% compliance for our health and safety annual observation!

***The Fletcher and Fellows families for donating pants when we ran out of emergency cloths!

Peace and Love-

*Beth, Kori, Angie, Amanda,
Jena, Ellie, Jordan, Samantha,
and Berenice*

Thought for the Month

"The most important trip you take in life is meeting people half way."

--Henry Boyle

