

ALL ABOUT US

Volume 48 Issue 3 Accotink Academy Preschool 6215 Rolling Road Springfield, VA 22152 (703) 451-5797 November, 2011
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CALENDAR NOTES

November 2 & 3

Fire and Safety Puppet Show

November 7 & 8

Student Holidays

November 16

Staff Training

AM Classes: 10:45 - 12:45

PM Classes: 1:30 - 3:30

Dress Down Days - 11/15 & 11/16

November 23

Abbreviated Day

AM Classes: 8:45 - 10:45

PM Classes: 11:15 - 1:15

No Lunch Bunch/Enrichment

Classes on this day

November 24 & 25

Thanksgiving Holiday

No School

November 30-Dec.1

WSHS Tiny Tots Concert

Menu

Oct. 31-Nov. 4 Animal Crackers

Wheat Thins

Nov. 9-11 Goldfish Crackers

Pretzel Twists

Nov. 14-18 Cheez-its

Popcorn

Nov. 21-23 Graham Crackers

Ritz Crackers

Apple Juice or water is served daily

Units Of Study

Fire Safety

Thanksgiving

Sharing

Native Americans



FROM THE DIRECTOR'S DESK

As we approach the Thanksgiving holiday, we thought it would be appropriate to discuss family mealtime rituals. There are many activities that bond families together, but research shows that sitting down for meals together in a pleasant environment might be one of the most meaningful. Given the fast paced environment in which we live today and hectic schedules that can interfere with family mealtime, it may not always be possible to have a quiet sit-down dinner with the entire family every day. This makes it all the more important to enjoy family meals together and create a non-stressful and enjoyable environment. Sharing meals together with family members is important because it emphasizes to our children that this is a special time where they can come together and share the events of their day. Studies have shown that parents who engage in conversation with their children, face fewer issues with drug and alcohol abuse and gain more trust with their children as they grow up and face peer pressures.

Here are a few suggestions that can help make family meals more pleasant and enjoyable for the entire family:

- Keep conversations light and pleasing. Avoid turning mealtime into a battleground over certain issues.
- Encourage children to help with meal planning or food preparation. Being part of the process helps children see their important role in the family. It also makes them more curious about foods and they may be more willing to try something new.
- Serve foods family style, and let children choose their own portion sizes. Too much food on their plate can be overwhelming for young children.
- Don't bribe children to eat by promising dessert. Health experts say this sends the wrong message that the really good food is dessert.
- Encourage children to try new foods. Do not force them to eat certain foods as this could increase their dislike of that food.

Continued on page 3



ANNOUNCEMENTS

Diwali Celebration

On October 20th and 21st, our students were able to experience Diwali, which is the Hindu "Festival of Lights". The celebration is marked by four days of celebrating life, its enjoyment and goodness. The children received passports, got henna tattoos, located the country of India on the map, and enjoyed watching a puppet show as they learned about the significance and meaning of Diwali and the Festival of Lights. We would like to thank Anita Bhatnagar, Mira's mother, for coordinating the activities, along with other parents who volunteered to help make this such a wonderful event.



SANTA HELPERS NEEDED!

We are looking for volunteers to fill Santa's suit this year! Each December, our children are treated to a special visit from the jolly old man himself. We already have the suit, beard and pillow (if needed) and we are looking for someone to fill these big shoes. The children always take such delight when Santa visits each classroom passing out candy canes and finding out their Christmas wishes. The dates Santa will need to visit will be on Thursday, December 15th (morning only) and Friday, December 16th (morning and afternoon). In order to accommodate all of our students in both the morning and afternoon classes on these 2 days, we will have 3 sessions with Santa. Three different Santas are acceptable! Please stop by the office, or give us a call at 703-451-5797 if you can help us out.

Thank You Volunteers!

We would like to take this opportunity to express our appreciation and gratitude to all of the parents who volunteered and helped us with the many activities at our Fall Festival last month. A lot of thought and planning goes into this annual event and many parents are needed to help it run smoothly. The children had a wonderful time finding the perfect pumpkin from the patch, making funny Jack-O-Lanterns, playing various games and having faces and hands painted and tattooed. We are very lucky to have parents volunteer their time to help make this and other school events so much fun for the children. Great parents make a great school!

Tiny tots holiday concert

On Wednesday, November 30th, and Thursday, December 1st, our students will attend The Tiny Tots Holiday Concert at West Springfield High School. This is an annual concert presented by the high school symphonic band which plays familiar nursery rhymes and seasonal holiday songs for young children. Favorite costumed characters will be there to entertain the children as well. **All 3 Day AM and 3 Day PM students** and Mrs. McBride's 5 Day AM class will attend the concert on November 30th at 10:00 AM. On Thursday, Dec. 1st, all 2 Day AM and remaining 5 Day classes will attend. More information will be forthcoming for this event.

Toys For Tots Campaign

In the spirit of giving this holiday season, Accotink will again be participating in the Toys For Tots campaign this December. This program is run by the Marine Corps Reserve and first began in 1947 as a means of giving new, unused toys to children whose families are not able to afford gifts for their children at Christmas. The collection dates for this event will be held the week of December 5-9, 2011. More information about this program will be sent out soon. As always, your generosity is greatly appreciated!

Director's Desk, continued

- Be careful about trying to enforce the “clean your plate” rule. Researchers say it’s not a good one. The goal is to get children to understand their own body cues so they can stop eating when they feel full.
- Stick with a plan that takes schedules into account but makes eating together a priority at least several times a week.
- It goes without saying that eating together as a family also helps children learn good table manners and provides stability in our busy lives.

If it has been a busy day and there is no time to prepare a nutritious meal for dinner, there are so many more options available today that did not exist a few years ago. You can pick up a salad from the salad bar or a pre-cooked chicken at the local supermarket which will serve as a healthy meal for your family when you are running too short on time. Sitting down together as a family for dinner, or any occasion, is essential and important for everyone. Your children will grow up with a strong sense of family and will most likely become solid healthy adults who will carry on this tradition in later years with their own families.

Wishing you and your family a wonderful and happy Thanksgiving!



Lexie and Susan



Food Drive Coming!

This month Accotink will be holding its annual food drive the week of November 14-18. We will be collecting non-perishable goods for ECHO, the Ecumenical Council for Helping Others. This organization provides clothing, food and other essential items for needy families in our area. Food inventories are running very low this time of year and items such as canned goods, peanut butter, flour and sugar, oil, rice, beans and other items which have an extended shelf life and will not spoil.

Collection boxes will be located in the hallway during this week and children and parents are welcome to drop off donations during school hours. As always, your generosity and support with this endeavor is greatly appreciated.



FIRE SAFETY



This month our classes will be learning about fire safety and prevention. The children will enjoy a puppet show and learn how to stay safe from fire. Children are fascinated by watching flames and it is our job to remind them how dangerous fire can be. Children may believe that clothing will protect them from fire. It is important for them to learn what to do if their clothing catches fire.

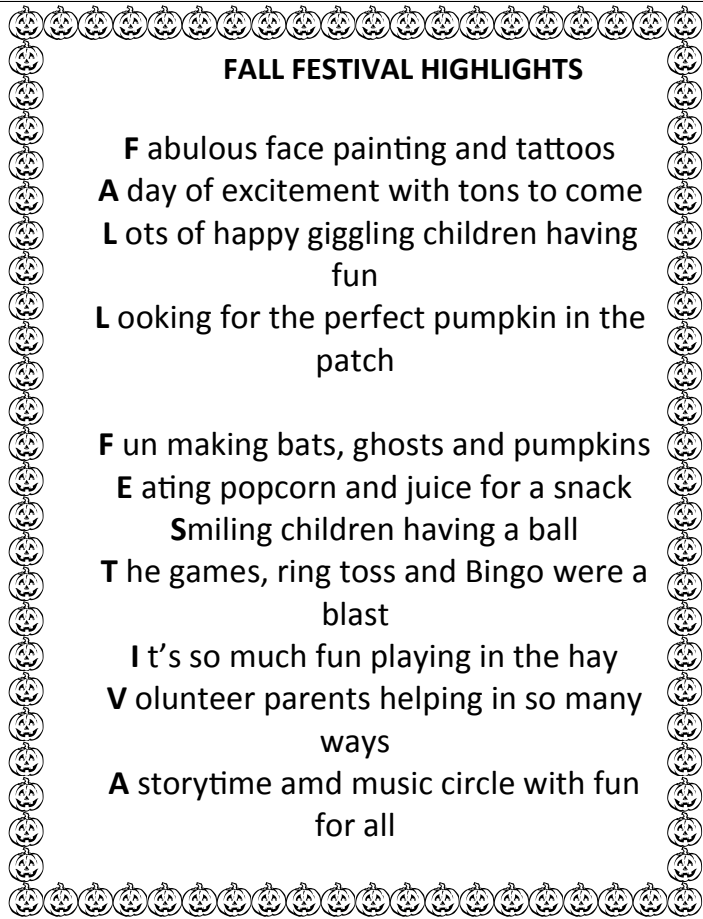
Practice the **stop, drop and roll** technique with your family.

1. **STOP.** Fire burns faster when flames are fanned by running.
2. **DROP.** Drop to the ground and cover your face.
3. **ROLL.** Rolling back and forth will help put out the flames.

Our Thanksgiving Feast

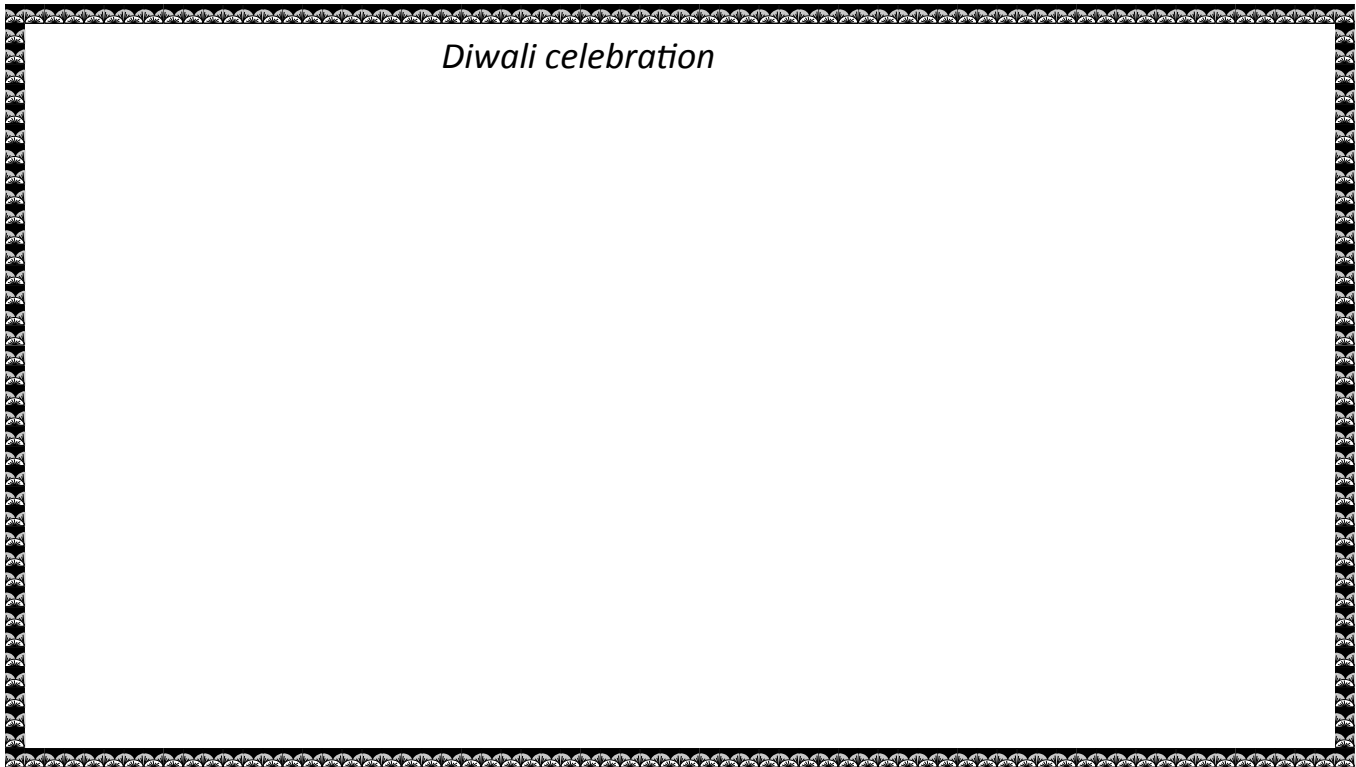
*Here come the Pilgrims, Indians and all
 Ready to celebrate a special time in the fall.
 See all the Indians wearing feathers and beads
 Looking quite festive and friendly as can be
 Coming to the table with the Pilgrim girls and boys
 To share the harvest of turkey and other culinary joys!
 It's time, it's time, so don't be late
 For a Thanksgiving feast that will surely be great!*





FALL FESTIVAL HIGHLIGHTS

F abulous face painting and tattoos
A day of excitement with tons to come
L ots of happy giggling children having
fun
L ooking for the perfect pumpkin in the
patch
F un making bats, ghosts and pumpkins
E ating popcorn and juice for a snack
Smiling children having a ball
T he games, ring toss and Bingo were a
blast
I t's so much fun playing in the hay
V olunteer parents helping in so many
ways
A storytime amd music circle with fun
for all



Diwali celebration