



## Pioneer Preschool newsletter

EHS/HS/Preschool

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## Greetings!

We know these are certainly some trying times, and we want you to know that we are here to support in any way that we can. This newsletter will come to you once a week, and it will contain the following information:

#### **•An online link or a read-only page to a craft or lesson idea**

<https://www.iheartnaptime.net/play-dough-recipe/#wprm-recipe-container-126418>

#### **•An important self-care tip**

Make sleep a priority. Establishing a regular bedtime for your children allows you to have one for yourself. Give time to unwind; turn off electronics; take a hot bath or shower, and pat yourself on the back for a job well done!

#### **•A weekend idea that can be completed from home but will allow you and your children to do something fun other than focusing on schoolwork**

Let's go to the Zoo! <https://kids.sandiegozoo.org>

#### **•A simple recipe that is inexpensive and easy to prepare**

[Chicken Fajitas Will Get Your Fiesta Started](#)

#### **•Any news from the District/Your child Teacher**

Board Meeting, Monday, March 30, 2020, 6 pm.

*"Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain."*

Ideas to keep things running as smoothly as possible.

Do you ever wonder how teachers of young children can manage 8-16 children so successfully at school and it is so hard at home to tame the chaos with just two or three? We want to share some of our “tricks of the trade” with you over the next several weeks to help you to provide a good experience for your family.

**Trick #1 Make a schedule**

At the beginning of the year the teachers create a schedule for the children and teach them to follow it. This is almost like magic! Children behave better and learn more when they know what comes next in their day.

**You should make your schedule in whatever way will meet your family’s needs. The important thing is to have one and stick with it until the children learn it. Below is a sample:**

7:00 Go up, go potty, get dressed, wash hands and brush teeth

7:30 Eat breakfast

7:50 Do chores together (even very young children can help make beds, match socks in the laundry, sweep the floor, clear dishes).

8:15 Do school work which will be provided by Head Start teachers

9:00 Snack and conversation

9:15 outside play or neighborhood walk

10:15 Children play independently

11:30 Wash hands and Lunch

12:15 Read a book or two together and have a nap or quiet time

2:15 Snack (when children wake up)

2:30 Outside play time

3:30 Screen time

4:30 Help set table and get ready for dinner

5:00 Dinner

This is just a sample. The important thing is to be consistent with a schedule of your choosing.