



I Am A Prepper

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



October Events



October 21st

Pumpkin Patch

The children will enjoy an on-site pumpkin patch, where each child will be able to "pick" a pumpkin of their own.

It's a fun way to celebrate fall!



October 26th

Nocturnal Animals Presentation

The students in the preschool program will enjoy a presentation from Ohio Nature Education, where they will be introduced to live nocturnal animals.



October 31st

Costume Parade and Classroom Party

The children will have the opportunity to dress up in their costumes and parade around the school, and then enjoy a party in their classroom. (Details will be sent home closer to the event.)

A Note from Miss Laurie . . .

Fall! It's such a great season, full of nature's beauty. It's also a fun time for the children with so many outdoor activities to celebrate the season. You can go apple picking, take a hay ride or pick pumpkins at the pumpkin patch, jump in newly raked leaves, or dress up as your favorite character for Halloween.

There are so many things to do before Old Man Winter is upon us! I hope you are able to enjoy a few of these autumn activities with your family, savoring the moments (and weather) while you can. Happy Fall!



Warmest Regards,
Laurie Beard

Laurie Beard, Dublin Campus Director

Happy October Birthday to . . .



Dublin Campus:
No Birthdays this month!

Polaris Campus:
Courtney Messmer - October 8th
Dominique Dillion - October 26th

**HAPPY HALLOWEEN
OCTOBER 31**



Classroom Corner

Look what we're doing....

DUBLIN CAMPUS

Miss Jinny's Infant Class

To collaborate our 'Down on the Farm' theme, the children did a sensory activity painting ears of corn. Their cute little faces are also featured on the fun farm board!



Miss Karen's Pre-Kindergarten Class

The students did a creative math activity for our 'Down on the Farm' theme, using beans to "plant a pattern" beside a paper scarecrow they made. What a fun way to learn math!



POLARIS CAMPUS

Miss Erin, Miss Courtney and Miss Haileigh's infant room

In celebration of fall season the Infant students made their own pumpkins and leaves, which are featured on their classroom door. They also read "Baby Bunny in Autumn", by Eileen Spinelli. They are enjoying all the fall activities!

Miss Paige and Miss Kosetta's Kindergarten Class

Our Kindergarten students have been learning a lot about lighthouses these past few weeks. They have used this subject to



integrate a science lesson on reflection, as well as dive into how a lighthouse functions. They also made their own books on different lighthouses in the country. Our Kindergarten students are becoming lighthouse experts! ☺

Teacher Feature

Dublin Campus:

Teresa Deep – PS Teacher

Miss Teresa began teaching at Prep Academy in October 2016.

Why do you enjoy teaching?

I appreciate the opportunity to increase the children's self-esteem and promote a love of learning.

What do you enjoy doing in your free time?

I enjoy spending time with my family, my husband, daughter and two dogs, as well as work in my rose garden. I also enjoy English dramas.



Polaris Campus:

Jordan Bryant - Jr. Prep Teacher

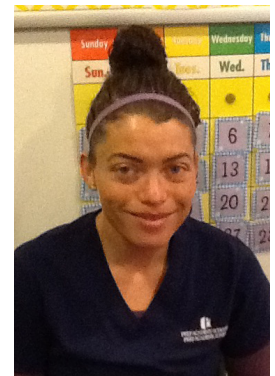
Miss Jordan began teaching at Prep Academy in October 2015

Why do you enjoy teaching?

Seeing the children grow and the smiles they put on your face.

What do you do in your free time?

Spending time with my boyfriend, family and friends. I like shopping, trying new restaurants, exploring cities, being outdoors and working out.



Proud Prep Parent Alert!
Be sure to LIKE us on Facebook !



October 23

The iPod was first Revealed on this date in 2001.

October Weekly Themes



Autumn
Oct. 3-7



Pumpkins
Oct. 10-14



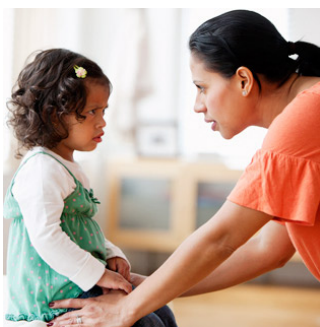
Nocturnal Animals
Oct. 17-21



Five Senses
Oct. 31 - Nov. 4

Disciplining Effectively

It struck me recently that I've never met a parent who doesn't use time-outs, and never met a preschool teacher who does. So what discipline strategies do teachers recommend?



Redirect. If your preschooler is jumping on the couch or grabbing for her big sister's dolls, distract her by asking if she'd like to draw a picture or read a short story together.

Prevent good-bye meltdowns. If your child is nervous about spending time apart, give him something tangible to remind him of you. Let him carry your picture; kiss a tissue or cut out a paper heart and put it in his pocket. Having something physical to touch may help him feel less anxious -- and short-circuit a tantrum.

Involve her in righting her wrongs. If you find her coloring on the walls, have her help wash it off. If she knocks over a playmate's block tower, ask her to help rebuild it.

Don't delay discipline. If you must reprimand your child, do so when you see her misbehaving, advises Buss. "Sometimes I will hear parents say, 'Wait until we get home ...,' but by the time you're home, your child has forgotten the incident." Similarly, canceling Saturday's zoo trip because of Thursday's tantrum won't prevent future outbursts; it will just feel like random, undeserved punishment to your child.

Prep Academy Referral Rewards Program

Tell your friends and neighbors about Prep Academy and your family can have dinner and catch a movie on us!



Refer a family to Prep Academy.

If the family you refer tours, you will receive a \$25 VISA gift card!

If the family you refer enrolls, you will receive an ADDITIONAL \$75 VISA gift card!

It's a WIN/WIN for you and your friend!

Family referred must be a brand new family to Prep Academies.

Family referred must bring Referral Card to tour.

Referral Cards Available at All Locations!

October 28

Statue of Liberty was dedicated on this day in 1886.

In recent years, over 3 Million people visit her annually.





Developing Healthy Eating Habits of the Preschool Child

The preschooler's growth is slower than that of an infant. An average child age 2 through 5 will grow about 2 1/2 inches and gain 4 or 5 pounds each year. Because growth rate is slower, appetites may decrease. The preschool period is an excellent time to help your child become familiar with the idea that eating a proper diet is part of a healthy lifestyle. Attitudes and habits formed during preschool years are likely to be carried into the future. By 15 months of age, most children have developed enough fine motor skills to feed themselves without help.

Make mealtimes pleasant experiences for your young child by following these tips:

- **Involve your child in meal preparation.** By allowing your preschooler to take part in meal preparation, you may help increase your child's interest in a new or unfamiliar food.
- **Include at least one of your child's preferred foods.** Offer a choice of foods. The meal should have at least one food that you know the child will select and eat.
- **Offer a variety of colors and textures.** This will create interest and increase the number of foods your child will accept.
- **Keep portions child size.** One way to consider portion sizes is to have one tablespoon of each type of food for each year of the child's age.
- **Play it safe with foods.** Round cuts of hot dogs, cherries, grapes, carrot chunks, tortilla chips, peanut butter, or nuts may cause a child to choke. Simply cut hot dogs into fourths

lengthwise; cook and mash carrots; cut grapes and cherries into fourths. Don't serve peanut butter by the spoonfuls, combine it with other food items to improve consistency. Nuts and chips should be cut finely or crushed.

- **Expect and tolerate child-like table manners.** Let a child be a child. Children are always learning from your table manners.
- **The eating environment is important.** Comfort is important at mealtime. Select chairs, tables, dishes and silverware suitable in structure and size for the preschooler. Do not expect the young child to sit still at meals; yet some reduction in activity is desirable. A child may be excused from the table if finished or disinterested in eating.
- **Serve meals and snacks on a dependable schedule.** Try to schedule meals before your child becomes overly hungry, tired or irritable. Most children require planned nutritious snacks to safeguard an adequate intake of nutrients and calories.
- **Offer a variety of healthy foods and children will eat what they need.** Remain calm if your child leaves a portion or an entire meal untouched.
- **Mealtime can be a family time.** Mealtime is a good time to teach nutrition by example. Good eating habits that preschoolers learn from their parents can develop into lifelong patterns.



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\$100 VISA card!



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