



Kremmling Preschool Newsletter



September 28, 2022



MISS SARA'S SECTION

Hello!! It is so hard to believe we are cruising into October! What a lovely fall we have had so far. Our classroom is doing amazing things. We have been learning our routine and classroom expectations along with letters A-C, Numbers 1-3, the color Red and the shape of a Circle. Everyone is doing a great job. Dina and Molly have come to visit us in the classroom. We are looking forward to having parents come in and read to us. Thank you again for sharing your little ones with us, we are having fun learning together!



PICTURE ORDERS

- Don't worry...if you didn't get your pictures order that is ok...you may still order and they will ship them to your home for a small shipping fee. If you need any assistance let us know and we are happy to help!



GUEST READER PROGRAM

- We have already had a guest reader come to preschool, yay! If you haven't already done so, please consider coming to read to our preschoolers. It is such a fun way to get to know everyone and the children LOVE to hear stories! If you need another form with dates and times let us know and we will get you one asap.



FIRE SAFETY

- Kremmling Fire Department is coming to Preschool!! They will be here on Wednesday, October 6th. More details to follow.



REMINDER

- The preschool will be closed Monday, October 10th in observance of Columbus Day.



CALENDAR of EVENTS:

- | | |
|---------------|---|
| Oct. 10 | Columbus Day, Preschool closed |
| Oct. 12 | Fire Prevention, Kremmling Fire Department |
| Oct. 31 | Trick or Treating & Parties, more information to come |
| Nov. 8/9 | Parent/Teacher Conferences, more information to come |
| Nov. 18-27 | Thanksgiving Break, Preschool closed |
| Dec. 3 | Preschool Craft Fair |
| Dec. 15 | Christmas Program, 630p, TENTATIVE |
| Dec. 23-Jan 8 | Winter Break, Preschool closed |

Please do not hesitate to call or stop by with any questions or concerns!
(970) 724-9483 Michele DeSanti, Director.

OVER====>

How Much Sleep Does Your Child Need?

AGE GROUP

HOURS THROUGHOUT THE DAY INCLUDING NAPS

Infants (0-12 months)

14-15 hours throughout the day

Toddler (1-3 years old)

12-14 hours throughout the day

Preschoolers (3-5 years old)

11-13 hours throughout the day

School age children
(5-12 years old)

10-12 hours



How Do You Know When Your Child Isn't Getting Enough Sleep?



"He gets really excited and hyper. He wants to run around and won't sit down, but I know he really needs to rest"

"Her teacher says she has a hard time paying attention and doesn't want to join in or loses interest."

"He will have a melt down that normally wouldn't cause that reaction. It's because he either didn't get a good nap or didn't sleep well the night before."

"Moody, he gets really moody. And I check in to ask if he's tired."

"She just sort of falls apart when she hasn't had enough sleep, and starts acting out."



If your child shows these signs, they may need more sleep or fewer interruptions at night.