



## CDCC Parent Newsletter October 2017

### Important Dates to Remember

- Oct. 3<sup>rd</sup> Picture Day will start around 9:00 am
- Oct. 16<sup>th</sup> – Pumpkin Patch Field Trip 10:00am
- Oct. 21<sup>st</sup> – Men's work day at CDCC 8am-12noon
- Oct. 26<sup>th</sup> Woman's event prep for Fall Festival
- Oct. 28<sup>th</sup> – Fall Family Festival 11:30am-2:30pm
- Dec. 15<sup>th</sup> – Save the Date: CDCC Christmas Program 7:00pm

### Picture Day-October 3<sup>rd</sup>

We will begin with the two year old class and work our way through the school. If Tuesday is not your child's normal school day, please feel free to bring your child for photos and stay with them until they are finished.

### Pumpkin Patch Field Trip-October 16<sup>th</sup>

We will be leaving for Lane Farms at 10:00am Thursday morning, this is a very fun field trip which includes: farm animals, hay rides and picking out pumpkins. If you are able to be a parent driver please contact Jenny 805-453-3403

### Men's work day October 21<sup>st</sup> 8am-12noon

We will be working to preplace the sand in the sand box, clean the shades, and put a door on the bike storage and other projects, this is a great way to help the school and meet other Dads. Please RSVP to [tj@fmcsb.org](mailto:tj@fmcsb.org)

### Women's event preparing for Fall Family Festival, October

**26<sup>th</sup> 6pm-8:30pm** this will be a time for women to gather and help prepare for the annual Fall Family Festival. Pastor Doug and Stefanie will put us to work ;) It is a great way to meet and connect with other women! Soup dinner and childcare provided. RSVP [childcare@fmcsb.org](mailto:childcare@fmcsb.org)

### Fall Family Festival

**You are invited to join us for our annual Fall Family Festival!**

**Sat. Oct. 28<sup>th</sup> 11:30am-2:30pm**

Featuring games, crafts, a bounce house, face painting, candy and fun for the whole family. Children of all ages are invited to participate in Trunk or Treat from 12:00-1:30pm. Free popcorn, snow cones and cotton candy.

A tri-tip BBQ or hotdog meal is available for purchase.

Volunteers are also needed to run games and activities. Let us know if you are willing to help!

This is a fun, family event worth attending. Invite your friends to join us in the Free Methodist Church parking lot!  
(Please, no scary or violent costumes)



## October Chapel Themes:

We would love to share Chapel with you, we have Chapel every Wednesday at 10:15 am, and parents are always welcome. If it is not your child's regular school day you are also welcome to join us.

October 4th - Noah Part 2 - [Promises](#)

October 11th - Abram goes to a new land - [Obedience](#)

October 18th - Jacob takes his brother's blessing - [Honesty](#)

October 25th - The story of Joseph - [Faithfulness](#)

## “Separation Anxiety and the first few weeks of school” from [Savvy Source](#) August 15, 2011 by [Andrea Evans](#)

**Is your child heading off to preschool for the first time this fall?** Are you worried that she will cling to you for dear life and refuse to enter the classroom?

Some children waltz into the new classroom, wave goodbye to their parents, and then get to the "work" of preschool without so much as batting an eye in their parents' direction. Many others, however, experience separation anxiety. That anxiety is only natural -- children are breaking away from the comforts of their home and parents for the first time and learning how to navigate an entirely new social situation. Though natural, it can be heart-wrenching for parents who are forced to listen to their kids' pleas or cries not to be left at school. Getting over those first few weeks can be tough for children AND parents. Here are some of our best tips for easing the transition to preschool:

Before School Starts	The First Day of School
<b>1. First and perhaps most importantly - Don't wait until the first day of school to talk to your child about starting school.</b> It is best to give your child a week (or more) to get comfortable with the idea that she is about to embark upon a new experience.	<b>1. Leave yourself a lot of time to get ready and to get to school.</b> Be sure to build an extra "toddler" cushion that allows for relaxed breakfast eating and dressing. This is not the day to get into a power struggle over the Dora versus Mickey Mouse cup. Let your

<b>Before School Starts</b>	<b>The First Day of School</b>
	child have her way this morning and try to avoid typical toddler confrontations.
<p><b>2. Know and describe what a "typical day in the life" looks like.</b> If your school does not have a pre-entry meeting with parents or children, call the school to find out what a "typical day in the life" looks like, and talk through concretely with your child what they will be do during day to build a sense of excitement and to lessen anxiety.</p>	<p><b>2. Pack a little "lovie" and <u>a picture of your family</u>.</b> Put something in his/her backpack that is a comfort item from home (stuffed animal, favorite car, etc.) and let the preschool teacher know that it is in there should tears appear</p>
<p><b>3. Read books that explore going to school.</b> There are some wonderfully written and beautifully illustrated books that help your little one understand that school is a natural process and that even though Mommy or Daddy may not be there, their love still is. One of our favorites is <a href="#">The Kissing Hand</a></p>	<p><b>3. Smile.</b> <u>Your child is really keying off of your emotions.</u> It is extremely important for your child to see you being warm and welcoming to her new teacher(s). Again, if you seem to trust the teacher your child is more likely to as well.</p>
<p><b>4. Talk about being apart, but even more importantly talk explicitly about coming back [and tell the teachers, so they can remind your child when you will return].</b> Much of separation anxiety stems not from your departure but your child's fear that you might not return. It is very helpful if you are able to tell a child exactly <b>when</b> in the day you will return (e.g. after circle time, just after lunch, etc.).</p>	

### **Still battling tears after a few weeks?**

Some children take to preschool like a fish to water without as much as a wave goodbye to parents. Most others take a lot longer, some up to a month. This time can be very, very trying for parents. Here are some tips to help you navigate the first month if your child continues to seem to have difficulty.

- **Persevere.** The most important thing to remember is that you need to persevere. Separation is a very important developmental milestone for your child and, to be perfectly honest, for you as a parent as well. While it will tug at your heartstrings to drop him off those first couple of weeks, especially if tears are involved, just remember it is in both of your best interests.

- **Make play dates.** If your child seems to be struggling to fit in or is perhaps a little more shy than his/her classmates, try creating a one-on-one environment outside of school where there are fewer distractions and it is less intimidating -- at your home, for example. After a play date, when your child sees the classmate in school, there could be a direct association with home, which can help with separation anxiety.
- **Watch which adults/children your child connects with.** If there are multiple teachers at drop-off, listen to whom your child really seems to talk about at the end of the day and try to do the drop-offs in the morning with that teacher. Also, talk about the children and teachers that your child seems to gravitate to on the way to preschool. If your child doesn't talk about other children or teachers, don't hesitate to ask the teacher at pick-up what interests/children your child seems to have to help you with those morning "pep talk" rides to preschool.

**Additional Thoughts from Ms. Jenny, our director, on separation anxiety:**

There will most likely be a time during the year that your child will have trouble leaving you in the morning. Some children experience this more than others, but most children will go through this process. Some children who easily left their parents at one time may also start to feel anxiety later as they mature through different stages of development. There may even be days when your child does not want to come to school. Do not worry; this behavior is completely normal.

We are here to help you and your child with a smooth transition. If your child is having an especially hard morning, it is best to let one of the teachers help your child get involved in an activity or take your child to the window and wave as you drive by. If you want to stay a short time and help your child get involved in an activity or read a book that is good, but sometimes the longer a parent stays, the harder it is for their child to make the adjustment. When you are ready to leave, please let one of the teachers know, so we can help make the transition smooth. A kiss, a hug and a confident smile from you will reassure your child. Please talk to us if you have any additional concerns. We are always here to help you and your child.

Sincerely,  
*Jenny Yznaga*, Director