



I Am A Prepper

*A Prep Community Newsletter
To help busy parents with their busy lives!*

WELCOME BACK!



A Note from Mr. Jamie . . .

We're very excited to usher in the start of another successful school year and hope everyone enjoyed the summer and all the fun outdoor activities that accompany the wonderful weather! Over the summer we had several exciting guest presenters at Prep, along with our first trip to COSI with our older children. The field trip was a big success, and we appreciate all the parent volunteers that helped make the event a great adventure for the kids. In the meantime, our younger children enjoyed fun in the sun with regular pool days and extra time outside to enjoy the summer weather! The teachers and directors did a fantastic job organizing all the summer events, and we appreciate their efforts to create memorable experiences for the kids.

With the first few weeks of the school year under our belts, we are very happy to be back into the swing of things. The kids seem to be acclimating well to their new classroom, teacher, and routines, and we look forward to seeing them continue to grow and develop throughout the school year.

We have a number of exciting events on the horizon that we're looking forward to, and we're sure the kids will enjoy them as well. Just last week police and firefighters visited the schools, with the students getting an opportunity to see and experience what it's like to be inside a fire truck and police car. Everyone had a great time, and we hope to share photos of the kids enjoying the experience with the first responders soon. We also look forward to our annual Apple Festival at the end of the month, and Halloween festivities next month. Both events are a great way to celebrate the season, and for many including myself, it's the most enjoyable time of the year.

On behalf of Prep Academy, we wish you a wonderful September and look forward to the exciting school year ahead!

Best Regards,
Jamie Chiero
Jamie Chiero,
President



September Events



September 30th Apple Festival

The children will be celebrating fall with a fun filled day of apples. They will enjoy doing an apple themed craft and playing an apple themed game, as well as enjoying a yummy apple treat.



Proud Prep Parent Alert!

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\$100 VISA card!

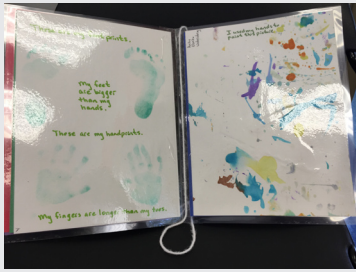
Classroom Corner

Look what we're doing....

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Miss Beth's Waddler Class

The children did a lot of fun activities related to the All about Me theme, such as hand and foot prints and then used those items to create a cute book.



Miss Elizabeth's Kindergarten/First Grade Class

During the Character Connection week, the student learned about bucket filling from the book "Have You Filled a Bucket Today" by Carol McCloud.



POLARIS CAMPUS

Miss Kaitlyn's Preschool Class

The children did "All About Me" posters to share with the rest of the class. It was a great way for all the kids to get to know their classmates. :)



Jr. Prep Class

During the Ancient Greek week and in celebration of the 2016 Olympic games, the children were able to dress up in Ancient Greek attire. The students had a blast learning about that time period and even created their own picture of the Olympic rings!



Teacher Feature

Dublin Campus:

Alex Dunnan - Jr. Prep Teacher

Miss Alex began teaching at Prep Academy in March 2014.

Why do you enjoy teaching?

I enjoy watching the kids learn through play and how they are so fascinated by what they are learning.

What do you enjoy doing in your free time?

In my free time, I like to go for bike rides and hike, and generally be outside! (And I also enjoy playing Pokémon go!)



Polaris Campus:

Elizabeth Bartlett

Why do you enjoy teaching?

I went into teaching to make a difference. I love being a part of a child's life. My favorite thing is that "ah-ha" moment. That moment when a child's eyes light up because they finally understand a new concept. It's the best feeling.

What do you enjoy doing in your free time?

In my free time, I like to play tennis, go shopping, and eating Mexican food!

Happy August/September Birthday to . . .



Dublin Campus:

Ashley - August 24th
Nasha Irving - August 26th

Polaris Campus:

Kosetta Kidd - August 3rd
Liz Bartlett - August 3rd
Kaitlyn Cloe - August 7th
Stephanie Yim - August 20th
Mary Pirik - August 21st
Kimberly Speranza - August 22nd
Monica Smukal - Sept. 9th
Tiffany Tyler - Sept. 26th

Promoting Independence in 3 to 4 year olds

While 3- and 4-year-olds still need plenty of parental help, our preschool experts agree that kids are typically able to do more than many of us think. Here's how you can encourage them:

1. Expect more. Most people have a way of living up (or down) to expectations -- preschoolers included. "At school we expect the kids to pour their own water at snack, to throw away their plates, to hang up their jackets -- and they do," says Jennifer Zebooker, a teacher at the 92nd Street Y Nursery School, in New York City. "But then they'll walk out of the classroom and the thumb goes in the mouth and they climb into strollers." Raise the bar and your child will probably stretch to meet it.



2. Resist doing for her what she can do herself. While it may be quicker and easier to do it yourself, it won't help to make your child more self-sufficient. Quick hint: Appeal to her sense of pride, suggests Donna Jones, a preschool teacher at Southern Oregon University's Schneider Children's Center in Ashland, Oregon. "Whenever I'm trying to get kids to dress, put jackets on, sit on chairs during meals and so on, I'll ask them: 'Do you want me to help you or can you do it yourself?'" Those words are like magic," promises Jones. "The kids always want to do it for themselves."

3. Don't redo what they've done. If your child makes her bed, resist the urge to smooth the blankets. If she dresses herself in stripes and polka dots, compliment her "eclectic" style. Unless absolutely necessary, don't fix what your child accomplishes, says Kathy Buss, director of the Weekday Nursery School, in Morrisville, Pennsylvania. She will notice and it may discourage her.

4. Let them solve simple problems. If you see your child trying to assemble a toy or get a book from a shelf that she can reach if she stands on her stepstool, pause before racing over to help. "Provided that they are safe, those moments when you don't rush in, when you give children a moment to solve things for themselves, those are the character-building moments," says Zebooker. "It's natural to want to make everything perfect, but if we do, we cheat kids of the chance to experience success."

5. Assign a chore. Putting your preschooler in charge of a regular, simple task will build her confidence and sense of competency, says Buss. A child who is entrusted to water the plants or empty the clothes dryer is likely to believe she can also get dressed herself or pour her own cereal. Just be sure the chore you assign is manageable and that it's real work, not busywork, since even preschoolers know the difference. The goal is to make your child feel like a capable, contributing member of the family.

SEPTEMBER WEEKLY THEMES



**Community
Helpers**
Sept. 6 - 9



Transportation
Sept. 12 - 16



Safety
Sept. 19 - 23



Apples
Sept. 26 - 30

6 Ways Parents Can Help Their Children Read

Parents often ask how they can help their children learn to read; and it's no wonder that they're interested in this essential skill. Reading plays an important role in later school success. One study even demonstrates that how well 7-year-olds read predicts their income 35 years later!



Here are 6 practical recommendations for helping preschoolers and school-age students learn to read.

1. Teaching reading will only help.

Sometimes, parents are told early teaching is harmful, but it isn't true. You simply can't introduce literacy too early. I started reading to my own children on the days they were each born! The "dangers of early teaching" has been a topic of study for more than 100 years, and no one has ever found any convincing evidence of harm. Moreover, there are hundreds of studies showing the benefits of reading to your children when they are young.

2. Teaching literacy isn't different than teaching other skills.

You don't need a Ph.D. to raise a happy, healthy, smart child. Parents have been doing it for thousands of years. Mothers and fathers successfully teach their kids to eat with a spoon, use a potty, keep their fingers out of their noses, and say "please." These things can be taught pleasantly, or they can be made into a painful chore. Being unpleasant (e.g. yelling, punishing, pressuring) doesn't work, and it can be frustrating for everyone. This notion applies to teaching literacy, too. If you show your 18-month-old a book and she shows no interest, then put it away and come back to it later. If your child tries to write her name and ends up with a backwards "D," no problem. No pressure. No hassle. You should enjoy the journey, and so should your child.

3. Talk to your kids (a lot).

Drown your children in language. Although "just a baby," talk — and sing — to them about everything. Talk about their eyes, nose, ears, mouth, and fingers. Tell her all about her family — her mom, dad, and older brother. Talk to her about whatever she did (yawning, sleeping, eating, burping). Talk to her so much that her parents thought I was nuts; she couldn't possibly understand me yet. But reading is a language activity, and if you want to learn language, you'd better hear it, and eventually, speak it. Too many moms and dads feel a bit dopey talking to a baby or young child, but studies have shown that exposing your child to a variety of words helps in her development of literacy skills.

4. Read to your kids.

Everyone says this, but it really is a good idea — at least with preschoolers. We prescribe it for everything. (Does it help? It couldn't hurt.) If a parent or caregiver can't read or can't read English, there are alternatives, such as using audiobooks; but for those who can, reading a book or story to a child is a great, easy way to advance literacy skills. Research shows benefits for kids as young as 9-months-old, and it could be effective even earlier than that. Reading to kids exposes them to richer vocabulary than they usually hear from the adults who speak to them, and can have positive impacts on their language, intelligence, and later literacy achievement. What should you read to them? There are so many wonderful children's books. Visit your local library, and you can get an armful of adventure. You can find recommendations from kids at the Children's Book Council website or at the International Literacy Association Children's Choices site, as well as free books online at other websites like Search Lit or Unite for Literacy.

5. Have them tell you a "story."

One great way to introduce kids to literacy is to take their dictation. Have them recount an experience or make up a story. We're not talking "Moby Dick" here. A typical first story may be something like, "I like fish. I like my sister. I like grandpa." Write it as it is being told, and then read it aloud. Point at the words when you read them, or point at them when your child is trying to read the story. Over time, with lots of rereading, don't be surprised if your child starts to recognize words such as "I" or "like." (As children learn some of the words, you can write them on cards and keep them in a "word bank" for your child, using them to review later.)

6. Teach phonemic awareness.

Young children don't hear the sounds within words. Thus, they hear "dog," but not the "duh"- "aw"- "guh." To become readers, they have to learn to hear these sounds (or phonemes). Play language games with your child. For instance, say a word, perhaps her name, and then change it by one phoneme: Jen-Pen, Jen-Hen, Jen-Men. Or, just break a word apart: chair... ch-ch-ch-air. Follow this link to learn more about language development milestones in children.

Happy reading!



POLARIS CAMPUS
3812 East Powell Road
Lewis Center, Ohio 43035
614-818-0502

DUBLIN CAMPUS
5720 Avery Road
Dublin, Ohio 43016
614-799-9395

