



# Little Village Preschool



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"It Takes A Village"

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## September 2022 News from the Office...

Happy September! We have been so happy to have all our returning families back, and to have some new faces join us as well!

\*\*\*Some important announcements that everyone should be aware of going into September—

\*September's family participation diversity event will be to bring in pictures of your child's grandparents. We will be hosting Goodies with Grandparents the week of September 5th. Toddlers Day will be Tuesday the 6th, Preschool will be the 7th, and Pre K will host on Thursday the 8th.

\*Take home all swim suits, towels and water shoes.

\*On Monday, 9/5, the center will close in honor of the Labor Day holiday. If you have a part time schedule and one of your days is Monday, you will NOT be charged tuition for that day. Enjoy the unofficial end of summer! Seems like it went by way too fast! If you will be missing any additional days over the holiday, please grab a vacation slip from the office and fill it out at least a week prior to the holiday.

\*We are planning on hosting our annual Meet The Teacher night this month **IN PERSON** on September 28TH from 6—7 pm. There will still be an opportunity to enter for a chance to win a free week of tuition (for one child), so stay tuned!

\*I have scheduled Picture Day for the 22nd and 23rd this year!! The 22nd will be for the infant and toddler room and the 23rd will be for preschool and Pre K. Keep in mind that if you have multiple children enrolled at the center and wish to have them photographed together, we can certainly accommodate that. Brian from Studio C has been doing our photography for years, and he really does a phenomenal job. Background choices will be posted very shortly, so keep an eye out for them, we will also email them to you. Payment is due the day of pictures, cash or check only.

Please refer to the last couple pages of this month's newsletter for some helpful health and child development news!

Happy September everyone!

## \*\*September Themes\*\*

Back to School  
Apples  
Harvest  
Bees

Farm Animals  
Family  
Fall

Getting to Know You

## September Birthdays

Gunner H.	4
Miss Mandy	
Nickolas R.	4
Brooks B.	1
Colin B.	4
Weldon (Wells) D.	4
Spencer B.	5
Leo M.	5



## Miss Cheryl/Miss Angel/Miss Ashley —Infant Room News

Welcome to the month of September and Fall! The infant room has been buzzing with excitement. We are so excited to have Aria back with us after staying home for the summer months. She's as cute as ever and walking all over the place. We are also excited to welcome Paxton to our class. Paxton is Maddox's little brother and we are looking forward to watching him grow and learn. We said goodbye to our sweet and sassy Riley who is off to new adventures in the Todds I classroom. We will miss her but we know she'll do great!

We love watching the infants reach different milestones. We've been working hard on jumping, walking, sitting up and rolling over.

Our themes this month will be bees; apples and Fall. Check out the walls each week to see the crafts we've worked on.

Check out the calendar for the date for Goodies with Grandparents, Picture Day and Meet The Teacher Night.

Our September student of the month will be Keefe! Happy 1st Birthday to Brooks! Have a great month!



## Miss Sophia —Toddler I News

Happy September! Wow! We have so many fun things coming up this month! Like goodies with grandparents and picture day! We'll also be learning about some fun topics: Getting to know you, grandparents, farm animals, fall, apples and harvest! Some activities we'll be doing: "milking cows" using gloves and using our fine motor skills to squeeze out water from the gloves to mimic milking a cow! We'll also be washing some fruits and veggies learning about caring for our foods!

Author of the month: Laura Numeroff- we'll be reading many books by our author of the month, especially during farm animals week! If You Give A Pig A Party will inspire our art work one day painting pigs and balloons!

Important dates:

Sep 5th- Labor Day, Center closed

Sep 6th- Goodies with grandparents from 2:30-3:30!

Sep 22nd- PICTURE DAY! Can't wait to see all in your best outfits!

Student of the month: Gavin M. Gavin is such a goofy kid! He is always bringing so many giggles and smiles to the classroom! His favorite song is Baby Shark! We love having Gavin in our classroom!

Have a safe and super fun month!



## Miss Angela- Toddler II News

Hello parents! We are so excited to be back into the school year and have lots of our friends back! The month of September will be a pretty busy one and we have lots of important dates to remember.

Monday, 9/5: Center Closed for Labor Day

Tuesday, 9/6: Goodies with Grandparents (toddler and infant room grandparents only)

Thursday, 9/22: Picture Day (toddlers and infants only)

Wednesday, 9/28: Meet The Teacher Night

We will be exploring many fun themes this month like farm animals, fall, apples, and harvest. We are going to collect our own leaves outside so we can learn about the changing colors, promoting both our physical and cognitive development.

September's Todds II Student of the Month is Riley G. Riley spent the summer at home doing lots of fun things, but we are so excited to have her back at LVP!

Reminders for Parents:

Please remember to be checking your child's cubby daily for anything that needs to go home, as well as making sure they have weather appropriate clothes. If you haven't yet, be sure to take home your child's sunscreen as well. Additionally, because we start focusing on potty training more in Todds II, I ask that you do not bring in 360 diapers/pull ups, only tabbed ones, as it's much more difficult and time consuming to get them undressed and re-dressed every time they sit on the potty.

Thank you so much!

Miss Angela

## Miss Kami- Toddler III News

Welcome to the month of September and a new school year! We are excited to welcome back our friends who spent the summer at home and welcome our new friends to the toddler III group. These last few weeks we said goodbye to a few friends as they set off to the Preschool I group with Miss Lexi. The last few months I got to spend and learn and grow with the kiddos was so much fun, and I'm so excited to welcome a new group of friends to the toddler III group.

This month, we will be working hard on managing our BIG emotions and learning new ways to overcome them. We will also start our classroom job chart, where each week students will be assigned a job to feel more welcome and rewarded from doing a job well done. The jobs will include a line leader, book holder, light helper and teacher helper.

A few themes we will be working on will be Getting to Know You, Grandparents, Farm Animals, Fall and Apple Harvest.

I would like to congratulate Maddox A. as student of the month, Maddox has spent the summer at home and is back and ready to learn and grow with the toddler III class.

Please refer to our classroom calendar for some important dates coming up in the month of September.



## Miss Lexi — Preschool I

Hello September! Wow! Can you believe it? The summer just flew by!

Our student of the month will be Mila H. Even though we are just finishing transitions, I have been lucky enough to have Mila before in my toddler I class!

This month, we have a lot going on! We are celebrating grandparents this month! Our Goodies with Grandparents is always so fun for the kids, so we are looking forward to showing grandma and grandpa just how special they are!

This month is also Class Picture time so start searching for those cute outfits.

“Meet The Teacher” night will be on the 28th and I look forward to meeting all the new parents and catching up with all the parents I have had before.

The first week of September, we will be talking about “All About Me”, a great back to school theme. The next week we will focus on families. We will talk all about our own families and also animal families. Expect some homework these first two weeks.

Our Author of the Month will be Laura Numeroff and we will be dedicating a week to her “If You Give A Mouse...” books before we head into farm week to celebrate Johnny Appleseed's birthday on the 26th.

This should be a really fun month and I can't wait to see what the kids learn and how much they grow!



## MISS MANDY—PRESCHOOL II

This month, we welcome a whole bunch of new friends! One of which is Colin, who is going to be our September student of the month. Along with Colin, I also welcome Audrey, Isaiah, Connor, Emmett, Beckham, and Parker to Preschool II! We have lots of fun stuff to learn this month. With all of our new friends in class, we are going to dedicate a whole week to learning all about each other. The following week, we will learn all about our families and celebrate Grandparents Day by making special gifts (sshh—don't tell them!).

We will also be focusing all month long on our Author of the Month, Laura Numeroff ("If You Give A Mouse A Cookie" is her most famous book. We will be rounding out the month with a week of Farm knowledge! We will be making paper plate pigs, cows, fluffy sheep, and chickens. We will also be constructing a horse and coloring it. For our sensory experience, we will make pigs out of playdough. We will also count and clip for math, building a barn out of popsicle sticks and we will of course be playing everyone's favorite farm game, Farm Bingo.

Happy Birthdays go out to Colin, Nickolas and Wells this month!!

Topics this month:

Letters: A & N

Numbers: 1 & 8

Shape: Circle

Color: Red

Author: Laura Numeroff

Artist: Georgia O'Keefe

Special Days to remember:

Monday, 9/5 NO SCHOOL; Labor Day

9/7: Goodies with Grandparents from 2:30—3:30 pm

9/23: Picture Day

9/28: Meet The Teacher Night from 6—7 pm



## Miss Sarah's Pre K I News

WELCOME TO PRESCHOOL! THIS IS THE YEAR FOR OUR YOUNGEST LEARNERS TO SHINE BRIGHTLY IN OUR CLASSROOM! IT WILL BE A YEAR OF MAGICAL WONDER AND AMAZING GROWTH FOR YOUR LITTLE SUPER STAR! I'M LOOKING FORWARD TO WORKING WITH YOU AND YOUR CHILD AS I TEACH THEM TO REACH FOR THE STARS! OUR THEMES FOR THE MONTH OF SEPTEMBER WILL BE:

SEPTEMBER 1 -2: BACK TO SCHOOL WEEK

SEPTEMBER 5: LABOR DAY (CENTER CLOSED)

SEPTEMBER 6—9: GRANDPARENTS WEEK

SEPTEMBER 12—16: ALL ABOUT ME

SEPTEMBER 19—23: THE COUNTRY OF THE MONTH—FRANCE WEEK

SEPTEMBER 23: PICTURE DAY

SEPTEMBER 26—30: APPLE WEEK

ON SEPTEMBER 28, WE WILL HOST OUR ANNUAL "MEET THE TEACHER" FROM 6—7 PM. JUST A REMINDER TO PUT YOUR BLANKET AND PILLOW IN A PLASTIC BAG TO BRING TO SCHOOL ON MONDAY (OR THE FIRST DAY YOUR CHILD ATTENDS). WE WILL SEND THEM HOME ON FRIDAY OR AT THE END OF YOUR CHILD'S WEEK TO BE WASHED.

OUR STUDENT OF THE MONTH WILL BE LEVI. LEVI LIKES PLAYING OUTSIDE ON THE PLAYGROUND AND IN THE SCIENCE AREA.

HAPPY BIRTHDAY WISHES GO OUT TO GUNNER, WHO WILL TURN 4 YEAR OLD THIS MONTH.

WE HOPE TO SEE EVERYONE AT MEET THE TEACHER NIGHT!

MISS SARAH



## Miss Elaine's Pre K II News

WELCOME TO SEPTEMBER! IT IS A TIME FOR NEW BEGINNINGS, NEW EXPERIENCES, NEW CHALLENGES AND NEW FRIENDS AS WE START OUR PRE K READINESS PROGRAM.

THIS MONTH, WE WILL FOCUS ON THE AUTHOR OF THE MONTH, LAURA NUMEROFF. SHE HAS A VARIETY OF FUN BOOKS THAT INVOLVE DIFFERENT KINDS OF ANIMALS WITH ACTIVITIES THAT INCLUDE A SEQUENCE OF EVENTS THAT LEAD TO SOME MESSY SITUATIONS! IN THE BOOK "IF YOU TAKE A MOUSE TO SCHOOL", THE MOUSE MAKES A PURPLE VOLCANO. WE WILL USE OUR SCIENTIFIC INQUIRY SKILLS TO MAKE A PURPLE VOLCANO OF OUR OWN! THEN, IN OUR DRAMATIC PLAY AREA, WE WILL ENJOY A PARTY THEMED WITH "IF YOU GIVE A PIG A PARTY". FINALLY, WE WILL HAVE A YUMMY SNACK OF DONUTS, WHEN WE READ "IF YOU GIVE A DOG A DONUT".

THIS MONTH, WE WILL ALSO FOCUS ON APPLE WEEK. WE WILL EXPLORE THE INSIDE AND OUTSIDE OF AN APPLE, THE DIFFERENT COLORS OF APPLES, THE DIFFERENT TASTES OF AN APPLE—SWEET/SOUR. WE WILL INCORPORATE MATH SKILLS ALSO AS WE FIND OUT WHAT SHAPE IS IN THE MIDDLE OF AN APPLE AND WHEN WE COUNT APPLE SEEDS. WE WILL LEARN HOW TO MAKE APPLESAUCE WITH A SCIENCE LESSON ON HOW THE PROCESS OF CONVERTING SOLIDS INTO LIQUIDS. WE WILL CELEBRATE JOHNNY APPLESEED'S BIRTHDAY WITH A YUMMY SNACK OF APPLE SMILES!

THE PRE K CLASS WILL TAKE A FIELD TRIP TO MACQUEEN'S APPLE ORCHARD ON SEPTEMBER 30TH TO END OUR APPLE THEME.

ON SEPTEMBER 8TH, WE WILL HAVE A SPECIAL DAY TO CELEBRATE OUR GRANDPARENTS WITH "GOODIES WITH GRANDPARENTS DAY" FROM 2:30—3:30 PM.

ON FRIDAY, SEPTEMBER 23RD, THE PRE K CLASS WILL HAVE PICTURE DAY, MORE INFORMATION AND BACKGROUND CHOICES WILL FOLLOW AT A LATER DATE.

ON SEPTEMBER 28TH, THE PRE K CLASS WILL HOST OUR ANNUAL "MEET THE TEACHER" NIGHT FROM 6:00—7:00 PM. WE ENCOURAGE ALL OF OUR FAMILIES TO COME AND VISIT OUR CLASSROOM TO SEE ALL OF THE FUN LEARNING EXPERIENCES THAT WE OFFER TO PREPARE THE CHILDREN FOR KINDERGARTEN,

HAPPY BIRTHDAY WISHES GO OUT TO LEO AND SPENCER WHO WILL TURN THE BIG 5 IN SEPTEMBER!

OUR STUDENT OF THE MONTH WILL BE SPENCER B. SPENCER IS A VERY ENERGETIC BOY, AND IS A FRIEND TO EVERYONE. HE REALLY ENJOYS PLAYING WITH THE MAGNETIC TILES AND IN THE DRAMATIC PLAY AREA.

WE HOPE TO SEE EVERYONE AT MEET THE TEACHER NIGHT!

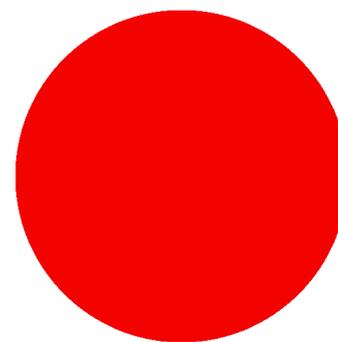
- MISS ELAINE



## **\*\*September Points of Focus\*\***



- Letters of the Month: A & N
- Color: Red
- Shape: Circle
- Country: France
- Number: 1 & 8
- Author: Laura Numeroff
- Artist of the Month: Georgia O'Keefe or Mary Cassatt



### **SEPTEMBER 2022**

#### **CHILD DEVELOPMENT NEWS—FINE MOTOR SKILL DEVELOPMENT**



Many of your child's daily activities—like getting dressed, eating, and writing—require control of small muscles in the hands. We call these skills fine motor skills. Your child can do more things for himself when he has opportunities to practice these skills. There are lots of activities that can increase muscle strength and coordination, preparing children for more advanced skills, from writing with a pencil, using a computer mouse, or playing a musical instrument. Help your child build fine motor skills at home by providing opportunities to...

- Set the table
- Hold knives, forks and spoons to eat
- Wipe the table with a sponge
- Help with meals—stir, shake, chop, cut and mix
- Get dressed—button, zip, snap, buckle and fasten
- Use Velcro tabs
- Open and close container with lids
- Cut with child-safe scissors
- Finger paint
- Use a paintbrush
- Play with playdough and clay—roll, smooch, pat, pound, and use tools like popsicle sticks or stamps
- Draw, scribble, or write with crayons, pencils, and markers
- Put together puzzles
- Place pegs in a board
- Build with small blocks
- Play board games
- Play with puppets

## SEPTEMBER 2022 HEALTH NEWS

Sleep is critical to children's everyday functioning. A good night's sleep helps prepare children to attend to new experiences, positively engage with others, and build memory and attention skills. When children sleep, their brains are actively working to form new connections, allowing them to be more physically relaxed and mentally alert when awake. These positive effects can be observed over time, and as a parent you play a critical role in helping your child establish healthy sleep habits.

Establishing healthy sleep habits early on helps to prevent children's long-term sleep problems and other associated risk factors. Researchers have linked poor sleep habits to a greater risk for obesity, impaired memory and attention, and poor academic performance in school-age children (Aronen, Paavonen, Fjallberg, Soininen, & Torronen, 2000; Buckhalt, El-Sheikh, & Keller, 2007; El-Sheikh, Buckhalt, Cummings, & Keller, 2007; Meltzer, & Mindell, 2009). Further, insufficient sleep also has been associated with higher rates of aggression and can negatively affect interpersonal relationships with family and peers (El-Sheikh et al., 2007). Outlined below are some key concepts and strategies for establishing healthy sleep habits.

Think of these strategies as a collection of related elements, all of which must be present to ensure healthy sleep habits.

1. **Sleep Duration.** Consider the total amount of sleep during both night and day: is your child getting enough sleep? The following table outlines basic recommended sleep durations by age.

Recommendation Sleep Duration			
AGE GROUP	YEARS	RECOMMENDED TOTAL SLEEP	
Infants	3 to 12 months	14 to 15 hours	
Toddlers	1 to 3 years	12 to 14 hours	
Preschoolers	3 to 5 years	11 to 13 hours	
School-age	6 to 12 years	10 to 11 hours	

- By 4 months most children take three to four naps per day
  - By 8 months most children take two naps
  - By 21 months most children take one nap
  - By age 6 most children no longer nap

3. **Sleep Quality.** When sleep is continuous, your child can naturally learn to fall back asleep following a brief awakening. Too many awakenings fragment sleep, disrupting brain growth and the natural sleep cycle. After 4 months of age, naps of less than one hour do not provide enough time for the brain to benefit from the nap.

4. **Recognize signs of drowsiness.** Nap and bedtime should begin during your child's drowsy stage, not when she is overtired. Identify your child's signs of drowsiness; they may include decreased activity, slower motions, drooping eyelids, yawning, and eyes that are less focused. Drowsy children also may be less vocal, quieter, or calmer. Your child may have more difficulty falling asleep if she is overtired; signs of overtiredness may include fussiness, eye rubbing, irritability, or crankiness.

4. **Establish consistent bedtime and wake-up routines.** Your routines may be adjusted based on age or your family's preference. Avoid stimulating activities such as watching television or playing video games prior to bed, instead choose calming activities like reading or storytelling. Whatever you choose, keep the sequence consistent! Doing so helps to maintain your child's internal clock on a 24-hour cycle. Note that infants younger than 4 months have immature internal clocks, so this does not apply to them.

5. **Be a team player and communicate!** Communicate with those who are involved in your child's life, such as another parent, child care providers, a nanny, or relatives. Share your strategies and your child's signs of drowsiness, so that they can also support establishing healthy sleep habits for your child.





