



FAITH
LUTHERAN PRESCHOOL

**WELCOME
TO
FAITH
LUTHERAN
PRESCHOOL**



Philosophy

Faith Lutheran
Preschool is a place for
joyful early childhood
education entwined
with the love and
grace of God.

WHOLE CHILD[®]



Developing the WHOLE CHILD

Develop a foundation of faith too!
Building Young Disciples!

7 Things We Must Do With Children EVERYDAY:

- ▶ CREATE
- ▶ MOVE
- ▶ SING
- ▶ DISCUSS
- ▶ OBSERVE
- ▶ READ
- ▶ PLAY

Environments that encourage PLAY are environments that are preparing children for kindergarten, future elementary school academics and a love of life long learning.

This foundation then supports the house of higher learning.

What happens when you build with no foundation?



What happens if an area or two is weak or missing?



What happens when there is o room for PLAY?

CREATE

Creating does not always = ART
Creativity comes out in many different ways

MOVE

Children need to move in order to learn
Exercise is the best exercise for the brain

SING

As you get older, the only thing you will remember with word for word accuracy are the songs you learned when you were little...what songs are you teaching your children?
Be sure they are hearing YOUR voice as well!

DISCUSS

Communication skills are KEY to school readiness.
Do they know how to get the shovel back?
Many children can 'do' lots of things, but if they are lacking social skills, it doesn't matter if they can read, write & do math.
They need to be able to BE with others

OBSERVE

Incorporate all of the senses into your explorations!

When was the last time you really SMELLED the air after a rain shower or really FELT the texture of the pillows, or walked barefoot in the grass?

Make time each day to use the five senses and use the senses to teach

READ

Read, read, read until you think your lips are going to fall off, and then read more!

PLAY

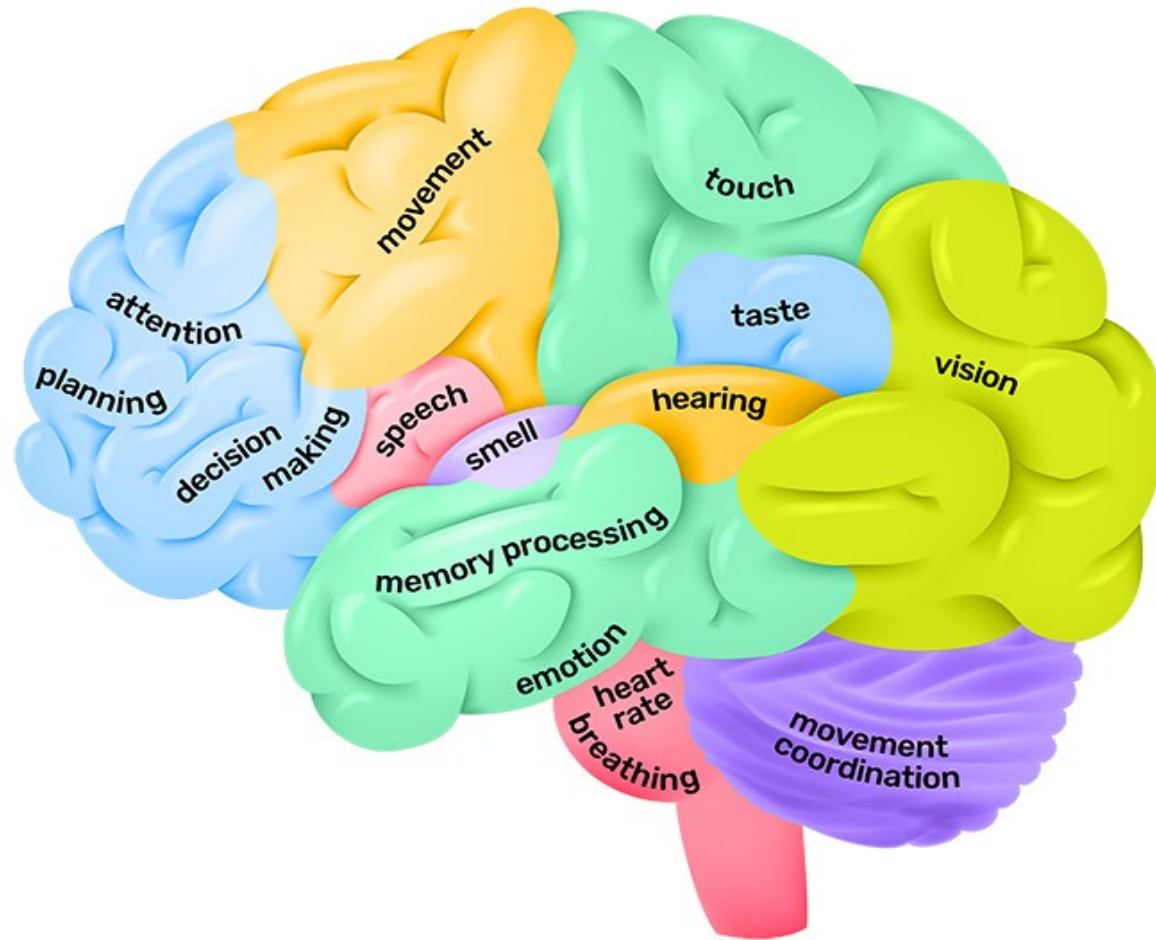
Playing is not a separate 7th thing...

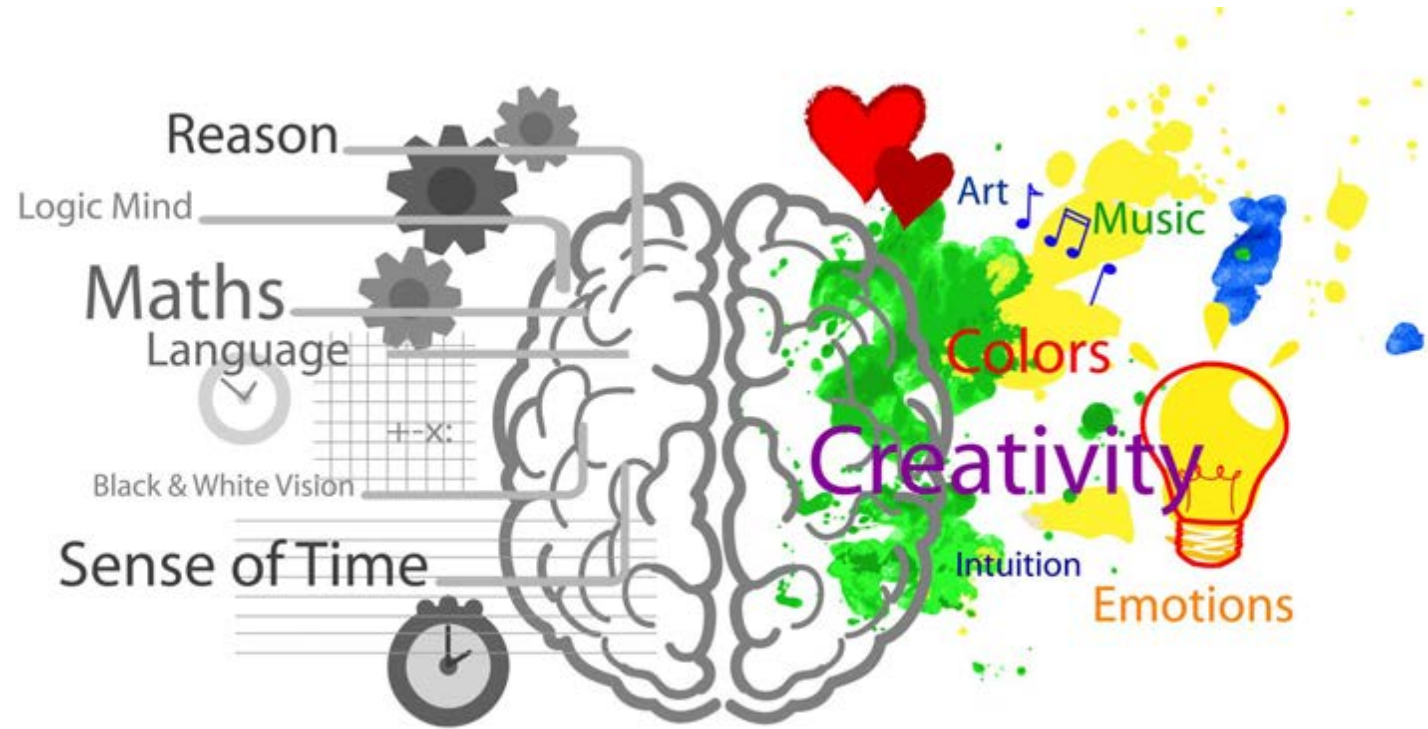
But rather playing is the cement that is holding our foundation together

"We do not stop playing when we get old, but we get old because we stop playing!"

“...build critical thinking skills so
we can process information
critically rather than accept it
passively”

DEVELOPING THE WHOLE BRAIN





COMMUNICATION BETWEEN THE LEFT & RIGHT

SPECIAL DATES

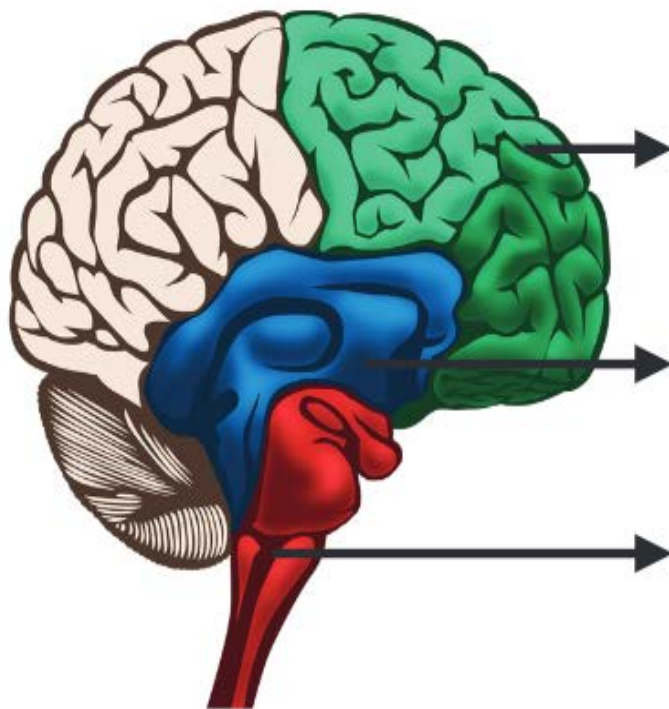
- ▶ Lunch Bunch Begins Monday, August 17
- ▶ Chapel & Specials begin the week of August 24
- ▶ September 9 & 10 – Meet & Greet
- ▶ September 15 & 16 – Individual School Pictures
- ▶ September 26 – Fall Festival
- ▶ October 21 & 22 – Fire Truck visit from CRFD
- ▶ November 5 & 6 – Parent / Teacher Conferences
- ▶ December 14 – Christmas Performance
- ▶ January 8 – Pancakes with CRPD
- ▶ January 12 & 13 – Meet & Greet
- ▶ January 20 & 21– Donuts with Dad
- ▶ January 25 –29 – National Lutheran Week & Spirit Week
- ▶ February 18 – 4's & 5's Art Show (evening event)
- ▶ March 26 – Good Friday – No School
- ▶ April 7 – 3's Night Time Event
- ▶ April 22 & 23– Parent / Teacher Conferences – No Students
- ▶ May 5 & 6– Mother's Day Tea
- ▶ May 17-20 – End of Year Programs



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HOME TO SCHOOL CONNECTION

Conscious Discipline® Brain State Model



Executive State

Need: Problem solving opportunities

Looks like: Wisdom, unlimited skills

Message: What can I learn?

Emotional State

Need: Connection

Looks like: Back talk, sass, yelling, verbal reactions

Message: Am I loved/connected?

Survival State

Need: Safety

Looks like: Hiding, fighting, surrender, physical reactions

Message: Am I safe?

The Conscious Discipline Brain State Model helps us understand how the brain works in relation to discipline. An upset adult is always a threat to children's sense of safety. We must actively calm ourselves if we are to help children calm themselves. Taking three deep breaths helps us calm down by shutting off the stress response in the body.

Snacks

We are a Peanut and Tree Nut FREE School! If you send nuts with your child it will be returned home unopened for the safety of others.

For snack we recommend a fruit or vegetable and a protein to help them get through their class.

Please Only send in water, save the juice for home.

Candy and chips are a great at home snack, they are not great for school every day. The below list and the list on the next page are great lists to refer to for snack ideas:

Kid's School Snack List

MEAT

- o Turkey slices
- o Chicken slices
- o Ham rolled up with cream cheese
- o Turkey meatballs
- o Chicken meatballs



OTHER PROTEIN

- o Hard-boiled egg
- o Smoked salmon slices
- o Smoked salmon rolled up with cream cheese
- o Frittata bites
- o Tofu cubes



DAIRY

- o Greek yoghurt with fruit
- o Yoghurt cups
- o Cheddar cheese cubes
- o Cottage cheese with fruit
- o String cheese



VEGETABLES / LEGUMES

- o Celery sticks with cream cheese
- o Cucumber slices with cream cheese
- o Cucumber sticks with hummus
- o Cucumber sticks with tzatziki
- o Carrot sticks with hummus
- o Kale chips
- o Edamame beans
- o Olives
- o Zucchini chips
- o Sliced bell peppers with guacamole
- o Roasted chickpeas
- o Broccoli florets with yoghurt dip
- o Mini bell peppers stuffed with cream cheese
- o Black bean dip with veggie sticks
- o Roasted cauliflower bites with tahini



GRAIN AND WHOLEGRAIN SNACKS

- o Pita bread dippers
- o Rice cakes
- o Flaxseed crackers
- o Wholegrain crackers
- o Oat crackers
- o Wholegrain pretzels
- o Wholegrain bagels & cream cheese
- o Wholegrain tortilla chips with salsa
- o Graham's crackers / digestive biscuit



FRUIT

- o Blueberries
- o Raspberries
- o Blackberries
- o Strawberries
- o Sliced grapes
- o Kiwi slices
- o Mango slices
- o Apple slices
- o Banana slices
- o Melon cubes
- o Watermelon cubes
- o Rainbow fruit skewers
- o Avocado slices
- o Mandarin / tangerine segments
- o Dried apricot
- o Raisins
- o Dates



OTHER

- o Coconut chips
- o Nut free low sugar granola bar
- o Nut free low sugar flapjack
- o Homemade oat cookies with raisins
- o Energy balls made with dates
- o Seaweed crackers
- o Homemade apple/banana muffins

BRIGHTWHEEL

This is our payment and check in platform

- Every pick up person has their own code
- Next week will send home a list of pick up people authorized along with individual codes
Be sure to communicate codes to individuals when picking up
- Be sure to sign and wait for the **GREEN** screen
 - *This is a legal document, so be sure to complete and not have child 'sign'

Payments & Invoices

- August was invoiced as 1 time charge
- Next month will be set up as recurring charge



SUNSCREEN

Please apply sunscreen prior to coming to school

Other forms of sunscreen may be provided:

Hat
Sunglasses
Light Jacket

LOTIONS
SOAPS
CHAPSTICK
HAND SANITIZER

PLAYGROUND ATTIRE

For the safety of the children, please have

Closed toe shoes

No Crocs

No flip-flops

*If a child has inappropriate footwear on, they may be asked
to not play on certain playground equipment.*

Girls please wear shorts under dresses/skirts

****We will go outside everyday****

Wear weather appropriate clothing/coats, hats, gloves

Label Everything!



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SNOW

If Douglas County Castle Rock area schools are **closed**, ***FLP will also be closed*** - We are in Douglas County High School Feeder area

If Douglas County Castle Rock area schools are on a ***delayed*** schedule, ***FLP will be on delayed schedule.***

90 minute delay - School begins at 10:30
Pick up time remains the same.
Afternoon classes and lunch bunch will follow regular schedule.



LUNCH BUNCH

Time is:
10:45-2:00



III Children

- ▶ Please keep your child home if you observe any of the following symptoms:
- ▶ Fever
- ▶ Vomiting
- ▶ Diarrhea
- ▶ Conjunctivitis
- ▶ Lethargy
- ▶ Bad cold, sore throat, coughing
- ▶ Contagious or communicable illness
- ▶ Parents will be asked to pick up child based on level of PARTICIPATION
- ▶ Please call when your child is ill as we need to track illnesses

FRIDAY ENRICHMENT CLASS Jr. Kindergarten & 4's

The Friday Enrichment class is in
the afternoons (12:45 to 3:45)
September – April

Skills are taught using more hands
on experiences through science,
cooking, art and many, many other
activities!





**FREE
SCREENINGS!**

VISION
SPEECH
OT (Fine Motor)



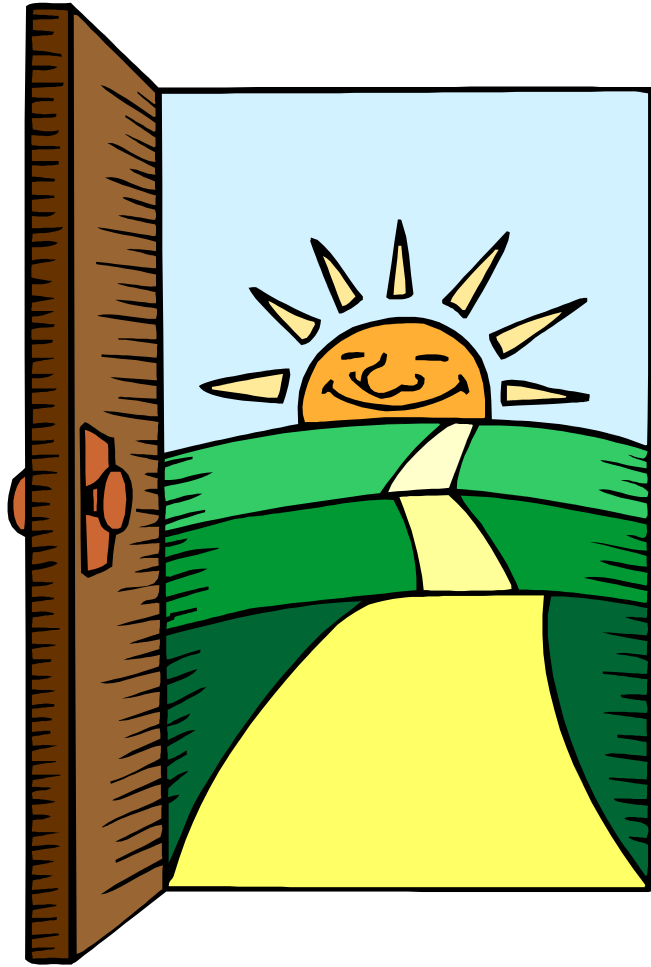
- ▶ King Soopers has revamped their Community Rewards Program!
- ▶ All you have to do is register your loyalty card on-line and put in a special code below and 5% of your purchases will be given back to the Preschool! No more Re-Loadable Cards!
- ▶ Here's how you do it:
- ▶ Go to <https://www.kingsoopers.com/>
- ▶ If your card is already registered, then go to 'Sign In'
- ▶ If you have not registered your loyalty card you will go to 'My Account' to create a sign in
- ▶ Click on 'Community Reward' on left
- ▶ Enter WM562 for Faith Lutheran Preschool
- ▶ That's it!!!

WHAT TO BRING

- ▶ Backpack
- ▶ Peanut free snack
- ▶ Change of clothes – include underwear & socks – spare pair of shoes is great too!
- ▶ Water bottle
- ▶ Please label everything!

Wear and bring weather appropriate clothes/coats

- ❖ *Be sure to check your child's backpack each day for special artwork, notes, etc.*



OPEN DOOR

My door is always open!

We are all part of a team providing the best early childhood experiences possible in order for each child to become a successful adult.