

ALL ABOUT US

Volume 46 Issue 6 Accotink Academy Preschool 6215 Rolling Road Springfield, VA 22152 (703) 451-5797 February, 2011

Calendar Notes

February 1

Student Holiday-No School

February 2

Registration for Alumni

February 7

Public Registration

February 15

Staff Training

(Dress Down Days- 2/15 & 2/16)

February 21

Presidents' Day Holiday

No School

February 24 & 25

Dentist Visits

Menu

Feb. 2-4 Saltines

Vanilla Wafers

Feb. 7-11 Wheat Thins

Valentine Treats

Pretzel Twists

Feb. 14-18 Goldfish

Crackers

Animal Crackers

Feb. 22-25 Honey Grahams

Ritz Crackers

Feb. 28-Mar. 4 Popcorn

Cheez-its

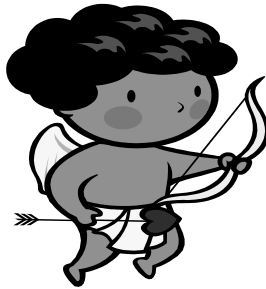
Apple Juice is served daily

Units Of Study

Valentines Day

Groundhog Day

The Post Office



FROM THE DIRECTOR'S DESK

Now that the winter season is upon us, it not only brings with it cold weather, ice and snow, but also illnesses such as colds, flu and many viruses which all tend to flourish this time of year. The average child gets as many as six colds a year. This is in addition to having illnesses caused by viruses and other infections. We should be diligent in trying to prevent our children from coming down with the many illnesses we are exposed to this time of year.

Lately, there has been a lot of discussion about the use of antibacterial products on the market. Recent research suggests that overuse of these products can actually create resistant organisms which may be partly responsible for an increase in childhood asthma. Now studies have shown that exposure to certain germs and illnesses can help us build healthy immune systems. Colds and other minor illnesses can actually be blessings in disguise as they "educate" the immune system, helping to prevent more serious illnesses later on.

Here are a few suggestions for helping to keep you and your family healthy and reduce the absences from work and school:

- **Eat dinner together.** Family meals are a great way to reduce stress. Studies have shown that reducing stress helps to prevent respiratory and other infections.
- **Wash hands often—but not too often.** We all pick up germs when we touch doorknobs, drinking glasses, clothing, etc. that people with colds have touched. Children, and adults too, should wash their hands at appropriate times, such as after using the bathroom and prior to eating. Washing hands constantly can often be detrimental as it suppresses the immune system. Children who are exposed to germs will be able to build up their immune system which can oftentimes fend off illnesses.
- **Drink lots of water.** Water is integral to effective immunity because it moistens germ trapping membranes in our nose and lungs. Water also rids the body of toxins created during colds and other infections.

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ANNOUNCEMENTS

Registration for 2011-2012

In February, we will begin registration for Fall 2011 classes. We will first register all in-house families on Wednesday, January 26, 2011. Alumni registration will be held on Wednesday, February 2nd. The general public may register on Monday, February 7th. We will continue to enroll children throughout the school year until all classes have filled.

Reminder: In order to enter a two day program, children must turn 3 years old by December 31, 2011 and be toilet trained.

For children to enroll in a three day program, they must turn 3 years old by October 31, 2011.

In order to be eligible for a five day class, the child must be 4 years of age by December 31, 2011.

For children who enroll in our Junior Kindergarten class, they must be 5 years old by December 31, 2011.

In order to be eligible for our Kindergarten program, a child must be five years of age by September 30, 2011.

The schedule for Registration is as follows:

Wednesday, January 26th

Registration open to all current Accotink families.

Wednesday, February 2nd

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

Monday, February 7th

Registration open to the public.

Tuition Fees for 2011-2012

Registration Fees:

2 Day Class	\$1,960	\$80
3 Day Class	\$2,820	\$85
5 Day Class	\$4010	\$90
Junior Kindergarten	\$4010	\$90
Half Day Kindergarten	\$4310	\$110
Full Day Kindergarten	\$8560	\$210

Change in Staff Training Days

Beginning in February, the Staff Training day will be changed from **Wednesday** to **Tuesday** for the remainder of the school year. The morning classes will be from 10:45 a.m. to 12:45 p.m. and the afternoon classes will be from 1:30 to 3:30 p.m.

Staff training days for the remainder of the school year will be as follows:

February 15th
March 15th
April 12th
May 17th

We would also like to remind parents that on Tuesdays and Wednesdays of staff training week, children are allowed to wear their regular play clothes to school and do not need to be in uniform on these days.

Please keep in mind that Lunch Bunch and Enrichment classes will still be offered on these days. These programs will dismiss at 2:00 pm on these days.

VALENTINE CELEBRATIONS

Since our classes will be having Valentine's Day parties this month, we would like to remind parents that some children are allergic to red dye additives in certain sweets and candies. In order to avoid any health problems, please refrain from sending in snacks for parties which contain this ingredient. In addition, we would like to recommend that you consider sending in healthy snacks for this occasion in order to cut down on sugary sweets which promote tooth decay. Some suggestions you may consider are things such as cut up vegetables with dip and heart shaped sandwiches. Please check with your child's teacher to find out if there are certain food allergies in your child's class.





Summer Sunshine Program

Plan to join us for our annual fun-filled summer camp program. The camp will meet daily from 10:00 a.m. to 2:00 p.m., Monday, June 6 through Friday, July 22. Information and registration forms are now available. The forms to enroll in summer camp are available in the office and on the bookshelf located adjacent to the Hall Monitor's desk. Registration for the summer program is ongoing from January 26th— May 25th. Children ages 3-6 and toilet trained are able to attend this program. Come join your friends in a fun-filled environment which consists of water play, theme days, arts and crafts and lots more. If you have any questions, please contact Fran McBride at 703-451-5797 and press option #2 to leave a message.



MAKE-UP PICTURES

On Friday, March 11th, a photographer from Splendid Portraits will be at the school to take individual pictures of students who were absent when photographs were taken in October. Also, any students who enrolled **after October 5th** will be able to have pictures taken on this day. Please bear in mind that this make-up photo session should not be used for re-takes of children who were previously photographed. Since this make-up session will include only individual photos of children who were absent or newly enrolled, no class or group pictures will be taken during this make-up session.

In order to have your child photographed, you must call the office and place your child's name on a list. This may be done in person or by calling 703-451-5797. The photographer will only be available to take pictures from 9 am—11 am on Friday, March 11th.

CELEBRATING DR. SEUSS

On March 1st and 2nd, we will hold a special celebration to honor the birthday of Dr. Seuss. On these two days we will have the children wear their favorite hat to school and we will be sharing lots of Dr. Seuss stories. **We are in need of parent volunteers** to read to several classes, so please let the office staff know if you will be able to help us make this occasion a special one for our children. Don't forget to bring your hat!!!

Box Tops For Education

If you are still collecting box tops, please get them to us before Tuesday, March 1st since this is the deadline for submission. Mrs. Cordiner, our parent volunteer for this effort, will need time to tally them before they are submitted. We appreciate all she has done to make this program a success for our school. The color sheets she has provided have been a huge hit with our students. We were able to add new equipment (come see our new castle!) for our playground thanks to the generosity of our parents and children participating in this program. You may continue to save these Box Tops throughout the remainder of the school year and into the summer. We will add them to the collection box at the beginning of the 2011-12 school year.