

# ◆ ALL ABOUT US ◆

Volume 47 Issue 8 Accotink Academy Preschool 6215 Rolling Road Springfield, VA 22152 (703) 451-5797 April 2011

## **Calendar Notes**

### **April 4**

Student Holiday—No School

### **April 11-15**

Week of the Young Child  
Classroom Doors Decorated

### **April 12**

Staff Training  
AM Classes: 10:45-12:45  
PM Classes: 1:30-3:30  
*Dress down days on 4/12 & 4/13*

### **April 18-22**

Spring Break—No School

### **April 25-27**

Spring Parties and Egg Hunts

### **April 30**

Spring Recital at Lee High School

*Performance Times*

*1:00 and 3:30 PM*

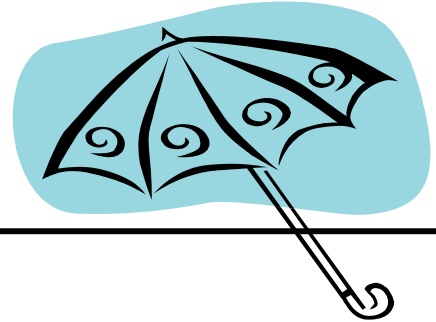
### **Menu**

*Apr. 5-9* Popcorn  
Goldfish Crackers  
*Apr. 5-8* Saltines  
Animal Crackers  
*Apr. 11-15* Popcorn  
Goldfish Crackers  
*Apr. 25-29* Pretzel Twists  
Wheat Thins

\*Apple Juice Served Daily

### **Units Of Study**

Signs of Spring  
Birds, Nests, and Seeds  
Dinosaurs  
Earth Day & Recycling



Now that the weather is beginning to warm up, this is a perfect time to encourage children and their families to get outdoors and lead a more active lifestyle. In today's world, too many children spend more time indoors playing video games or using their computer than they do playing outside. Parents can and should help their children live and embrace a more active lifestyle, which can have benefits both now and down the road. Here are a few suggestions which can be helpful in getting children to become more active:

- ***Make it a team effort***—Parents and grandparents who are concerned their children are not getting enough daily exercise should ask themselves if they're getting enough exercise themselves. Children do not need to join Mom or Dad at the gym. Instead, the family can go for a bike ride or a long walk after dinner, or make time to play a game of catch in the yard. Parents who exercise regularly are more likely to have kids who exercise often.
- ***Minimize television time***—According to the American Academy of Pediatrics, the recommended viewing time for older children should be no more than two hours per day. Most kids will average much more screen time than this on a daily basis. Parents can limit the time children spend watching TV by taking them out of their bedrooms and locating them in a common area of the house. This way, parents can monitor what their children are watching as well as how much time they spend during tube time.
- ***Encourage extracurricular activities***—Today's children tend to get bored easily even with all the video games, additional gadgets and other electronic devices. To combat this boredom, parents should encourage their children to get involved in activities that will get them moving and away from the television and video games. Whether it is participating in team sports, gymnastics, ballet, or enrolling in after school programs, these are all excellent alternatives which will keep kids busy and moving.

*Continued on page 3*

## ANNOUNCEMENTS



### \*\*\*\*\* Uniform Exchange Coming in May ! \*\*\*\*\*

Watch for information coming out next month about our used uniform sale which will be held here at Accotink during the week of May 16-20. The first two days of the sale, May 16th and 17th, uniforms may be dropped off for sale. On Wednesday, May 18th, we will begin selling the used uniforms. The last day of the sale, Friday, May 20th, is the deadline for picking up any unsold items. This is a great way to get rid of uniforms your children have outgrown as well as purchasing larger sizes, etc. Mark your calendars! More information regarding the sale will be forthcoming soon.



### Kindergarteners Celebrate Hundreds Day!



On March 2, 2011, our kindergarten classes celebrated "Hundreds Day" with lots of fun activities planned for them. This is a celebration held every year which marks the 100th day of learning at school. Parents and teachers worked together to create activities which allowed the children to make good use of their counting skills and "hundreds" knowledge. The children really enjoyed themselves as they celebrated this special day. As always, we would like to thank all of the parent volunteers who helped make this occasion such a special one for the children.

## *Sunshine Summer Program*

**When:** June 6—July 22, 2011

**Where:** Accotink Academy Preschool

**Age:** 3 - 6 year olds

Child must be 3 years old by April 1, 2011 and toilet trained. Child's 7th birthday must be after December 1, 2011. Proof of age is required for children who have not previously attended Accotink.

**Time:** 10:00 a.m. - 2:00 p.m. Monday - Friday

<b>Classes:</b>	2-Day Program (T/Th)	\$64.00 per week
	3-Day Program (M/W/F)	\$96.00 per week
	3-Day Program(T/W/Th)	\$96.00 per week
	5-Day Program (M-F)	\$160.00 per week



**Registration:** Ongoing through May 25, 2011. Registration forms and a non-refundable registration fee of \$45.00 may be turned into the office. **If you register by April 1, 2011, you are guaranteed space on the days you request.** Please address questions to the director, Mrs. Fran McBride. She can be reached at 703-451-5797.

*Director's Desk continued from page 1*

- **Emphasize activity rather than exercise**—Many adults associate exercise with going to the gym or running on the treadmill, both of which are hard to get children excited about. Instead of emphasizing exercise and making it seem like a chore, encourage kids to be active. Being active does not mean doing calisthenics or jumping jacks. An active lifestyle is one that is not spent idling the time away just lounging around. It is one that kids can look forward to and get excited about while it helps them stay fit and healthy.

*Wishing you a Happy and Healthy Spring!*



Lexie and Susan



### Lost and Found



Over the course of the school year, we have collected many articles of clothing and miscellaneous items which have been left here at school. If you think your child may be missing something, please check the lost and found box, located adjacent to the water fountain just outside our office in the hallway. At the end of the year, all articles and items left in the box will be donated to a local charity.



***\*\*All children are gifted. Some just open up their packages earlier than others.\*\****

*Michael Carr*



### **Respecting Church Property**

Messiah Methodist Church has requested children **not be allowed to climb the trees out front on the lawn** during arrival and dismissal times. This request has come from the church's Board of Directors and the Facility's Manager. This request includes not only Accotink students but the Child Enrichment Program as well. Many of the trees and shrubbery on the church grounds were planted in memory of former parishioners and loved ones who passed away. We ask that parents be mindful of this when watching their children outside. Also, please do not allow your children to pick the flowers or play and dig in the beds around the sidewalk and along the church grounds. Much time, effort and expense has gone into making the church grounds beautiful and we need to let the children know how to be respectful of property that does not belong to us.

As you know, the church is making changes to the landscaping and the appearance of the grounds located next to the circular driveway and along the areas adjacent to the parking lot. As this process unfolds, many areas, such as the grassy section along the sidewalks, will be roped off in order for the seeding, etc. to take place. This is an ongoing project which will be done in phases but will greatly enhance the grounds of the church. Let's all be mindful, respectful and patient as these enhancements take place. We appreciate your cooperation as we keep our children safe and enjoy the spring changes.

## *Celebrating The Week of the Young Child*

Each year during the month of April, NAEYC (the National Association for the Education of Young Children) celebrates the “Week of the Young Child” which brings awareness to the importance of fostering the growth and development of young children. This year, we will celebrate it from April 11th-15th. The theme this year will be “Early Years Are Learning Years”. To honor this occasion, we are having each class decorate their door with art work created by the children. Every door will represent a favorite storybook selected by the students. Please make sure to take the time to admire the classroom doors and our “budding artists” when dropping off and picking up your children.

In conjunction with this occasion, we have decided to add a separate library center for our students to enjoy. The children will be able to select books with their class during assigned times throughout the school year. We have already purchased a few books to add to the library, however, we are still in need of more. In order to expand our collection of books, we are asking parents to check at home to see if they have any books our students might enjoy reading. The donated books should be in good condition and appropriate for preschool age children as well as kindergarteners. We have purchased a wooden cart to hold the books and it is located next to the Hall Monitor’s desk. We appreciate your support in this effort as we look forward to adding a new center for our students to enjoy.



## 2011 Spring Recital

The children are getting excited about the recital and they have been practicing and working very hard on their songs and dances. Make sure you have this important event on your calendars! We promise that you won’t be disappointed. As in past years, there will be two performances with the first show at 1:00 p.m. and the second show at 3:30 p.m. We look forward to seeing everyone at Lee High School on April 30th! The performance schedule is listed below.

### 1:00 PM

Buell’s 3AM & 3PM Classes

Yocom’s 3AM Class

Altman’s JKAM Class

Scavongelli’s 3PM Class

McBride’s 5PM Class

Winston’s 5AM Class

O’Pray’s 3AM Class

### 3:30 PM

Buell’s 2 AM Class

Greenhaugh’s 2AM Class

McBride’s 5AM Class

Scavongelli’s 3AM Class

Magalong’s 2AM Class

Searle’s JKAM Class

Druggan/Yocom’s Kindergarten Class