



Rollingwood
Academy

August 2018



Fall Newsletter: Back to School



Important Dates

August 15th: Tuition due

August 28th: Meet and
Greet (5:00-7:00 PM)

September 3rd: Labor Day-
Closed

September 4th: First Day of
School

September 18th: Open
House for Preschool A & B

September 20th: Open
House for PK & K

Preparing Your Child For School

*A good night's sleep is important for the growth and development of your child. Children of preschool age require 10-12 hours of sleep per night.

*Strive to start your child's day with a nutritious breakfast (www.weelicious.com and superhealthykids.com)

*Purchase a backpack that will hold your child's folder comfortably. A backpack that can store all of their essentials is helpful to our staff.

*Clearly label your child's change of clothes (placed in a labeled Ziploc), lunchbox, blankets, all outerwear and backpacks.

*Check your child's folder daily and pay special attention to the classroom calendar to ensure that you are aware of important dates.

*Please arrive to school by 9:00 am. Late arrivals can be disruptive to the students and teachers.

*When in doubt, ASK! No questions are silly questions!



...sometimes the smallest things take up the most room in your heart.

~Winnie the Pooh

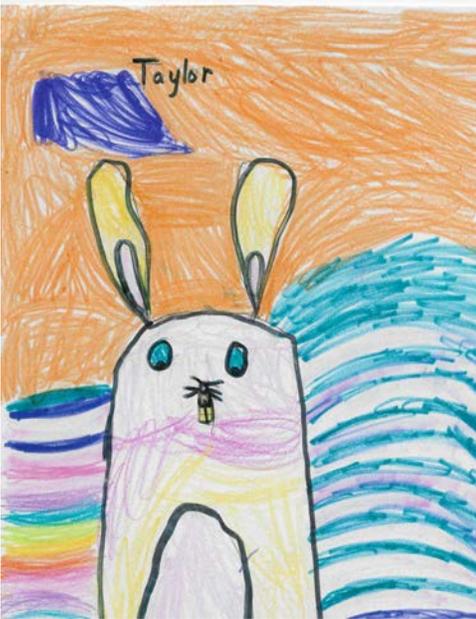
Easing Parent-Child Separation

Being separated from the people we really care about in our lives can be a very painful experience. Any parent who has had to leave a crying, clingy or screaming child in someone else's care knows the guilt and uncertainty such a situation can cause.

You have put a great deal of thought into choosing Rollingwood Academy as your child's school and care provider. When your child protests the separation, they are telling you they care about you as they strive to be "independent", but at the same time they don't want to "give you up". Here are some tips on how to ease the separation process:

- ~Attend the "Meet Your Teacher Night" with your child and drive by the school a few times prior to the first day. This will help ease anxiety.
- ~Try to show "no fear" when dropping off your child. Say a quick goodbye with a hug and a kiss and tell your child that you will see them after _____. Fill in the blank with the activity prior to your pick up.
- ~Set your mind to success and celebrate the milestone of this new experience.
- ~Share your experiences of your "away time" when you reconnect after pick up. This role models the enjoyable experiences that you have outside of the relationship with your child and gives them an opportunity to share their day.
- ~Read stories to your child about going to school: First Day of School by Mercer Mayer and The Kissing Hand by Audrey Penn are some great options.
- ~Get involved with your child's school! This is the best form of role modeling for your child.
- ~Communicate often with your child's teacher to discuss your child's progress.

Important Policy Information



Birthday Information

~All students will be provided cupcakes by Rollingwood Academy on their child's birthday. If you have any questions regarding birthdays, please refer to the Parent Handbook.

~**Illness:** If your child has a fever or any form of a communicable disease, he may not return to school for 24 hours after the fever or the child is no longer contagious. Please call the school in the event of absence due to illness. If your child needs to be administered medication while at school, please refer to the Parent Handbook and fill out the appropriate forms. A MAT authorized employee will only administer medication to a student.

~**Gate Duty:** Rollingwood staff will be outside the building from 8:45-9:00 am, 1:00 pm and 3:30 pm. Children will be escorted to and from their classroom along with kindergarten safety patrols. Please enter the second driveway and pull your car to the sidewalk in front of building. Remain in your car until staff approaches and refrain from "carpool conversation" with other parents. You may park adjacent to the building on Prodan Lane and walk your child to the front porch if this process is easier. The same applies for pick up. If your child is uncomfortable with exiting from the car, please park and walk your child inside. Staff will not carry children into the building from a parent's car. **Please remember that the school is located in a neighborhood and we strive to be courteous. The speed limit is 25 mph.**

~**Uniforms:** Please refer to the Parent Handbook for clothing specifics. No open-toed shoes as the children will play outside daily (weather permitting). No uniforms on Friday! **Show your spirit and wear your Rollingwood t-shirt on Spirit Day/Pizza Day. Shirts will be distributed on Meet Your Teacher Night.**

~**Communication:** We will continue to minimize paper distribution; therefore, please stay connected through our Simply Circle and Remind.com apps as well as Facebook. Sign-up information regarding the apps will be sent home via your child's folder during the first few weeks of school. Please notify the school of any mail, phone number or email changes.

