



# BEAR TRACKS PM

*Washington University Nursery School, September, 2019*

Dear Bear Tracks Families,

We are off to a terrific start to our 2019-20 school year! The children are learning our many classroom routines of the extended part of their school day.

When the children first gather in the classroom, we go through a series of deep breathing and calming exercises to ease our transition. We often sing a couple of songs, recite nursery rhymes and participate in group games. Next, we practice our listening and focus skills, during story time and at the end, answer a question related to the reading before being dismissed to wash hands for lunch.

The kids then locate their lunch at one of multiple tables, where a teacher or teacher assistant dines with them. We encourage polite conversation and table manners. When each friend finishes her/her lunch, they return their lunch box to their afternoon cubby, use the restroom and locate their cot in the classroom. We dim the lights and play soothing, rest music for our calm and quiet body time. This time each day is important and vital for each preschooler, to allow for a mental and physical period of rest to refresh and reboot for the afternoon's fun activities. After rest, friends are invited to move about the classroom and play in a multitude of learning areas:

- ART AREA
- BLOCKS/CONSTRUCTION AREA
- MATH & MANIPULATIVES
- DRAMATIC PLAY/HOUSEKEEPING AREA
- SCIENCE AND DISCOVERY AREA
- WRITING AREA
- LIBRARY AREA

Our primary focus for our program are Social and Emotional Development, as well as building upon their learning in their morning classrooms.

Social development helps your child get along with others. Teachers work with children on respecting others (adults and children alike) and working together. By playing and learning together, children build their social skills, language skills, and self-control. With support from teachers, children learn to resolve conflicts that may come up during play. We provide opportunities for side by side work as well as group activities to nurture communication and collaboration skills.

Emotional development lets your child understand his feelings and the feelings of others. Teachers help children recognize and manage their own feelings and behavior. They also teach children to show concern for others. To build your child's self-esteem, teachers encourage her to try new things and keep working at challenging and difficult tasks. So much of our learning is about the "doing" and the "practicing" and the "striving" vs. a final product that is "perfect." We hope to encourage independence and autonomy in self-help skills and play.

Welcome! ~Ms. Suzy O. Frillman♥

