



Butterfly Tales

Parish Day School OF EASTERN SHORE CHAPEL

Welcome to Parish Day School!

Director's Corner

Thank you for such a great beginning to the school year! The children are very ready to be here and to have fun and learn new things! It makes our job so much easier.

We are pleased to announce our Four Star rating from Smart Beginnings. This is quite an accomplishment and the staff worked hard to attain this distinction. There are few Four Star rated preschools and child care centers in South Hampton Roads. This along with our state licensing and National Association for the Education of Young Children accreditation can give you the assurance and satisfaction that you have chosen a special place for your child.

Just like families needing to cut back in various areas to maintain a zero balanced budget, we have made a few changes. It does not affect the quality of our program! We have enjoyed having a Movement Education Specialist along with a Music Specialist. We had to drop the Movement Specialist but we are NOT dropping the Movement curriculum. We have all the same equipment, same scheduled times for use of the "gym" (Johnson Room) and lesson plans that teachers may use or they may conduct their own. We have also had to drop our full time Playground Supervisors so teachers have to be on the playground the whole time their class is. The main thing that this will impact is the maintenance of the playground. Especially when the leaves begin to fall we may need to see if some parents can offer us a little time during the week or on a weekend.

Remember our Parent Handbook is on our website, parishdayschool.com and the Parent Association chaired by Kelly Lambroff has their own email address parishday-schoolpa@gmail.com. Please become as involved in your child's preschool as much as you can. It makes for a happy and fun atmosphere for everyone.

PDS Fall Fest Sat., Oct. 22

Calendar

9/23 First Day of Autumn
10/5-7 Individual Pictures
10/22 PDS Fall Fest
10/31 Halloween



Special points of interest:

- ☺ Look for a column from each age level and each of our resource classes as well!
- ☺ Fall Fest Info!

DONATIONS...

We could use the following items...

1. Tissues
2. Zip Lock Bags, large or small
3. Paper Towels
4. Wipes, baby and Lysol

Thank you so much!

Inside this issue:

Director's Corner

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And much, much

More!



News from the Twos

Submitted by Vicki Kirby,

8 Tips for Easy and Fun Family Meals

Just remember that eating together as a family is more than just a meal; the goal is to get everyone to the dinner table and to spend quality time together. Here are some strategies that can help you getting started eating together as a family unit:

★ Try to keep family meals fun. Include children in the meal preparation and in the decision about what foods will be offered for dinner. Children feel important if they contribute to family meals.

★ After-school activities have to be chosen carefully in order to protect the dinner routine for most days of the week. Make shared family meals a priority.

★ Set specific mealtimes by writing them on the calendar and let everyone in the family know when dinner is served and when they must be home.

★ Be a good role model by eating healthy foods and proper table manners.

★ Keep nutritious, wholesome foods in the house.

★ Limit the availability of high-calorie, high-sugar, high-fat foods that have few other nutrients.

★ Try to eliminate distractions, like TV, telephone, and cell phones during mealtime.

★ Remember that it is never too late to start a routine family dinner. Just find an

appropriate time that works best for your family.

<http://www.nourishinteractive.com>



The Gleeeful Threes

Submitted by Susie Fleenor, 3 year old teacher

Interactive Learning on the Playground

We are blessed with a fabulous outdoor play area at Parish Day School, complete with different areas for various kinds of learning. On the "big mulch" we run, climb, swing and use our imaginations as we fly to the moon in the spaceship or drive to a far away country. On the "blacktop" we use our large muscles to throw, catch, and shoot balls, and ride tricycles. The "little mulch" provides us the opportunity to be brave and adventurous when we walk on the pods and climb on the cave. Shovels, buckets, trucks and wagons are utilized in the sand. We experiment with pouring and measuring, use teamwork to build and dig, and learn to use our words and manners when we want something that someone else is using. Our daily minimum amount of thirty minutes on the playground, allows teachers and students to interact, have informal conversations and extend learning outside the classroom.

We do ask that you help us by encouraging your child to dress appropriately. Sneakers and closed-toe shoes are the safest for climbing and they also help keep our rooms clean since the mulch and sand usually get brought inside with sandals. Coats and jackets need to be clearly labeled with your child's name and mittens or gloves will soon be a necessity. We do go outside every day, unless it is raining or the wind-chill is below freezing. It does take extra effort and time but allow your child to put on his/her coat independently. Practice zipping and buttoning at times when you don't have time constraints so your child does not feel rushed.

Love the great outdoors and have some time to volunteer? We would love some parent volunteers when the leaves begin to fall to help keep the sand clear. Once a week or once a month would be a tremendous help. Just let your classroom teacher know that you are interested.



The Older, Bolder Fours

Submitted by Navine Fortune, four year old teacher

The children are off to a wonderful start! They are adjusting to our daily routine and have shown great interest in the lessons being discussed in the classroom. Over the next few weeks, we will explore concepts such as Social Relations, Alphabet and Number Recognition, Fall, Community Helpers and Fire Prevention.

As a reminder, please ensure that your child is wearing proper attire for movement education and playground activities. Shoes should be closed-toe to ensure safety and fun exercise. We would like to thank you for your donation of classroom and other wish list items. Your dedication and support are greatly appreciated!



Welcome to PDS Music Classes!

Submitted by Carol Peterson, music teacher

Welcome to PDS Music Classes!

Children LOVE music and the exciting part is they can learn so much from participating in music. They learn how to 'keep a beat', develop language skills (from lyrics), listening skills, increase their manual dexterity and muscle control with finger plays and motion songs, and just have FUN while doing it.

My goal is to teach your child to appreciate music as a joy – whether it's singing silly songs, listening to pretty tunes, or wondering what instruments made those particular sounds. My job is to give them a variety of music to listen to, march and dance to and play along with, so that music is a satisfying and positive experience.

In your child's music class this month we will begin 'listening' to different styles of music, 'learning' new words to express our music, and 'playing' some of our percussion rhythm instruments.

Parents Association

My name is Kelly Lambroff and I'm leading the Parents Association this year. Thanks to those of you who have expressed an interest in becoming more involved. (It's not too late to turn in your Volunteer Form!) Many thanks also to those who attended our first Parents Association meeting on September 22nd!

We're planning some great events this year including Fall Fest which is coming up on October 22nd. There will be lots of opportunities for volunteers to help with this fun family event so keep an eye out for more details.

Past efforts of the Parents Association have resulted in new playground equipment, security doors and cameras, and the mosquito squad service, just to name a few. This year's fundraising activities will continue to support and help the school in providing the best materials, equipment and learning tools for our children and to assist the teachers and staff so they can focus their time on our children.

Please know that it's never too late to get involved! We're all members of the Parents Association and together we can help make this a great year for our kids!

Thanks,
Kelly

(I'm at PDS on M W F or please feel free to email me at parishdayschoolpa@gmail.com.)





Godly Play

DID YOU KNOW?

DID YOU KNOW:

- *that Eastern Shore Chapel has a food pantry serving residents of Va Beach?
- *that the Chapel Pantry is right here on church property, in a room in Barton House, down the long driveway behind Parish Day School?
- *that the Pantry is open 5 days a week and one night a week, making it the most accessible food pantry in the area?
- *that the Pantry provides food for 400-450 families every month?
- *that the Chapel Pantry has fed 5,202 children already in 2011?

Parish Day School has the opportunity to help the Chapel Pantry help those in this community who are struggling to feed their families. There will be a collection box in the main hall where you can donate an "item of the month." Our goal will be to collect 100 of these food items each month to donate to the Chapel Pantry.

You are encouraged to take your children with you to purchase the food item. Help them choose something they would want to see in their own pantry at home. Once we reach our goal of 100, the children will gather as a community for a celebration. One class each month will help take the donated items to the Chapel Pantry. Thank you for helping ESC to support this vital outreach ministry.

OCTOBER'S ITEM IS A BOX OF CEREAL.

I wonder how quickly we will reach our goal? Please contact Betsy Antanitus (Godly Play) at antanitus5@cox.net with any questions.



In the Loop



Individual Portraits will be on October 5th - 7th.

Schedules be sent by email.

Hours of operation 9:15 - 12:20

Doors opens 5 minutes before class starts.

When dropping off and picking up your children, please stand against the walls. This will keep the middle of the hallways clear.

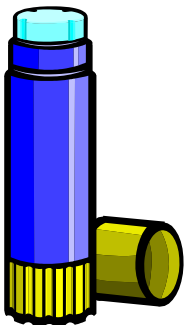
Book Store News



Autumn is Pumpkin time, and the Parish Book Store has books to celebrate this special time of year. Too Many Pumpkins by Linda White, The Pumpkin Book by Gail Gibbons, Pumpkin Circle: The Story of a Garden by George Levenson, and In November by Cynthia Rylant are just a few of the titles. Come see all the books and decorations that celebrate fall.

PDS Lending Library -Linda Greaves

During the month of October your child will be given the opportunity to check out a book from the PDS Lending Library. We ask that you read the book with your child and then in one week, return the book to your



Reminder:

Lip balm/chap stick is considered as medicine. Therefore, a medical consent form must be submitted and can only be applied in the office.

Lunch Bunch

Don't forget, we have lunch bunch daily from 12:20p.m. - 2:00p.m. The cost is \$8.00 a day, please see Libby Lovering to sign-up. All lunches must have a name and date. Your child will have fun in mixed age group and you can have extra time to shop or rest!

