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VOLUME 1, ISSUE 1 —
 SEPTEMBER 2009

SEPTEMBER SCHOOL CALENDAR

9/03/09 (Thu)
PLAYGROUND GET-TOGETHER
 (inside if it rains, Parents stay)
 2s 9am-10am
 2/3s 10am-11am

FIRST DAY OF KINDERGARTEN
11:30am-3:00pm

9/04/09 (Fri)
PLAYGROUND GET-TOGETHER
 (inside if it rains, Parents stay)
 3s 9am-10am
 3/4s 10am-11am

9/07/09 (Mon)
LABOR DAY—NO CLASS

9/08-09/09 (Tue-Wed)
MANDATORY ORIENTATION MEETINGS
 (No students – babysitting NOT available)
 9/8 (Tue): 7pm-8:30pm 2/3s, 3/4s, 4s
 9/9 (Wed): 7pm-8:30pm 2s, 3s, K

9/09-10/09 (Wed-Thu)
FIRST CLASS FOR 2s, 2/3s, 3s, 3/4s and 4s (Parents stay)
 9/9 (Wed): 9am-10:30am: 2/3s, 3/4s and 4s
 9/10 (Thu): 9am-10:30am: 2s and 3s

9/10/09 (Thu)
FIRST FULL DAY OF CLASS FOR 4s

9/11/09 (Fri)
FIRST FULL DAY OF CLASS FOR 2/3s and 3/4s
FIRST DAY OF AFTERCARE

9/15/2009 (Tue)
FIRST FULL DAY OF CLASS FOR 2s and 3s

9/23/09 (Wed)
MANDATORY MEMBERSHIP MEETING/POTLUCK DINNER (Sign-up sheet), 6:30 p.m.

Limited baby-sitting available for \$5/hr. at every membership meeting;
MEETING AT 7:00 p.m., lasts for about an hour.

GREETINGS FROM THE CPNS&K PRESIDENT

Dear all new and returning CPNS&K families,

I hope you all had a wonderful summer. I am very excited to begin the new school year. We have a few changes in classes offered compared to last year, and have hired Ann Nelligan to teach 3s and 3/4s. This year, we will be a true cooperative as we are not offering non-coop class (except for Kindergarten). We are thrilled to have you all work in the classrooms, as are the children.

I encourage you all to contact your class representative regarding cooping schedule.

The teachers have worked very hard to get the classrooms ready for school start, and also want to thank everyone who came out during Big Clean!

College Park Nursery School is a parent-run cooperative, and we need your help to con-

tinue making it the great place that it is, for our children to thrive. We strive to keep tuition low, and need to keep our classes full in order to do so. We still have a few openings in some of our classes, so please refer your friends who might be interested.

I am looking forward to meeting you all at the membership meetings and wish you the best as our children become Bubbly Bears, Friendly Frogs, Terrific Turtles and Busy Bees.

Best,
 Malin Ljunggren-McNulty
 President 2009-2010
 president@CPNSK.com

P.S., Did you know that you can find us on Facebook?



INTRODUCING MISS ANN



College Park Nursery School and Kindergarten enthusiastically welcomes Miss Ann Nelligan as our new teacher for the 3s and 3 / 4s classes.

Miss Ann grew up in Massachusetts, and lived there until she was 30. After achieving a Bachelor of Science from Boston University School of Public Communications, Miss Ann was a video and print editor, an Operations Manager, a Law Office Administrator, and a self-

employed provider of secretarial and administration services, all before becoming a mother to two great kids of her own.

Miss Ann's children attended CPNS&K. During that time, she was a valued Board Member and served a term as President of the Board. At CPNS&K, she was a substitute teacher and a teacher's aide. "It was at that time that I discovered a talent for working with young children that I never knew I possessed," Miss Ann explains. "When my youngest child left CPNS&K for elementary school, the teachers at CPNS&K recommended me to a nearby school, and I began my teaching career as a PreK-K teacher."

When asked what projects and new experiences the 3s and 3 / 4s

can look forward to enjoying in her class this year, Miss Ann responds that, "At the beginning of the year we will learn about ourselves, our families and our friends. Later we will discover the world around us, experimenting with color, light and shadows, wind and weather, and things that grow. The end of the year, especially, will give us a chance to dive into things, get dirty, and learn." Summing up, she says, "I'm looking forward to a year of fun. I can't wait."

When asked what it was like coming back to the school, Miss Ann says, "Now I am back at CPNS, about to teach 3 and 4 year olds. I am thrilled – it's like returning home."

WHAT'S INSIDE

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BIG CLEAN-UP — THANK YOU!

A big thank you to everyone who participated in the yearly Clean-Up at the school on August 22 and August 29. Every toy was cleaned and every surface scrubbed. A job well done!



BACK TO SCHOOL TRANSITION TIPS

Whether your child will be attending CPNS&K for the first time or is a little apprehensive after the extended summer break, the first day of school can be a tough transition. Most children may fluctuate between feelings of excitement and apprehension, and, understandably so, their parents may share those same emotions. Regardless of age, here are tips to make the transition to CPNS&K an easier one for everyone.

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Start a child's back-to-school routine at least a couple days before the first day of school. Many kids transition into a sleep-in and stay-up-late schedule, making the return to school year a greater challenge. Adjust your child's sleep cycle and morning routine as early as possible to avoid the first-morning rush to school.

If your child is new to CPNS&K, visit the school with your child ahead of time. Feel free to come by and look at the school and the playground if your child did not attend the Open House or does not remember the school well from previous visits.

Share “Back to School” picture books. Reading books with children is a great way to introduce any experience. They can see how other children beginning school or a new program have the same feelings of uncertainty

and how they overcome them.

Let your child have some control in school planning. Whether it is selecting the backpack or picking clothes out for the first day, let your child feel in control of decisions being made about school. Too many well-meaning parents do it all for their kids, leaving them feeling like they have no decision making about school. Even if it's not your personal first choice, it's okay if your child picks something that you would not have, as long as it complies with school requirements.

Plan a welcome school special activity as a family. Whether it's a special outing on the day before school starts, a dinner the night before, or a special breakfast, make sure your child knows you are excited about the school year. Family time can create a calming influence and help your child feel more secure about the school year.

Give your children a run through of what their school day might be like. Young children always feel more comfortable if they know what to expect. Before the new school year begins, family members can explain to children how their daily routines will change. Precisely describe what the morning routines will be in age-appropriate terms. Some children may enjoy creating a pictorial chart to include each step of the morning schedule.

“Young children always feel more comfortable if they know what to expect.”

Talk to your teacher and fellow parents about whether you should linger at school or whether you should go. Many psychologists and education experts hold that you can cause additional stress or

nervousness if you stay around and hover after your child enters the classroom. Parents need to know that it's okay to release their child and go. Always give your child a hug and words of support, but discuss with the teacher whether you should stay if your child cries and how best to help with signs of distress. Don't hesitate to schedule time with your teacher to talk about difficult transitions and what strategies to employ.

Do not overreact. If the first few days are a little rough, try not to over react. Young children in particular may experience separation anxiety or shyness initially but teachers are

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trained to help them adjust and co-oping parents are there to help, too. Encourage your children to describe how they feel about their time at CPNS&K and try to ease any fears they may have.

Arrange play dates. Try to arrange get-togethers with some of your child's classmates during the first weeks of school to help your child re-establish positive social relationships with peers.

(adapted from articles by the American Academy of Pediatrics <www.aap.org>, the National Association of School Psychologists <www.nasponline.org>, the National Association for the Education of Young Children <www.naeyc.com> and Robin McClure's *Guide to Child-care* <www.Childcare.about.com>)

ABOUT TOWN ...

9/10/09 – 9/13/09	<i>Prince George's County Fair</i> at the Show Place Arena and Prince George's Equestrian Center in Upper Malboro, MD: www.countyfair.org
9/12/09	<i>Baby Loves Disco</i> at the Rock and Roll Hotel on H Street NE, DC: www.rockandrollhoteldc.com
9/12/09	<i>Kennedy Center Open House Arts Festival</i> – includes lots of kid-friendly performances: www.kennedy-center.org
9/13/09	<i>Takoma Park Folk Festival</i> at the Takoma Park Middle School – includes a kids' fair: www.tpff.org
9/18/09 – 11/8/09	" <i>Go, Dog. Go!</i> " presented by Adventure Theater in Glen Echo Park, MD: www.adventuretheatre.org
9/26/09	<i>National Book Festival</i> on the National Mall between the U.S. Capitol and the Lincoln Memorial: www.loc.gov/bookfest
9/26/09	<i>Flying High</i> , three short plays on the lives of aviation pioneers, presented at the College Park Aviation Museum: www.collegeparkaviationmuseum.com
9/28/09 – 9/29/09	<i>The Jungle Book</i> by Magik Theatre at Publick Playhouse in Cheverly, MD: www.pgparcs.com/Things_To_Do/Arts/Publick_Playhouse.htm

BACK TO SCHOOL PICTURE BOOKS

A picture book can help your child visualize her mornings or afternoons at CPNS&K and can help ease any anxieties about preschool and Kindergarten by helping her relate to the experiences of colorful storybook characters or familiar characters from books and television. Here are some favorites to share with your child:

How Do Dinosaurs Go to School? by Jane Yolen and Mark Teague

The Berenstain Bears Go to School, by Stan and Jan Berenstain

Wow! School! by Robert Neubecker

Back to School, by Ellen Weiss (a Fisher Price Little People Board Book)

Arthur Goes to School, by Marc Brown

Marley Goes to School, by John Grogan

Froggy Goes to School, by Jonathan London

Spot Goes to School, by Eric Hill

Don't Go! by Jane Breskin Zalben

Countdown to Kindergarten, by Alison McGhee

Kindergarten Rocks! by Katie Davis

Comments or suggestions for the
CPNS&K Newsletter?
Items for submission?

Please contact
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