

## September 2025

### ♥ Separation 101 ♥

A bit about the first days of preschool - Separation can be a little tough for you and for your child so let me give you some helpful tips to make drop-off emotionally easier.

1. Tell your child how excited you are for them and how much fun they're going to have at preschool!
2. Don't be late! Shortly before 9:00 am sign your child in on the sign-in sheet located outside their classroom. At 9:00 am a teacher will open the door.
3. When you arrive, please help your child put their water bottle in their cubby and hang up their backpack. After that, give them a big hug and kiss, tell them you love them, and that you'll see them later. Then, head out with a smile! If your child feels upset, know that our teachers are here to help. They are wonderful at comforting and redirecting the children with their warm hearts and expertise. Trust that they will take good care of your little one. As hard as it may be, try not to turn back, even if your child asks for one more hug or gets a bit tearful. Please avoid lingering near the classroom door or windows. Instead, we invite you to exit through the gate and enjoy a cup of coffee at our Coffee Bar for.....



### Coffee and Kleenex

Coffee and Kleenex is a small welcome reception for grown-ups on the first two days of school, September 2<sup>nd</sup> and 3<sup>rd</sup>. At this small event you'll have the opportunity to connect with parents who have survived their child's first day of preschool and live to tell about it. I'll shuttle back and forth between "Coffee and Kleenex" and the preschool rooms to give updates on how the children are doing! Your child will be fine and so will you! ☺

12:00

### Pick-up

Parents, for the first few weeks of school I'm going to ask you to **wait outside the gates at pick-up time** (and therefore out of view) until the teachers are ready to open the doors. I'll be inside the preschool area watching, listening, and waiting for the ok from the teachers and then, when they and the kids are ready, I'll open the gates and you can move to the sign-out tables. These first few weeks are critical as we establish the expectations and routine of pick-up time for the children because if they see you too early, chaos ensues. Once the kids have settled in (it usually takes about a month) you'll be free to pass through the gates, sign your child out, then line up outside the classroom until a teacher opens the door. Thanks for your help and co-operation during these first few weeks, it makes a big, successful difference.



## A Nut-Free Environment

With a commitment to keep kids safe, Fremont Nursery School is a nut-free environment. **Peanuts and tree nuts, products made from peanuts or tree nuts, products that may contain peanuts or tree nuts and/or products made on equipment that may process peanuts or tree nuts are prohibited.** This nut-free policy applies to the snacks we serve as well as to special birthday snacks that you might bring in. If you are planning to bring a birthday treat for your child's class, please consider one of the following options:

fresh fruit  
frozen fruit bars  
ice cream cups  
fruit leather

fresh veggies  
frozen yogurt  
yogurt

frozen push-ups  
popsicles  
Jell-O



## An Introduction to the Basics

Just a reminder, you've already paid the September tuition, so no need to worry about it! All subsequent tuition payments are **due between the 1<sup>st</sup> and the 9<sup>th</sup>** of each month. A late fee of \$10.00 per day begins accruing on the 10<sup>th</sup> of the month and includes weekends and holidays so be sure to avoid that!

Tuition payments can be made in the following ways:

1. Online via the preschool's website, [www.fremontnurseryschool.org](http://www.fremontnurseryschool.org). Go to the Payments tab, then click on the link in the Tuition box and complete the form or scan the QR Code on the sign-in tables to open the link.
2. Set up bill pay through your bank. Release your payment before the end of the month to ensure that it arrives at the preschool before the 9<sup>th</sup>. (I actually get a hard copy of a check from your bank which takes 7-10 days to arrive once your payment has been released so plan accordingly.) Enter Fremont Nursery School as the "account" & include your child's name and classroom in the memo line.
3. Put your check (with your child's name and their classroom on the memo line) in the Tuition box located right inside the preschool office.
4. Hand your payment to Mrs. Heinz.



## Extended Care

Our Extended Care Program offers a safe, supervised, and enriching environment for children beyond regular school hours. Available Monday through Friday from 12:00-2:30 pm, this program provides time for lunch, social activities, and extra outdoor play. Families can register in advance for the school year and choose specific days to extend their child's school day. A minimum enrollment is required for each day, and changes or withdrawals require a 30-day notice. Monthly payments are due on the 1<sup>st</sup> of each month and can be made online or by check. Limited drop-in care may be available based on enrollment. Children attending Extended Care must bring a nut-free lunch from home.



## Immunizations for Parent Volunteers

California State law requires all parent volunteers to provide proof of **negative results of a TB test and immunity against measles and pertussis** or submit a medical exemption from those immunizations which must be signed by a licensed physician. Also requested, but not required, is a flu shot which you would need to receive between September 1<sup>st</sup> and December 1<sup>st</sup>. All documentation must be submitted before volunteering.



### Our Playground

Our playground is a very fun place! Your child and their siblings are welcome to play on the playground **before drop-off** at 9:00am and **after 12:00pm** at your own risk. Please be sure to read and follow the playground rules that are posted on our equipment shed. These simple rules always apply to all groups and individuals. Failure to follow the rules may result in being dismissed from the playground. Remember that you are responsible for the care, safety, and oversight of your child before you sign them in and after you have signed them out. Thanks for being attentive and keeping kids safe while they play!



### The FNS Library

There is a lending library of children's books available in the preschool office. Books may be checked out for 5 days. Books are categorized according to subject which is noted on the back of each book. The subject-sections of the library are arranged alphabetically within the shelves.



**"Do what is right to other people. Love being kind to others." Micah 6:8**

The Fruit of the Spirit for September is Kindness. Is it ever too early to instill kindness? Kindness in words and action are naturally modeled by our FNS staff and spoken into the lives of your children. Kindness is also the theme of [A Sick Day for Amos McGee](#) by Philip C. Stead and [Strictly No Elephants](#) by Lisa Mantchev, two of books the teachers may read during Circle Time in September.



## T-Shirt Days and T-Shirt Sales

Beginning in November, the first Thursday and the first Friday of each month are **T-shirt Days** so kids, teachers, and parents are encouraged to wear their FNS spirit wear to school on those days! Wait! You don't have an FNS T-shirt? Your child needs a bigger size? You'd like to have more than one shirt? We can take care of that! **Orders** for long and short sleeved FNS T-shirts and hoodies will be taken from **September 15<sup>th</sup> -19<sup>th</sup>**. Look for an order form in your child's cubby mid-month.