



## Welcome to Kids of Grace!

### Tips for Tear-Free Goodbyes

Beginning school is a big change in a child's life and KOG takes care in the first few weeks of school to build relationships of trust and a sense of security for each child.

Here are a few ways parents can help soothe their child's separation anxiety:

- Establish a short, consistent goodbye routine. (hug, kiss and high five... or whatever your child thinks is fun)
- When it's time to go, make sure to say good-bye to your child.
- Once you say good-bye, leave promptly. Avoid lingering.
- Express your ease with leaving with a big smile. Your verbal and non-verbal communication should exude confidence.
- Keep things as stable and routine as possible at home.
- Expect regression....sometime the second week can be more difficult.
- Look forward to a few weeks from now as you watch your child confidently and masterfully separate from you to begin each school day.

### Music and Chapel Time



Next week Chapel Time and Music will begin! Tuesday or Wednesday the children will have their first Chapel Time in the worship area. They will learn what we do in Chapel Time (sing, pray, hear Bible stories). Wednesday, Thursday or Friday the children will have their first time with Ms. Kristen in music class.

## **Lunch Bunch and After-School Activities**

Lunch Bunch and After-School activities will also begin the second week of school. If you would like additional information, pick up information at the sign-in table or the back counter. Let us know if you have any questions.

## **Allergies**



Please be aware that we strive to be a NUT FREE ZONE. Children may not bring food items that contain peanuts, peanut butter, or other nuts. Children with a severe nut allergy can have a life threatening reaction if exposed to nuts or foods derived from nuts. Please check ingredients and nutrition labels on all items you include in your child's snack or lunch.

Foods that have been "prepared in a facility with nuts" or "may contain traces of nuts" should stay at home.

## **Class Rosters**



During Meet and Greet and this week, parents are making corrections to rosters so that we have the most up-to-date contact information. Class rosters that include parents' names, phone number and email will be distributed to each family to have in case you are interested in coordinating playdates or birthday parties. This is confidential information and is not intended to be shared with others or used for advertising. Thank you for helping us to respect the privacy of each child and family.

If you do NOT want your information included on your child's class roster, please let your teacher or the KOG office know by Friday, September 8<sup>th</sup>.

## **Shutterfly Picture Sites**



Look for more information to come home soon about viewing pictures from your child's classroom on a Shutterfly picture site. You will be able to see smiles and fun while the children participate in all kinds of activities that support learning. You might see children at the sensory table engaging in play that promotes fine motor development, science skills, and help to integrate sensory function. Or you might see activities in the block center that help children develop math, motor, and problem solving skills. You will get a "first-hand look" at learning through play!