

GRACE HOUSE PRESCHOOL



Tuition is due October 1st

Upcoming Dates

Every Thursday and Friday
are Grace House colors day!
Wear your green and white!

Oct. 10th - Fireman Visit

Oct. 14 - October Scholastic
Orders Due

Oct. 25 - Fireman Visit

Oct. 27 & 28 - Farm Day

Nov. 3 & 4 School Pictures

Nov. 8 Election Day -
no school

Nov. 11 - Veteran's Day - no
school

Nov. 21 & 22 - Thanks and
Giving Event

Nov. 23 - 25 - Thanksgiving
Break, no school

Dec. 8th - Christmas Program
at 6:30 pm.

Dec. 13th - Teacher
Appreciation Lunch

Dec. 20th & 21st - Charlie
Brown Christmas and
Christmas Parties

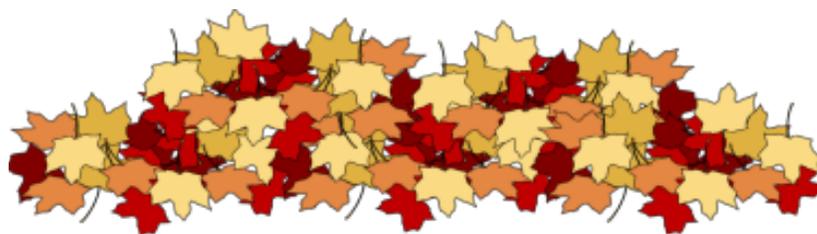
Happy Fall!

September is behind us and it feels like the year is flying! Our classroom routines are well on the way to being established and the children have learned a lot in one short month. October is a fun month at Grace House. All of the teachers look forward to teaching about the changes that fall brings, and of course, all things farm! Our annual farm days will be at the end of the month and we hope you all can join us to experience a fun day of activities with your children. On October 10th and 25th we will have a visit from the Kernersville Fire Department and hear about fire safety. Another highlight will be seeing the big fire truck! We hope to be outside more and more if the playground area is dry. As the year progresses we want to add more things to enhance the playground and incorporate more outdoor learning. Be on the lookout for ways you can help us with this. One way is by spreading new mulch. We will be announcing its arrival sometime this month.

Happy Fall Ya'll!
Lori

Farm Day

We will be enjoying the festivities of our 14th annual Farm Day on October 27th and 28th. We set aside these two days in October as a culmination of the units we do in the classrooms that are all about various aspects of farming. Each class will participate during their normally scheduled recess time when we will have farm related activities and games. Parents are needed to help man the stations for the children and sign up sheets will be posted in the preschool hallway. It would be wonderful to have parents sign up to man a station either **before or after** your child's recess time and then you would already be here to participate with your child during his or her class' recess time. We will just trade off our posts. To help this process run smoothly, Ms. Pam Williams, our enrichment teacher will be on site to help you find your place and give you directions for each station. Thanks Ms. Williams! Children are encouraged to dress up that day as their favorite farm animal, Farmer Brown, or if you really want to stretch your creativity, a piece of farm equipment.



Fall Consignment Sale Update:

Thanks to our awesome volunteers, consigners and customers for a successful fall consignment sale. We are grateful to everyone who participated in any way. It does take an army of volunteers to do a sale but the bulk of the work is finished in a week and the consigners get to make some money as well. What other fundraiser can do that? Please mark your calendars for our spring sale on March 16th and 17th and consider now how you can help. This time we hope to form a committee to spread the workload around a bit. Many hands make light the work!

Lunch Bunch

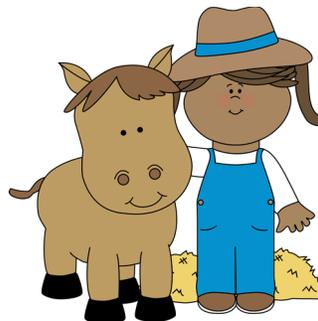
Children in our 2, 3, and 4 year old classes can stay an extra hour on Mondays, Wednesdays, Thursdays, and Fridays for lunch bunch. Tuesdays were cancelled due to lack of interest. Children bring their lunch and a drink with \$5 in their lunch box and enjoy an extra hour of food and fellowship with their friends. The children that have participated can't wait for the next time! You must sign up on the GHP bulletin board in the hallway. Checks can be made payable to Grace House.

Please stay for lunch bunch!

Here are the times each class will be participating on both Farm Days:

Toddlers and 2 year olds	9:15 - 10:00
3 year olds	10:00 - 10:45
4 year olds	10:45 - 11:30

Remember to look for the sign up sheets in the hallway and there will also be a list of needed donated and borrowed items as well. Thanks for your help.



Good, Sound Sleep for Your Child

Making sure your child gets good, sound sleep ensures he or she will have a sound foundation for proper mind and body development.

By Michael J. Breus, PhD

Sleep is no less important than food, drink, or safety in the lives of children. Although this may seem apparent, many of us actually do not allow our children to get the critical sleep they need to develop and function properly.

It's certainly not something we do on purpose. As a matter of fact, we often don't think much of it, and that is the problem. With parents working long hours, schedules packed with school, after-school activities, and other lifestyle factors, naps are missed, bedtimes are pushed back, mornings start earlier and nights may be anything but peaceful. Missing naps or going to bed a little late may not seem like a big deal, but it is. It all adds up, with consequences that may last a lifetime.

To understand the critical nature of sleep to our children's growth and development, we need to understand more about what sleep does, what healthy sleep is, and what happens when children do not get either the right amount of sleep, the best quality sleep, or both. We also need to understand the role sleep plays in being alert or drowsy, stressed or relaxed, and how that in turn may affect temperament, learning, and social behavior.

In his book *Healthy Sleep Habits, Happy Child*, Marc Weissbluth, MD,

"Sleep problems not only disrupt a child's nights -- they disrupt his days, too, by making him less mentally alert, more inattentive, unable to concentrate, and easily distracted. They also make him more physically impulsive, hyperactive, or lazy."

provides these insightful comments on the functions of sleep:

"Sleep is the power source that keeps your mind alert and calm. Every night and at every nap, sleep recharges the brain's battery. Sleeping well increases brainpower just as weight lifting builds stronger muscles, because sleeping well increases your attention span and allows you to be physically relaxed and mentally alert at the same time. Then you are at your personal best."

Essentials of Healthy Sleep

Healthy sleep requires:

- A sufficient amount of sleep
- Uninterrupted (good quality) sleep
- The proper number of age-appropriate naps
- A sleep schedule that is in sync with the child's natural biological rhythms (internal clock or circadian rhythm)

If, over time, any of these essentials are not optimal, symptoms of sleep deprivation may occur.

Optimal alertness: Healthy sleep allows us to function optimally when we are awake, to have what is called optimal alertness. We have all experienced varying degrees of being awake, from groggy to alert to hyper-alert. Being optimally alert is the state in which we are most receptive to and interactive with our environment, when we have the greatest attention span and can learn the most. You can see this in a child who is calm and attentive, pleasant, with wide eyes looking around, absorbing everything, one who socially interacts with ease. Altered states of alertness interfere with learning and behavior.

Length of sleep: Children simply must have a sufficient amount of sleep to grow, develop, and function optimally. How much is right for your child varies by age. Remember, each child is unique and individual variation occurs.

Quality of sleep: Quality sleep is uninterrupted sleep that allows your child to move through all the different and necessary stages of sleep. The quality of sleep is as important as the quantity, playing its essential role in nervous system development.

Naps: Naps play a large role in the healthy sleep of children. They help optimize your child's alertness and have an impact on her learning and development. Naps are also quite different from night sleep. Not only are they not the same kind of sleep, naps at different times of the day serve different functions. That is one reason why the timing of naps is important, and why they need to occur in sync with your child's natural biological rhythms.

Overtired children often appear wide-awake, wired, and hyperactive. Now you have a situation where she is so pumped up she cannot easily fall asleep. Interestingly this also often induces night awakenings. So don't be fooled by your seemingly wide-awake, not-tired child and put her to bed later. Putting her to bed earlier is actually the remedy.

In sync: We wake; we are alert; we become drowsy; we sleep. This ebb and flow, the fluctuations in alertness, all happen as part of our natural daily biological rhythms. These rhythms are irregular in the first few months of a child's life, but gradually become more regular and develop with maturity. When sleep (naps and nighttime) is in sync with these rhythms, it is most effective, most restorative. When out of sync, it is not and can disturb the rest of the rhythm or cycle, making it more difficult to fall asleep or stay asleep, for example. This may result in your child becoming overtired and stressed. So it is important to be aware of the timing of your child's sleep needs and adjust your schedule as best you can to be in sync with hers.

Consequences of Sleep Disturbances

Sleep disturbances, for whatever reason, have significant and often serious consequences. In his book *Healthy Sleep Habits, Happy Child*, Weissbluth states: "Sleep problems not only disrupt a child's nights -- they disrupt his days, too, by making him less mentally alert, more inattentive, unable to concentrate, and easily distracted. They also make him more physically impulsive, hyperactive, or lazy."

Chronic sleep deprivation: It is important to realize that the effects of chronic sleep deprivation are cumulative: daytime sleepiness increases progressively. This means

that even small sleep changes, over time, will have significant negative effects. Likewise, small changes allowing a bit more sleep may have similarly positive effects. It all depends on the type and degree of the sleep problem.

Fatigue: Even seemingly minor sleep deprivation causes fatigue in children. And for a child, simply being awake a certain amount of time is over-stimulating and fatiguing, even if she is not engaged in any activity at all. Especially during the day, with friends and family, she wants to be part of the action and so her natural response to fatigue is to "fight it." That is, she tries to remain awake and alert. This results in the secretion of hormones like adrenaline, which then cause her to become hyper alert. She is now wide-awake but exhausted. Fussiness, irritability and crankiness soon follow. She also cannot be attentive and learn well at this time. This is why overtired children often appear wide-awake, wired, and hyperactive. Now you have a situation where she is so pumped up she cannot easily fall asleep. Interestingly this also often induces night awakenings. So don't be fooled by your seemingly wide-awake, not-tired child and put her to bed later. Putting her to bed earlier is actually the remedy. Sometimes even 15-20 minutes earlier may have a significant impact and be all that is needed. You may also be surprised to find that a well rested child is easier to put to bed.

Sleep on These

Following are some observations from various studies illustrating some of the difficulties faced and the behavioral changes in children with sleep problems (from Wiessbluth's *Healthy Sleep Habits, Happy Child* and *On Becoming Baby Wise*, by Gary Ezzo and Robert Bucknam, MD):



- Children do not "outgrow" sleep problems; problems must be solved.
- Children who sleep longer during the day have longer attention spans.
- Babies who sleep less in the daytime appear more fitful and socially demanding, and they are less able to entertain or amuse themselves.
- Toddlers who sleep more are more fun to be around, more sociable, and less demanding. Children who sleep less can behave somewhat like hyperactive children.
- Small but constant deficits in sleep over time tend to have escalating and perhaps long-term effects on brain function.
- Children with higher IQs -- in every age group studied -- slept longer.
- For ADHD children, improvements in sleep dramatically improved peer relations and classroom performance.
- Healthy sleep positively affects neurologic development and appears to be the right medicine for the prevention of many learning and behavioral problems.

What Parents Can Do

As parents, it is our responsibility to be sensitive to and protect our children's sleep, just as we do their safety, just as we ensure that they regularly get breakfast, lunch, and dinner. We are primarily responsible for their sleep habits so it is important to start healthy ones early; it is much easier to instill good habits than correct bad ones. Infuse the importance of sleep with daily attention to it and you will likely have a happier, self-assured, less demanding, and more sociable child. And you just might get some more sleep yourself.

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School Pictures

Thursday, November 3rd and Friday, November 4th

School pictures will be taken November 3 and 4 beginning at 9:00 am with the toddler class (Little Peeps). Parents may also choose to have sibling pictures taken as a family or individually.

(Let Lori or your children's teachers know.) These pictures will make wonderful Christmas gifts or portraits. You will receive proofs and from there, you can make a decision whether you want to purchase a package or individual sheets. Parents are not obligated to purchase the pictures and can return the proofs intact to your child's teacher. We will not be taking spring pictures, but in the spring we will be taking class pictures that will be available for purchase.

Grace House Wish List

If you or someone you know is getting rid of any of the following Grace House would love to give you a tax deductible receipt for them.

- bird feeders and/or bird seed
- some leftover one way reflective film for windows
- a vacuum with a crevice/baseboard/corner cleaning attachment
- spray paint suitable for outdoors
- paver stones, any size
- a small amount of safety fence (looks like a plastic chicken wire fence) with or without stakes for installation
- indoor active play structures suitable for toddlers (ie slides low to the ground, the slide/swing combo set from Little Tikes, etc.)
- potting soil
- any of the following: children's size picnic table, sand table, water table, train table

iGive Fundraiser

Save Gas. Save Time. Raise Money!

With over 900 stores in the iGive Mall and access to hundreds of exclusive coupons, free shipping deals, and sales, iGive is the smart way to shop. You'll find everything from daily necessities to special occasion and holiday gifts, at stores you know and love. So save a trip to the mall, and avoid the long lines. You'll never pay more when you reach a store through iGive, and up to 26% of each purchase benefits Grace House Preschool!

> **Start iGiving at:** www.iGive.com/GraceHousePreschool All new members who join by 10/15 and visit a store by 10/31 get an extra \$1 donation. So join now for free and help Grace House and earn referral bonuses too!

Promotion details: <http://support.igive.com/kb/a278/halloween-2016-promo.aspx>

To learn more or sign up now, use this link: <http://www.igive.com/2mcjy>

Guinea Pig Care Calendar

If your family would like to care for our guinea pigs over the weekend or on our holiday breaks please sign up on the guinea pig care calendar posted in the preschool hallway on the bulletin board. We have a smaller travel cage you can use to bring them home and we will provide the food and necessary bedding for you. Instructions for caring for Chip and Chase will be included as well.



Adventurers

I praise you because I am fearfully and wonderfully made. Psalm 139:14 September was a great month. Our Little Peeps are settling in well. We got to start enrichment toward the end of the month. We want to welcome our new friends Kendall and Sam to our class. This month our color is orange and our shape will be circle. Our animal is the cow in conjunction with Farm Day, plus Mrs. Christy loves cows. Farm Day is a big event here at GHP. Please look for the sign up sheets to volunteer. Grandparents, aunts, uncles, moms, dads are all welcome to help. We will continue our small crafts and coloring and introduce parts of the body and

feelings. We go outside every day that we can so please send a coat and hat if needed. In October we will be adding Chapel time to our schedule as well. We will learn about the story of Noah's ark this month but our theme verse will stay the same all year (Ps. 139:14) We praise our heavenly Father for these beautiful children and the honor it is to love them and guide them this year. Jesus loves us perfectly and made us to glorify Him. One quick reminder: always bring your diaper bag, diapers, a change of clothes, a sippy cup and your snail mail folder EVERY day. We love to read your snail mail folder responses! Mrs. Christy and Mrs. Kristen



Discoverers

Our little Doodlebugs have had such a great start to the school year! We have had so much fun in the month of September learning about Creation, the color red, circles, apples, and A, B, and C! We have also especially enjoyed getting to know our new friends! In October, we are going to be learning about Noah's Ark, farm animals, and fall. Our color for the month is orange and the shape is oval. We will also be focusing on the letters D, E, and F while practicing the alphabet!

We are very excited about Farm Days coming up at the end of the month on October 27th and 28th! Watch for sign ups in the next couple of weeks. Our class is in charge of Farm Days, so please sign up to volunteer if you are able! We would love to have you there! Please let us know if you have any questions.

- Mrs. Leah & Mrs. April



Tiny Turtles

Our Tiny Turtles are doing great! They love exploring all the toys in the classroom and playing outside.

Our letters for the month of October are D, E, F, and G. We will continue counting 1 and 2 and will add the number 3. Our shape for October is the oval and the color is orange. We will look for things that are oval and

other things that are orange. Our Bible lesson and story is Noah's Ark. We will tell the story with the play ark and animals in our classroom. We will learn about apples, leaves and pumpkins. Our story time will include stories about the farm, animals that live there and things that grow on the farm. Our songs will include "Old MacDonald's Farm", "Jesus Loves the Little Children", and "Jesus Loves Me".

We added a bunch of stuffed animals to our classroom. Our children like to hold them during story time and when they need to cuddle. Thank you for sharing your precious little ones with us. Mrs. Mona and Miss Charity



Explorers

Our Explorers are off to a great start this school year. We had a fun September, and the kids are getting to know each other and

our classroom routines nicely! Ms. Ann, Mrs. Robin and I are impressed with how quickly the children are learning and how they are remembering to get their SNAIL Mail folders out each day. The class is enjoying going to Enrichment and picking out their own library book.

As the Explorers move into October, we look forward to exploring God's handiwork for the fall season. Our Bible story will be Noah's Ark. Grace House Preschool will have special visitors this month. The local firefighters will be coming to teach us about fire safety and we will get the chance to explore the fire trucks. Our class will have fun with opposites and rhyming words, and the letters will be C,D,E and F. We will work on recognizing the numbers 2,3, 4,and 5.

Later in the month, our class will "head down to the farm" where we get to enjoy pumpkins, scarecrows, farm foods and farm equipment. We will have a school wide Farm/Fall Festival. This is a fun day for the children to celebrate all that God has given us. Please consider volunteering to help make this a memorable day for Grace House families. Please look for the signup sheet outside our classroom for a special snack this day.

The Explores class will be "visiting" France for our country of the month. We will learn some interesting facts, see how the French live and holidays they celebrate. Ms. Ann, Mrs. Robin and I are enjoying getting to know your child. We are looking forward to a great year! If you have any questions or concerns please let us know. Mrs. Beth Ms. Ann Mrs. Robin



Starfish

The Super Starfish are awesome and their parents are doing a great job! At the second week of school they were coming into the classroom, taking out their folder and sharing items and hanging up their backpacks all by themselves!! Yay!!

We will start making little words out of the letters we already know. And our new letters for October are i, p, n.

and c. We will continue writing our first names. We will add numbers 6-10 to our chart. Our shape for October is the oval and the color is orange. Our Bible lesson is Noah and the Ark. Other lessons will be about fall, apples, pumpkins, the farm and things that grow and live there, fire safety and Columbus Day.

September was a fun time and it went by so fast. We are looking forward to October and all the things we can do and share. Look for upcoming information about the field trip to the fire station.

Thank you for sharing your child with us.
Mrs. Mona and Mrs. Pam



Busy Bears

Welcome to October Busy Bears! It has been such a joy getting to know all of our new students. We have learned a great deal already! There are so many fun things

happening this month. There will be a lesson on farms and how they are important to us. We will learn about what grows on the farm as well as the many important jobs there are on the farm. There will be a Farm/ Fall Festival at the end of the month. There will also be a lesson on fire safety. We will concentrate on simple things like stop, drop and roll as well as learning our address and phone number. We will be going on a field trip to the Fire Station on (insert Date) to see what the firemen do when they are working. We will tour the station and end our trip with a special snack at the Civitan Park.

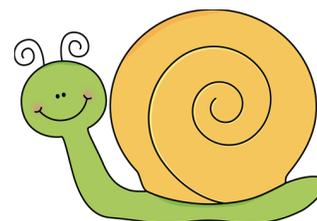
Our letters for the month of October will be p, n, c and k. We will continue with our counting each day with a new number added to our 100's chart. We are counting our way to the 100th day! Our colors will be orange and black and our shape is square. There will be many fun activities to help us with our shapes and colors.

Our bible story this month will be about how Noah was chosen by God to build the ark and fill it with his family and the animals. How he saved them from the flood, and then sent them the rainbow as his promise.

There will be a sign up sheet for volunteers to help with the fall festival, so be on the lookout for those in the preschool hallway. Also, we will need parents to help with our fire station field trip. Keep a watch on the snail gracehousepreschool.org

mail folder for a permission form for that trip. Thank you for sharing your small people with us, they are paw-some!

In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. Matthew 5:16



Don't forget to check your **snail mail folder** every day for **S**choolwork, **N**otes, **A**ssignments, and **I**mportant **L**etters!

Our parking lot is super busy and full of children, please slow down when entering and exiting the parking lot. Thank you!

