



# WONDERLAND



## SOME Back 2 School F.A.Q.'s:

### Q: When is tuition due?

A: Tuition is due on the 15th of each month, from August through April.

### Q: How do I pay my bill?

A: You will receive a statement each month showing past payments and recent charges. You may pay your bill by check or cash in the office Monday through Thursday from 9 am to 4 pm. You may also put CHECKS ONLY in an envelope, and place them in the payment drop-box by the office door. When you pay with a check, make sure to write your child's name and class on the "MEMO" line. You may also set up an account to pay on-line using a credit or debit card at [www.yakimacovenant.org](http://www.yakimacovenant.org). When you pay on-line, make sure to select "Preschool" from each of the scroll down menu options.

### Q: When does my child start class?

A: We like to stagger-start our classes so that we are able to better comfort little ones, and communicate with you on your family's first preschool day. Here are the start dates:

2-Day 3's (Cubbies):

Tuesday, September 6th

3-Day 3's/Young 4's (Teddies):

Wednesday, September 7th

AM Pre-Kinder (Honey Bears):

Wednesday, September 7th

PM Pre-Kinder (Gummy Bears):

Tuesday, September 6th

1st "Friday Intensive":

Friday, September 9th

### Q: Do I need to purchase any school supplies?

A: Just a nice sized tote-bag/backpack that your child can easily manage. Your little one needs to be able to put their papers and projects into their bag independently, so keep in mind that the zippers on backpacks are sometimes difficult for little fingers. Your registration fee and tuition cover school supplies; however, we love donations of Clorox and baby wipes, Ziploc bags (both quart and snack size) and Dixie cups!

### Q: What can I do to help my child/family be ready for the first day of school?

A:

1. **Talk about school positively but realistically.** Be enthusiastic when talking about school, but don't make it out to be Disneyland. (You don't want the first day of school to be a major anti-climax.) If your experience of school wasn't particularly positive, this isn't the time to share this with your child. This is a huge transition, and a positive outlook and attitude towards school should help them settle well on the first day.

2. **Be prepared for every sort of emotional reaction from your child on those first few mornings.** There may be tears, over-excitement, shyness, giddiness or irritability. Each child deals with change differently, and while there may be no tears, only excitement, on the first morning, don't be alarmed if there are tears the next. This is not a sign that they had a bad experience, it's just their little way of dealing with change/stress/tiredness. This is perfectly normal and should be expected. Children see their parents (or primary care givers) as their safe haven, so venturing into the unknown without mom or dad can be frightening. The good news is that this is usually overcome quite quickly. Talk and read books to your child about starting school. Encourage them to describe their feelings.



# W O N D E R L A N D



## Q: What can I do to help my child/family be ready for the first day of school (cont.)?

A:

**3. Remember that this is your child's big day, not yours.** Do your best to keep your emotions in check until you get back into your car after dropping them off on the first morning. You can cry your eyes out once you're out of view. We all know how easily children pick up on our emotions. This is one day that it is very important that they are protected from your anxiety.

**4. Let go! Trust the teachers. Trust your child.** Encourage your child to be independent. They will be ok. Say goodbye, wave and walk away. The sooner you allow them to experience a successful separation from you and into a wonderful preschool morning the better.

**5. Be punctual to drop-off and pick-up.** This is a very good life skill to instill in your child from an early age. Arrive on time for school. Arriving on time avoids feelings of anxiety, and helps every child be able to participate in the entry routine, and sets the stage for a positive day. Please concentrate on your preschooler at this time, even if siblings are vying for your attention. Ensure that your child knows who their designated "pick up" person is. Do not be late for pick up, as children become anxious very quickly if there isn't someone there to collect them, even if its only 5 minutes later than pick-up time.

**6. Establish a routine, and simplify life as much as possible.** Children who come to school happy and relaxed usually settle in better. Ensure that there isn't a big rush to get ready for school. Prepare clothes and backpacks the night before. Let your child help with this. Get up a little earlier, and try to slow your morning down if possible. This will help reduce any anxiety your child may have about starting school and will keep everyone calmer and happier. Children need fuel to learn, and breakfast is very important.

Encourage your child to eat a good, healthy breakfast in preparation for their day of fun and learning ahead. Set up a simple picture schedule for your children with a list of what they need to do to be ready for school that they can check each day. Remember to put your little one to bed earlier than usual. Children need lots of sleep, especially in the early days of a new school term, they will be more tired than usual. Before school begins, start to bring bedtime back a little earlier if possible. A good night's sleep is essential for learning.

**7. Encourage outdoor play and reduce screen time.** Since a good portion of their school day is spent indoors, encourage as much outdoor activity and play in general. Children need to be children: they need to play, run, jump, cycle etc...in order to grow and learn. Keep extra-curricular activities to a minimum, in the early months of the preschool transition. Your child will be exhausted until they adjust to their new routine and day. Keep after school activities simple, fun and low in number.

**8. Be prepared for tantrums.** Often times, starting school can cause a change in a child's demeanor. Don't worry! It's most likely temporary, and is not the "bad" influence of another child rubbing off on them. Being well behaved and actively participating in a large group is extremely demanding on a young child. They spend several hours per day following rules, completing tasks and playing nicely and cooperatively. A tantrum or tearful outburst is perfectly normal! It is your child's way of releasing the tension of being "perfectly" behaved all day. Think about how you feel after working all day: you are not usually in the best of form until you have had an opportunity to unwind. Children are the same. Take it as a compliment: your child feels safe and secure enough with you to be themselves and let the tension out. They know that you love them unconditionally. Changes in behavior and tantrums usually pass once the child has had an opportunity to relax and unwind. Offer a snack, change clothes, play outdoors, take a walk or allow quiet time if that is what your child wants. If after the first month of school tantrums and personality changes have not diminished, please talk to your little one's teacher and the director to make a plan that helps everyone transition successfully.

**9. The most important tip is this: pray continually for your little one.** Pray for your child to have a wonderful preschool experience, both on the first day, and in the weeks to come. Pray specifically for a smooth transition, without tears. Pray for your child's teachers and classmates. Lifting one another up in prayer is our first and best defense against any anxiety that is trying to take away from this amazing experience!

## Q: What do I do if I need help or have questions?

A: Please feel reassured that it is okay to need to talk to your child's teacher, or to ask to speak with the director about questions and concerns you have.