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# ALL ABOUT US

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Volume 48 Issue 5 Accotink Academy Preschool 6215 Rolling Road Springfield, VA 22152 (703) 451-5797 January, 2012

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## Calendar Notes

January 3

Classes Resume

*Winter Enrichment Classes*

*Begin*

January 2-6

International Thank You Week

January 5 & 6

2011 Registration Survey Goes Home

January 9 & 10

Winnie The Pooh Celebration

All School Pajama Days

January 11

Staff Training

AM Classes: 10:45-12:45

PM Classes: 1:30-3:30

*(Student Dress Down Days—  
Jan.10&11)*

January 16

Martin Luther King, Jr.

Holiday

*No School*

January 25

2010-11 In-house Registration

January 30-31

Student Holidays-No School

Menu

**Jan. 3-6** Wheat Thins  
Animal Crackers

**Jan. 9-13** Popcorn  
Cheez-its

**Jan. 17-20** Goldfish  
Pretzel Twists

**Jan. 23-27** Graham Crackers  
Ritz Crackers

*\*Apple Juice & Water Served Daily*

Units Of Study

Hibernation

Winter Weather



## *FROM THE DIRECTOR'S DESK*

We hope that everyone had a wonderful winter break and enjoyed spending time with family and loved ones. As we begin a new year, it is important for us to take a look at some of the things which are essential to a child's development. One of the best things we can do as educators and parents is to help provide the framework for positive discipline for our children. Discipline is a good thing and should never be considered a punishment. Children will no doubt challenge our authority and test our limits at certain times. It is our job to define and follow through with setting limits and boundaries for children. Positive discipline techniques should include respect and positive role modeling, while at the same time teaching your children acceptable ways of behaving.

Life is a new frontier for children. They are exploring their options all the time. Not only will they test their boundaries, they stretch them, bend them and sometimes step right over them. The motivation for behavior can be quite different depending on the age of the child. A two year old may be checking out your reaction to certain behaviors, while an older child may be asking you to take a look at the rule to see if it should be revised.

You will find a few suggestions listed below which are very effective in dealing with positive behaviors in children.

- ◆ **Offer children positive choices**— Ask children, “do you want this or that” and offer two positive choices. Positive choices will ensure you meet your parenting goal.
- ◆ **Use empathy and acknowledge feelings**—“I understand you feel this way because”.... Validate your child's feelings and emotions , even if you don't agree. Empathy separates your child's emotions from his behavior.
- ◆ **Catch them being good**—by acknowledging good behavior verbally this lets children know that you appreciate good behavior and reinforces positive attention. If you give them attention for the good things they do, those behaviors will increase.
- ◆ **Let logical consequences occur**—Children learn that consequences follow behavior. Safety, of course, always comes first. Children must

## ANNOUNCEMENTS

### Registration for 2012-2013 Classes

On Wednesday, January 25th, registration for the 2012-2013 school year will be held for families who currently have children enrolled at Accotink. On Wednesday, February 1st, we will have registration for Accotink alumni. Registration for the public will be held on Monday, February 6th.

In order to attend our program, the age requirements are as follows:

**2 AM program: The child must turn three by December 31, 2012 and be toilet trained**

**3 AM program: The child must turn three by October 31, 2012 and be toilet trained**

**3 PM program: The child must turn three by December 31, 2012 and be toilet trained**

**5 Day program: The child must turn four by December 31, 2012**

Children attending our Junior Kindergarten program must turn five by December 31, 2012.

In order to be eligible for Kindergarten classes, children must turn five by September 30, 2012. **Children presently enrolled in Accotink Academy Preschool must be recommended for our kindergarten program by their current teacher.**



The schedule for registration is as follows:

### Wednesday, January 25

Registration open to all current Accotink families.



### Wednesday, February 1

“Alumni Day” Registration open to parents who previously had children attend Accotink.

### Monday, February 6

Registration for the public

### Change in Staff Training Days

Beginning **February 2012**, Staff Training days will be changed from **Wednesday** to **Tuesday** of each month. The morning classes will be held from 10:45 a.m. to 12:45 p.m. Afternoon classes will be held from 1:30 p.m. to 3:30 p.m. Staff meetings for the remainder of the school year are as follows:

*January 11th—Wednesday*

*February 14th—Tuesday*

*March 20th—Tuesday*

*April 17th—Tuesday*

*May 15th—Tuesday*

This information is also available on the 2011 –12 Accotink Preschool calendar distributed to families at the beginning of the school year.

Director's Desk - continued from page 1

learn what they can and can't do in order to be safe. Limits must be set and clearly stated so they understand the consequence of their behavior. Limits allow children to feel safe and in control. They need to know that it is not acceptable to ride their bike in the street or throw their carrots on the floor. Parents need to follow through on stated consequences and not waiver. Allow children to experience natural consequences and do not rescue them. Children will soon learn to associate good behavior with a good outcome, just as they will learn that bad behavior results in a bad outcome.

- ◆ **Try to use the word "yes" more than "no"**—Children hear the word *no* many times during the day. Using this word too frequently with children will create frustration and tension between both parent and child. This can then lead to undesirable behavior. By saying **"yes"** followed by an **"if"** statement can be much more effective and is not stated in a negative way. Using alternative words and phrases which are structured in a more positive way will greatly reduce the number of negative responses a child hears which then will lead to positive behavior.
- ◆ **Respect children and their feelings**—It may not be easy to respect a two year old's need to test limits or a five year old's right to make a mistake, but it is necessary. Parents love and want the best for their children. When we acknowledge and validate a child's feelings, frustrations or emotions, it conveys a message that we understand them while letting them build self-confidence and feel loved and valued.




We wish you and your families a wonderful, happy and healthy New Year!

Lexie and Susan



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 ***Inclement Weather Policy***

On days when inclement weather threatens, parents are encouraged to listen to local radio and television stations for announcements concerning delayed openings and school closings. When Fairfax County closes school for the day, we also be closed.

A 2 hour delay: Morning classes will meet from 10:45-12:45  
 Afternoon classes will meet from 1:30-3:30

\*Lunch Bunch and Enrichment classes will dismiss at 2:00\*

When there is an early dismissal our morning classes will dismiss at the regular time of 11:45. Afternoon classes, Lunch Bunch and Enrichment classes will be cancelled.

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**Toys For Tots CONTRIBUTIONS**

Our staff would like to express our sincere thanks and gratitude for your generosity and spirit of giving to the Toys for Tots Campaign this year. Our students learned how valuable it is to give back to the community for children less fortunate than our own. The collection of toys was simply amazing and we are so grateful to all who gave so generously to this worthy cause. As we have said many times on previous occasions, we feel very fortunate to have such wonderful and caring parents here at Accotink. Your contributions meant so much for those in need.




### Registration Survey Forms

We will be sending home registration survey forms for the 2012-2013 school year on January 5th and 6th. We are asking parents to have these forms turned in to the office **no later than Friday, January 13, 2012**. The purpose of this survey form is to help us get an idea of how many classes we will need for the upcoming school year. We are hopeful that the information you provide on this form will alleviate the need for standing in lengthy lines at registration. *\*Please refer to Page 2 to see the schedule for registration which will be held at the end of this month.*



Please check the class that you are planning to enroll your child/children in for the 2012-2013 school year. You should indicate a **1st** and **2nd** choice on the survey form. **If you will be registering more than one child, please complete a form for each child you wish to register. (This should include siblings registering for the first time.)**

Once we have received the surveys back and the results have been tallied, we will let you know so that we can appropriately plan for our in-house registration. Please keep in mind that this is only a survey which is used to help us for planning purposes and it is not in place of the actual registration process for the upcoming school year. We appreciate your support in this effort.

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***PAJAMA DAYS ARE COMING SOON!***  
 On Monday, January 9th and Tuesday, January 10th we will celebrate Winnie the Pooh's birthday by having a "Pajama Party Day." On these days, please be sure to have your children wear their pajamas to school. We will have lots of fun popping popcorn, reading Winnie the Pooh stories, and watching movies. This is a wonderful and fun day for all of the children and our staff!  
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***A Special Thank You!***  
*We would like to thank all of our parents who sent in goodies during the holidays for our staff to enjoy. They were absolutely delicious and the staff really enjoyed them. We appreciate your thoughtfulness during this season of giving.*  
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***Santa Comes To Accotink***   
 We would like to take this opportunity to thank Mr. Hicks (Jonathan Leary's grandpa), Mr. Hendricks( Vinnie's dad), and Mr. Ross (Darrius's dad), for being our "**Santas**" this year. Santa made his appearance in each classroom handing out candy canes and spreading a bit of holiday cheer to our students. The children enjoyed sharing their "wish lists" with Santa as they each took turns sitting on his lap.  
 A special thanks also goes out to all of the parents who volunteered their time in helping out with classroom parties during the holiday season. It really makes the celebrations so special for our students.