

Theme: Safety & Community Helpers

This month we are also focusing our learning on the following:

COLOR: **Yellow** NUMBERS: **#3 (green), #3-7 (blue), #10-20 (red)**

SHAPE: **Rectangle** LETTERS: **Dd, Ee, Ff**

Su	M	T	W	Th	F	Sa
				Sept. 1	2	3
4	5 CLOSED Labor Day Cairo's 4 th Bday	6	7	8 <u>Wear</u> <u>Yellow</u>	9	10
11	12	13	14 <u>Bring a</u> <u>"D" object</u>	15	16 Sierra's Bday	17
18	19 Open House 6:15-7:15pm	20 <u>Bring a</u> <u>Rectangle</u>	21	22	23 <u>Bring an</u> <u>"E" object</u>	24
25	26 PICTURE DAY	27	28 <u>Wear</u> <u>Yellow</u>	29 <u>Bring a</u> <u>"F" object</u>	30 Erica's Bday	Oct. 1

Announcements:

- We will be hosting an **Open House on Monday, Sept. 19 6:15-7:15 p.m.** We will be show-casing our classrooms and the techniques we use to help your children each day!!
- **PICTURE DAY**
Individual and Classroom pictures will be taken on Monday, Sept. 26 from 7:15am-12noon. If your child doesn't normally attend on Mondays, you are welcome to bring them in for pictures, times will be determined the week prior.
- **PARENTING CLASSES**
BSLC, LLC & Early Childhood Positive Behavior Support are sponsoring a 6 week series of Parenting Classes. More info on bulletin board. Must register for classes, space is limited.

ASK YOUR CHILD ABOUT THE SAFE PLACE IN THEIR CLASSROOM

All of our classrooms have been focusing on using the **SAFE PLACE** to self-regulate all of our emotions. One of the **calming techniques** we use is called a Balloon, ask your child to show you how to "Make a Balloon"!!

BALLOON

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbbpbbpbb" sound.

(A part of the Conscious Discipline® program by Dr. Becky Bailey www.ConsciousDiscipline.com)



New Students

- **Mason Wolf** will start in the Red Room on September 6.
- **Spencer Kanavich** will start in the Blue Room on September 22.

