



# Gani Preschool of the Arts

2023-2024

Parent Handbook

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**GANI**

Preschool of the Arts



<http://www.chabadissaquah.com/Gani>

# Introduction And Welcome

Dear Parents,

Welcome to Chabad's Jewish Preschool!

Serving the educational needs of infants and of children 18 months to 5 years, we look forward to opening new worlds for your child in fun and stimulating ways. I am pleased that you have chosen our school as a home away from home for your child. Here at "Gani" Preschool of The Arts, we are committed to creating a warm, friendly and happy environment for your child, while assisting your child in developing a strong positive awareness of his/her Jewish identity. Aside from Judaic themes and holidays, the curriculum at Chabad Preschool will expose the children to a wide range of experiences including art, movement, pre-writing & reading skills, and early math skills, which will all be integrated into our hands-on learning centers. Chabad's Gani Preschool is committed to excellence.

When you bring your child to our school, you will find caring teachers to greet them, who above all will shower your children with love and affection. We offer a creative Jewish learning atmosphere where your child's individual style of learning will be valued and nurtured. We will encourage your child to explore the world, learn to be part of a group, and solve problems in a constructive manner. Learning at our school is self-rewarding, joyous, and non-competitive.

I have prepared this handbook to walk you through our policies and to assure you that your child is in good hands. To help your child get ready for preschool, please take the time to carefully read this handbook, which contains updated and pertinent information, as well as a school calendar and other addendums. As this booklet has information and answers to parents' most common questions, you may want to keep it handy and refer to it as needed.

Nothing, of course, takes the place of direct contact between you, the rest of the school staff, and me. I invite you to call me at the school to discuss any questions or uncertainties regarding your child's preschool education whenever you feel it necessary.

I look forward to a fully cooperative relationship and a very successful school year.

Sincerely Yours,  
Nechama Farkash  
Program Director and Site  
Supervisor

# Gani Preschool's Mission Statement

- To educate your child in a creative, supportive, and warm Jewish environment, so that your child will not only learn about life as a Jew but will learn to love it too!
- To nourish and stimulate your child's learning priorities, as we develop their cognitive, social, emotional, and physical skills, so that your child will be a well-rounded and self-confident individual.

## Gani Preschool's Philosophy

Gani Preschool of the Arts is a place where young children receive a warm and enriching preschool experience providing them with the foundation to grow socially, emotionally, and intellectually. Our goal is to create a preschool environment that integrates the history and traditions of Judaism with a broad spectrum of secular topics. Gani teachers promote the values of respect and responsibility in a positive and encouraging manner. Children who attend our preschool develop into proud and productive Americans knowledgeable and aware of the richness found in their Jewish heritage. Through developmentally appropriate activities, children gain the opportunity to learn and perfect newly acquired skills. Our teachers recognize that children learn best when they experience the world firsthand utilizing all of their senses to participate in learning. At Gani Preschool of the Arts children are encouraged to create, explore, and discover in the safety of our nurturing environment.

# Reaching Our Educational Goals

Incorporating learning centers into our classroom provides an environment of choice and opportunity. In every Gani classroom, there are art, science, blocks, holiday, dramatic play, writing, and math/manipulative learning centers. Additionally, the cozy corner provides an area dedicated to books and quiet, individual time. All learning centers are amply stocked with fun, educational material. Varied to reflect classroom themes presently being explored, learning center materials challenge the children's development and interests. Integrating every learning style into the Gani curriculum provides each child with the tools they need to succeed. Creative movement, music, and drama enrich the classroom. Through these and other activities, the children learn, develop and grow. Special visitors to our classroom, including doctors, musicians, and artists, and an exciting schedule of field trips give the children special access to the world around them. Exposing children to a rich and meaningful Jewish heritage gives them a deep appreciation of their history. Hebrew language and alphabet instruction combined with song and dance, Torah stories, Jewish holidays, and traditions make for the most opportune learning experience. Weekly newsletters encourage family involvement. Offering information on current classroom learning themes as well as important announcements, Gani Preschool of the Arts newsletters are vital to good parent-teacher communication. Working together, we can maximize every child's learning potential. As the year progresses in the Gani Preschool learning arena, children are given the opportunity to develop and reach their educational goals. In order to achieve above goals, consistent and regular attendance is a must.

## Our Staff

Our staff is made up of teachers, all of whom are chosen for their professionalism, as well as, their caring and compassionate personalities. Our teachers delight in unlocking your child's natural curiosity by providing the stimulation necessary for an experiential learning process. All staff participates in annual in-service training in order to remain abreast with the latest trends in early childhood education. All our staff has a degree, or are working towards a degree in the field of early childhood education.

## Curriculum and Lesson Plans

Teachers utilize the Washington School Readiness Performance Standards to prepare weekly lesson plans that include age-appropriate activities that encourage and support children's Physical Health, Social & Emotional Skills, Language and Communication Skills, and Cognitive Development. A number of skills are developed when children are "playing" in Learning Centers. Judaic themes and holidays are also incorporated daily. A weekly lesson plan is posted in each classroom.

## Non-discrimination / Inclusion Policy

Chabad Jewish preschool values and supports the rights of all children, regardless of ethnicity, religion, national origin, and diverse abilities.

# Our Programs

## Toddler Program

2 years old

### Garinim room

(your child has to be 18 months by August 31st 2021)

The Toddler Program strives to help the child develop in the following areas:

spoken language, movement, self-confidence, independence, and basic Jewish values and holiday observances. A lovely classroom environment with a blend of sensorial and motor exploration provides numerous enjoyable experiences for the toddlers. At group activities, such as singing, story time and snack, the young child experiences the joy of belonging to a larger community. Staff-student ratio for the toddler class is 1:6.

## Preschool Program

3-4 years old

### Shorashim room

(Your child has to be 3 by August 31st, 2021)

The Preschool Program includes: Judaica, pre-math skills, reading readiness, dramatic play, sensorial exploration, art, and music. Our rich and meaningful program provides a healthy mix of structured time and free play to encourage proper growth in cognitive, physical, and social areas. In our multi-age program, we provide both stimulation and challenge and are supportive of each child's own learning priorities. The staff-student ratio for the preschool class is 1:8.

# Learning Centers

Your child will have a choice of activities in which to participate each day. Creative art, science, early math, family living, building, fine motor,

building blocks, and water play are samples of the centers that are available for your child. Because we believe that play is a child's greatest learning experience, our approach allows children to choose the skills they wish to develop. As the art center is popular among the children, we wish to convey an important aspect of our philosophy. We do not do the work for the children. You will need to accept your child's artwork as he or she did it. The work will not be teacher fixed. In this way, children are able to work freely and develop personal pride in their works of art.

## Our Unique Programming

### 1) Morning circle:

This is a time when we all come together to start our day. We do songs, and movement activities to foster body awareness, self-regulation, and listening skills; also Tefilah (morning prayers), and calendar. This small part of our day is a time in which we work on being part of a large group.

### 2) Tzedakah time:



Tzedakah (righteous giving) is a daily occurrence at “Gani”. We will have a classroom container decorated by the kids and during Tefilah the children are encouraged to “open their hearts” and take out a few of their coins to give Tzedakah.

Pennies, nickels, dimes, or a combination of loose coins should be brought in at the beginning of the school year.

The amounts are less important than establishing the concept of helping others and sharing what they have.


#### 4) Birthdays:

Monthly class celebrations are held to honor the birthdays of our young students. Staff and students prepares cupcakes. Parents of children with summer birthdays should contact the teachers to schedule a time to recognize their child, even though his/her birthday does not occur during the school year.\*Due to Covid regulations at the moment parents will participate via zoom and are welcome to share the link with grandparents and other family members (read addendum for more Covid related guidelines)

#### 5) The Celebration of Shabbat:

To celebrate the coming of the Shabbat, each Friday a special Shabbat atmosphere is created. Several Hebrew songs and Shabbat movement songs bring a special energy into the class. As for the celebration of Shabbat, candles are lit, and we recite the blessings for the Kiddush grape juice and Challah. Every week a different boy and girl will be chosen to be the Ima (mommy) and Abba (daddy). The Shabbat celebration concludes with lunch and a special Shabbat story.

#### 6) Challah on Friday:

As we educate and excite our students about Shabbat, the children have  the opportunity to make a Challah for the family. Of course, it takes practice and skill to braid the Challan. However, each child has a sense of self-pride when sharing their own Challah with their family.



## 7) Jewish Holiday Family Celebrations:

Prior to each Jewish holiday parents and extended family are encouraged to join our school for a fun-filled holiday experience, which includes a holiday presentation by the children, as well as an array of hands-on activities which will create memorable moments that you share during this quality time with your child. Due to Covid regulations at the moment parents will participate via zoom and are welcome to share the link with grandparents and other family members (read addendum for more Covid related guidelines)

## 8) Practical Life:

The purpose of practical life exercises is to encourage conscious, orderly, controlled and functional knowledge out of the mass happenings in the real world. The practical life exercises help a child break down jobs at hand into easily manageable components. They all require real tools: silverware, wood, glass etc- all items that reflect and typify an actual home environment. In this way, they provide the child a chance to learn what practical living is, and how to manage it. The main areas in the practical life exercises involve Grace and Courtesy, Care of Person, Care of the Indoor Environment, and Art.

## 9) Derech Eretz: Grace and Courtesy

Lessons in the language of respect (Derech Eretz) and lessons in control and coordination of movement are taught and practiced throughout the day for the children at Gani. Here are a few grace and courtesy lessons examples that are implemented very strongly in September, at the beginning of each school year, and extended throughout the school year and into summer school as well.

- Saying please and than you
  - Saying excuse, me
  - Politely blowing one's nose
- Politely covering one's mouth in a yawn or cough using the forearm
  - Apologizing when appropriate

## II) Sensorial:

This area deals with size shape and color. The sensorial materials are designed to aid the child in training and refining his/her five senses. Children are exposed to concepts of size, shape, and color and challenged to make judgments about them. By using the sensorial materials, the child learns to recognize similarities and differences; discriminate between similar objects, and to gradate similar objects. Each set of materials is used as carefully and precisely as possible. Precision at this stage prepares for later work in geometry.

### 12) English Language:

Montessori children typically do not remember learning to read, as the environment is designed so that all experiences feed naturally toward the development of skills required for reading. Therefore, although reading, writing, spelling, and grammar are introduced to the child in an organized phonetic method, the presentation allows the child to acquire reading skills without realizing the effort.

### 13) Hebrew Language:

Aleph Bet is always taught in order as opposed to English letters which are taught by most common sounds. After a child has mastered several letters the teacher will then begin introducing one vowel at a time beginning with Kamatz then Patach etc. Once a child has shown fluency in blending letters with vowels the teacher will introduce the blending of two letters then three etc with different vowels. Children will have both Montessori materials and traditional materials to work with. The formal introduction to reading will happen for all children in their Kindergarten year, all other children in the primary room, depending on their level will be introduced and encouraged to use the Hebrew language materials. For those children who exhibit reading skills earlier, the teacher will provide materials to keep that child progressing.

## 14) Mathematics: 123

Math is the study of numbers, quantities, shapes, and measurements and how they relate to one another. In Montessori math, the children are introduced to the concrete sensorial impressions of numbers, the decimal system and its functions, addition, subtraction, and multiplication. Using manipulative materials, the child explores these concepts physically, creating a basis for more abstract operations.

## 15) Geography:

Geography is the study of the earth including its people, resources, climate, and physical features. Teaching Geography aids the child in developing a clear sense of spatial orientation. By giving sensorial impressions of the earth and showing children their relationship to it, Montessori lessons help develop a foundation of global awareness. Geography is a wonderful tool to introduce to children the different lands and waters Hashem created. Older children love working with these materials as they are both beautiful and complex. They begin to learn about Jewish culture and holy places all around the world.

## 16) Botany:

Exploring the subject of Botany helps a child develop an appreciation for and an understanding of the life cycle and the beauty of Hashem's creatures. Through specific Botany works, the child develops a greater knowledge and understanding of the virtue of patience as the child is exposed to nature's seasonal changes and the growth cycle.

These lessons occur in our outdoor classrooms.

As the child builds success upon success with small tasks, he/she is able to go on to greater ones, mastering his/her small environment.

# Parent Involvement & Open Communication

Open communication between parents and teachers is essential. Your child will benefit tremendously from this communication. Avenues for communication and parent involvement are provided in the following manner:

- 1) The “Peek of the Week” newsletter will acquaint you with what is being taught in class. We cannot emphasize enough the importance of reading each Friday’s “Peek of the Week.” This is our way of informing you of special classroom activities. A Weekly message from the Director will include pertinent information about school events and administrative updates.
- 2) Take the time to greet and talk with your child’s teacher. If you would like to have more than the normal short chat, please feel free to set up a suitable time to talk when the teacher can give you her undivided attention.
- 3) All communication is done via Brightwheel. Please take the time to check the calendar, messages, and daily feed on your child's profile regularly to keep informed of upcoming happenings or announcements. In addition, weekly lesson plans are posted for your review.
- 4) Parental involvement increases the success of our preschool. If you have a talent, skill, or occupation that would interest preschoolers, please let us know. Our Gani PTO would love to include you
- 5) Parents are our partners in education. If you would like to participate in our PTO please let us know

# Heart Centered Parenting

At Gani we believe in fostering a Mindful Community of Parents, thus we will host four Heart Center Parenting classes during the year (a separate message with save the date will be sent). Gani parents commit to attending at least three classes

## Conferences/Grievances

Parent-Teacher conferences are held twice a year in the latter part of November and in May to discuss the developmental progress of your child.

Cdc Age milestone and ASQ are used as a screening and to track development. If a parent is not fluent in English, information is translated into Spanish, Hebrew, and Russian. Feel free to arrange a meeting whenever an individual concern arises. These informal one-on-one meetings provide a way to clear up any misunderstandings. Please realize that to voice your concern is perfectly okay, and all we request is that it be done respectfully. Should you have any questions regarding your child's class that you feel should be dealt with immediately, please contact the following professionals in this order:

1) Shorashim: Morah Sheina or Morah Shannon

2) Garinim: Morah Sabrina

3) Program director and site manager Nechama Farkash

4) Rabbi Farkash, Executive Director of Chabad of the Central Cascades

# Health Policies

\*Please refer to the Covid addendum for this year's Health Policies, you will be notified as soon as we return to these policies The health of your child is important to you as well as to our staff. It is your responsibility to determine that your child is physically well enough to come to preschool.

If your child has any of the following symptoms, please keep your child home:

- he/she has a fever or has had one during the previous 24-hour period
- he/she is within the first 24-hour period of taking an antibiotic
  - he/she has a colored nasal discharge
  - he/she has a constant cough
- he/she has symptoms of a possible communicable disease (red eye, diarrhea, flu)
- he/she is fussy, cranky, or tired and generally not behaving normally

Rest at such times may prevent the development of serious illness. Please notify the school at once if your child does have a communicable disease. Keeping your child at home will allow your child to recuperate with quiet rest and your special TLC. In addition, it will protect the well-being of our staff members, who are very dear to the children, and will further protect any staff member or classmate who has a weak immune system.

If your child becomes sick during school hours, exhibits any of the aforementioned symptoms, or is just not feeling up to par and not enjoying the day, we will set up a safe and comfortable isolated area where your child can rest until you arrive. If you cannot be reached, the emergency contact on your registration form will be called. The law prohibits us from administering medicine, creams, or lotions (even non-prescription) unless it is specifically labeled with your child's name, doctor's name, and parent's name. Parents must also sign an authorization form stating administration and dosage. Forms for this purpose will be available at the preschool.

At enrollment, we must have on record a current health form and immunization record, which your child's doctor should fill out. It is imperative that you immediately notify the school regarding changes in your home telephone, cell phone, or beeper. In the event of an emergency, it will assure that we are able to contact you immediately. Children will be transported by paramedics to an appropriate healthcare facility. Chabad staff will not transport sick or injured children.

## Lunch, Nutrition & Peanut / Nut Awareness School Policy



Lunch begins at 12:00 p.m. for the Garinim class and 1:00 pm for Shorashim class. currently, we provide lunch at an extra fee, however, your child still needs to bring one snack for the am and one for the pm if he/she is staying for aftercare. Please pack a nutritious snack that follows the USDA Nutrition Standards <https://www.nal.usda.gov/legacy/fnic/preschool-nutrition> and carefully select your child's foods. We rely on you to help us adhere to the kosher dietary laws. Please send only dairy or pareve snacks. As we try to encourage proper and healthful eating habits, please do not send any candy or high-calorie treats.

A list of snack ideas and suggestions is attached as an addendum to this handbook.

It is imperative that you remember our school has a NUT AWARENESS policy. The added vigilance would be in effect only if there is a child enrolled with nut allergies. If your child had a peanut butter sandwich for breakfast, please make sure that his/her hands and face are thoroughly washed. Lunch snacks (and granola bars) should be checked to ensure that they are completely peanut free. All foods and drinks that you as the parent select, should have a kosher symbol. See the addendum for a complete list.

If your child is allergic to any foods or has a special dietary requirement, please be sure to indicate it on your child's registration form you will be required to fill out additional forms.

# Please Note

A child who does not eat for 3 consecutive days lunch: provided by a preschool or an alternative lunch with the USDA-approved equivalent or any equivalent food plan approved and signed by a Medical professional will be asked to be picked up after lunch.



## Head Lice

Head lice are not a threat to our health but can be a nuisance. Control of head lice is a shared responsibility of both parents and the school. Parents can help limit the problem by checking their child's heads regularly. If lice or nits are found, the school must be notified. A child who has had head lice will be permitted to return following a treatment and lice check by the Preschool Director or her agent. Our state laws mandate that parents show verification that an initial treatment has occurred and that a second treatment will take place 10 days later. (Box tops, receipts, empty bottle, or signed note by parent are the various modes of verification.)

## Rest Time:



We as a school are required to offer resting time for all children in our care who stay for a full day. We cannot physically awake children but create an awake environment to help them wake up. Children who cannot fall asleep are offered fidget toys, books, workbooks for quiet time



# Tuition Payments

The annual tuition fee is divided into 10 installments and is paid with 10 post-dated checks for the first of each month from September thru June (the first and last month's checks are non-refundable) or by an automated credit card. Together with this handbook and info packet, you should receive a tuition payment plan form, which must be submitted to the office prior to enrollment. For any check not honored by the bank, there will be a \$35.00 fee. Parents or guardians who allow their accounts to become delinquent will have their children terminated from our program. Please note that the tuition is an annual fee and there are no credits or make-up days for illness, holidays, or family vacations. Please realize that at Chabad of the Central Cascades, we strive to maintain professional and ethical standards, and we can not allow make-up days for one child and not another. Please realize that your request for makeup days will be denied. Also, prior to enrolling please carefully review the preschool calendar, making note of the days our school is not in session, and have backup childcare plans if necessary. (Our school is out of session for the following Jewish and legal holidays: Labor Day, Rosh Hashanah, Yom Kippur, Sukkot, Shmini Atzeret, Simchat Torah, Thanksgiving Break, Winter Break, MLK Day, Presidents Day, Passover/Spring Break, Shavuot and Memorial Day. \*Please refer to addendum for impact of Covid and financial responsibilities.

# Withdrawal Policy/Expulsion

We will make every effort to see that your child's needs are being nurtured each and every day. If, however, you choose to withdraw your child from our program, parents are required to give the school 30 days advance notice. All other financial responsibilities are found on your tuition contract \*Please refer to the addendum for the impact of Covid and withdrawal. Expulsion will occur when a child jeopardizes the safety of other students or if the school does not have the resources to support or facilitate the behaviors or needs of a child

Gani has the right to suspend a child effective immediately if parents are abusive, cross boundaries, are harmful, or cause damages to the program

## Change of Schedule

If a parent should desire to change a student's schedule in any way, whether it be to add days or an afternoon, it will be necessary for the parent to receive a note from the Secretary indicating that payment has been made for the change in schedule.

For a change of schedule: The office needs to be notified and given a 30-day notice. If a 30-day advance notice is not given, charges will still incur for that time period. When diminishing days of the original schedule a \$40 administrative fee will be applied. Reimbursements will be issued during the last week of June Late fees will be applied for tuition payments that are not deposited on the first of the month. When adding days mid-year we prorate the tuition based on 180 days of school.

## Child Abuse and Neglect

All Chabad Preschool staff members are required by law to report suspected incidents of child abuse and neglect. Abuse and neglect allegations are reported to the Central Abuse Hotline at 1-800-96-ABUSE (1-800-962-2873). If a parent suspects child abuse or neglect by a staff member please notify the director immediately. Parents may also contact the child abuse hotline directly.

# Discipline Policy

Our program promotes a positive approach to managing the behavior of all children. To accomplish our goal the following techniques are used on a daily basis:

- 1) Prevention & Positive Reinforcement: Providing a daily routine, a sense of security and constantly praising and reinforcing appropriate behavior.
- 2) Setting Limits: Simple rules are established and consistently followed. A poster with five simple class rules is always displayed in the classroom.
- 3) Problem-Solving: We encourage the child to verbalize and use logical reasoning and consequences as the means of solving the problem at hand.
- 4) Remove Child From Situation: After all positive techniques have been referred to, the last alternative is to remove the child from the situation till he/she has relaxed and calmed down and is capable of returning to the group cooperatively. Physical restraint may only be used to protect a child from hurting himself/herself, or from hurting others.
- 5) Corporal punishment, including spanking, hitting, swatting, shaking or physical punishment and restraint of any kind are NEVER allowed, nor is the withholding of food.

## Discipline Policy (Cont.)

6) Our goal is to help each child:

- Learn to make good choices
- Learn to use his/her word
- Learn problem-solving skills
- Learn basic human values of respect (kavod), trust, responsibility, honesty (Emet), and caring for others.

Your child is expected to meet an acceptable standard of behavior as set by the teacher.

7) If your child's behavior falls below the standard, after all our efforts, you will be asked to seek professional intervention so that a behavior plan can be implemented. Please note, that if after a reasonable period of time a child is not able to adjust to the demands of the group, the class schedule, or if there are special needs that Chabad Preschool is not able to meet, parents may choose or be asked to withdraw their child.

## Potty Training Policy 🚽

Children who enter the Preschool class must be completely potty trained. For children in the Toddler class, when a parent feels that their child is developmentally ready to use the potty, the child should be sent to school in pull-ups rather than diapers. This allows us to easily assist your child with the toileting process. When you feel your child is able to make the transition to being fully potty trained, schedule a time to discuss this with your child's teacher, and we will come up with a plan together on how to support your child so that there is consistency both at home and at school. From our past experiences, we have seen this plan boost self-confidence and attain potty training success. See addendum #5

## Releasing Of A Child

Children are released only to their parents or to people stated in writing on the child's registration form. All pick up contacts should be added to your child's Brightwheel profile.

## Toys From Home 🦒🧸🎈

Toys and items of value should remain at home. We cannot assume responsibility for materials brought from home. Furthermore, we have found that toys from home are hard to share, and create a distraction to the class atmosphere. In the Preschool class (ages 3-4), the teacher may notify you of the show & tell schedule. When your child has a cherished item, please suggest that it be left in the car seat or placed in his/her classroom cubby.

## Pick Up & Drop Off

The parent or guardian who brings and takes the child into the classroom must sign the child in and out from your phone device thru the Brightwheel app. This is a safety measure that we strictly adhere to, and request your full cooperation with.

During drop off and pick up please realize that the care of the children is the teacher's first and foremost responsibility. Please respect the teachers by keeping the morning and afternoon "chit chat" to a minimum, so as not to distract the teacher from her primary responsibility of caring for the children. Should you at any time wish to have a long talk with a teacher, please request the teacher to set up a suitable time to discuss any question or concern. Once you arrive at school to pick up your child and enter the classroom (or playground if children are playing outside) the child is under your responsibility.

Children thrive on routine, so it's crucial for them to arrive no later than 9 am. They need that time from 8:30-9:30 to explore and let out their morning energy. In addition your child functions within the context of peers and a classroom environment, we have a class schedule and a late arrival disrupts that schedule for themselves and their peers. There is no drop-off at Shorashim during circle time (9:30-9:50). For Garinim drop-off cut-off is 9:50. As of 10 am your child will be marked absent and cannot be brought to school.

Accommodations/exceptions can be made with prior communication with Nechama for occasional doctor's appointments.

## Late Fees

Drop off Time: 8:30 am (please note that the teachers need the time prior to 8:30 to get ready for class) Pick up (half day): is from 12:20-12:30/1:30. Your child must be picked up by 12:30/1:30, please refrain from socializing after this time because it disrupts the routine and rest time of the children staying for the afternoon. Pick up (full day): is from 4:20 – 4:30 (3:20-3:30 during winter Fridays). Your child must be picked up by 4:30. Should you have an emergency please contact the teacher or director. There will be a fee of \$5 for every 5-minute delay (the computer system automatically generates this information at the end of the month)

## Clothing

Children should wear clothing that is appropriate for floor activities and messy art. Although we use washable paints and markers, please don't send your child in clothing that would disappoint you if it gets dirty. Also, please be sure your child's clothes are easily managed during toileting. Hard-to-close snaps, belts, and overalls that have buckles should be avoided. A young child's self-esteem is enhanced when he or she can be independently successful.

Since children enjoy running and playing on the outdoor playground, we discourage children from wearing flip-flops or sandals that do not provide adequate support. In addition, children get frustrated when mulch gets stuck in their sandals.

We strongly advise parents to make sure their child is wearing socks even during the summer season. Children love the freedom and gross motor opportunity that they gain from outdoor play, and by wearing strong closed shoes (sneakers), we can bolster this wonderful opportunity. Please make sure to bring a hat that can stay in school. Please label all hats, sweaters, and clothing that stay in your child's cubby or on the classroom hooks. Labeling will assist the teachers in determining ownership of these articles of clothing.

## Birthdays

At Chabad Preschool birthdays are celebrated once a month. Cupcakes are prepared by our staff and are usually served after lunch. The dates for these monthly birthday celebrations are set at the beginning of the school year, and prior to your child's preschool birthday celebration, you will be notified. Parents are invited to celebrate at school with song and dance, and take memorable photographs. To honor their child's birthday, parents are encouraged to gift a book, puzzle, toy, or game to the classroom. Please check our classroom wish list. Please do not bring goody bags or candies

\*During Covid Pandemic, Parents will participate via zoom

## Children's Playground Rules

For the safety and the benefit of the children, we have established a few playground rules, which we would like you to review with your child. These rules are hung outside on the playground and are referred to by the staff as they provide gentle reminders to the children about our rules.

1. Hands to yourself.
2. Mulch stays on the ground.
3. Walk around the swing area.
4. Fence is not for climbing.
5. Help clean up.
6. Sand stays in the sand table (water/water table).
7. Feet first on the slide.

## Roster

A link with our parent/teacher roster is sent out at the beginning of the year. The purpose of sharing this roster is to create a Preschool community where parents can schedule play dates, send birthday invites, and keep in touch. You also have the teacher's contact info so that the lines of communication are always open.

We pride ourselves in our diverse Preschool community and strive to be respectful to all families, We put in place for this year some basic guidelines to make everyone comfortable: When Birthday parties are celebrated outside Preschool and all families are invited, we politely request that you refrain from serving pepperoni and shellfish. A Gluten Free option would be appreciated as well if one of the little guests has sensitivities. Kosher Pizza can always be ordered by Island Crust at 206-232-7878, For more resources, contact Nechama.



# Separation Anxiety

For children who are new to the preschool experience, please realize that it is very common for children to display signs of separation anxiety. Please realize that our goal is to help you and your child go through the initial transition comfortably.

Please realize that if after a parent leaves, a child is crying uncontrollably for more than one-half hour, we will call you.

However, after saying a final goodbye, you are welcome to relax and enjoy a cup of coffee in the social hall or relax with a book from our Judaic library. Additionally, if a child has a difficult time separating from one parent, you may want to try to have another parent or relative drop off your child. Also, for children having separation difficulty, we recommend picking them up a bit earlier for the first few days. Most times, after the parent leaves, the child becomes absorbed with toys and the environment and is free of any apprehension. Having a family photo brought into school on the first day of school, helps us bridge the school-home connection.

- Establish a goodbye routine. This can be “two kisses and a hug and then I must go” or other unique patterns like kissing a hand to save the kiss. It is ok to stay a few minutes. However, once you say goodbye you need to mean it! Responding to the plea to stay after you have gone through “your routine” nullifies its effectiveness as a separation tool to help. It also sends the message that you are worried that he/she will not be ok.

- Help your child choose an activity he/she will move to as you leave

- Practice your good-bye routine or review your expectation prior to arriving. For example, “Remember, after....I will need to go and you can...”

- Validate your child’s feelings. “You miss me when I have to go. I am going to miss you too, but I know you will have a fun day at school”

- Leave security toys in the car. “Puppy dog will be waiting for you” (we can not be responsible for personal toys that come to school)

## Respect

Please respect the religious nature of our school in the following ways:

- Although our preschool calendar respects the legal holidays, we are a Jewish preschool and would like to request that our parents help remind their children that Halloween and other non-Jewish holidays are not celebrated at Chabad Jewish Preschool.
- Please review and respect our kosher policy, and if you have any questions, they can be directed to the teacher or director. Let us address your questions and assure you that there is a mutual understanding.

Your respect is essential in allowing us to fulfill our goals, and we thank you in advance for your cooperation.

## Substitutes

From time to time, when our teachers are out sick or take a family vacation, it is necessary for us to secure a substitute. If you would like to assist in this capacity, please speak to the Preschool Director. Substituting is a paid position.

# Severe Weather Watch

In cases of severe weather such as snow or power outages, the preschool will close when the public schools or county offices close. Staff will be kept informed and parents will be notified. Parents will be told to keep themselves informed throughout the day and to be prepared to pick up their child within 1 hour of school closings.

## Natural Disasters

Gani has an emergency preparedness program. There is a copy of each plan in every classroom and you are encouraged to read it and discuss it with your child. You will receive a letter stating that you acknowledge our Disaster procedures, Please bring in a small backpack or bag labeled with your child's name:

- Pack of sanitary/baby wipes (20 wipes)
- Spare Blanket or change of warm clothes
- Supply of baby Diapers and wipes for three days (if your child is not potty trained)
  - Index card with Emergency contact including one Out of State Contact
- Provide an emergency/comfort kit for your child.
- Provide a 72-hour supply of any medication or medical supplies/equipment that your child may need
- 1 and a half gallons of water (in water bottles) as well as three days' worth of Emergency food, that:
  1. Is easy to serve
  2. Does not require cooling or heating
  3. Has a long shelf life
- 4. Is stored protected from heat, cold, and pests Ideas of Emergency food: granola/energy bars, apple sauce pouches, tuna pouches, raisins, and other dried fruit, canned beans (preferably easy open cans), rice cakes, Matza....

# Summer Program

Gan Izzy Day camp will offer an eight-week summer program for Preschool students. A fee is not part of the yearly tuition.

Summer Program: 8 weeks of summer fun

## Lunch and Snacks

Children should bring am snacks and lunches – ready to eat (peeled, sliced, etc.). Please also send your child with a water bottle. Please send in dairy or vegetarian lunches and snacks.

## Sunscreen/Sunhats:

Please bring sunscreen to leave at school. Please apply sunscreen on your children before they come to camp, we will reapply thorough out the day. Please make sure to send your child with a sunhat. The sunscreen form will be sent on the Brightwheel please upload it under forms.

## Water Play/Swim Gear:

We have sprinklers and lots of splashing fun. Bring swim gear (bathing suit and towel). If your child is in diapers, please bring disposable/reusable water diapers. All items must be labeled. Swim gear will be sent home by the end of each week.

## Nap Gear:

Tzeirim - Please make sure to bring nap gear (small sheet, blanket, and any lovey your child may need for resting time).

Bogrim: blanket and pillow (pillow is optional)

# Summer Program (Cont.)

## Extra clothes:

Bring at least an extra change of clothes to stay in the classroom for the duration of camp.

## Labeling Items:

Please label ALL water bottles, sunhats, towels, and swimming gear. A Fine Sharpie does a great job. Labeling items makes identifying the children's items easier and helps prevent the loss of items.

## Field Trips:

Our field trips are IN SITE – preschoolers do not leave the Camp premises.

## Drop off and pick up

Children can be dropped off starting at 8:45 am and picked up at 3:45, but no later than 4:00 pm.

For your child's safety, please sign the arrival and departure times using the barcode located on the bulletin board outside the classroom.

If your child has been registered for aftercare, then pick up no later than 4:45 pm.

## Communication

All communication must be done through the Brightwheel application.

# Simple Suggestions For Parents To Help Make Preschool A Happy Experience 😊

- 1) See that your child has sufficient rest and sleep – usually 12 or 13 hours for the two-and-a-half to three-year-old.
- 2) To make your child more comfortable, provide simple clothing that is free of complicated belts and closures.
- 3) Since children get very involved with their art projects, please provide clothing that is washable.
- 4) Please realize the validity and significance of play, and the importance of what is learned.
- 5) Think of our beautiful playground; provide clothing and shoes that are sturdy. Flip flops and shoes without a back have a tendency to fall off and do not allow the child to enjoy outdoor play to its fullest. Wearing socks will assure that mulch and dirt do not bother your child while playing on the playground.
- 6) Send your child off to school in a happy frame of mind and show interest in what he/she does at school and what he/she is learning.

## Simple Suggestions For Parents To Help Make Preschool A Happy Experience (Cont.)

- 7) Encourage your child to talk about what he/she did in school. When receiving an answer like “I don’t know” or “nothing”, you can prompt your child by asking more specific questions. (What did you eat for lunch? What song did you sing at group time? Etc...)
- 8) Encourage your child to frequently wash hands to ward off the spread of germs.
- 9) Get involved, volunteer your time, and share a professional interest or hobby with our school. Parents who volunteer are known to positively affect their child’s success in school.
- 10) Get to know your child’s teacher and keep open communication throughout the school year. Please remember that when parents and preschool staff work together, we can help your child develop to his or her full potential.

# Menu Week A

## Monday

Potato latkes\*  
Cheese Bourekas  
Steamed green beans  
Fruit  
Milk

## Tuesday

Rice  
Hard-boiled Eggs  
Israeli salad  
(tomatoes and  
cucumbers & small pieces)  
corn  
Milk

## Wednesday

Pizza\*  
Grilled Sweet  
potatoes  
Fresh Fruit  
Milk

## Thursday

Chicken soup,  
Chicken &  
orzo\*  
Soup vegetables  
(carrots, parsnips, turnips  
, sweet potatoes)  
Rice Milk

## Friday

Pasta  
Meat balls \*  
Baby peppers  
Pineapple  
Rice Milk

\*Gluten Free Option Available



# Menu Week B

## Monday

Majadra (rice and  
lentils)  
Fish sticks  
Fruit  
Milk

## Tuesday

Omelets  
Israeli salad  
(tomatoes & cucumbers)  
Chumus  
Bread  
Milk

## Wednesday

Baked ziti\*  
Fruit soup  
steamed carrots  
Milk

## Thursday

Mashed potatoes  
Broccoli and  
cauliflower  
Beef burgers\*  
Rice Milk

## Friday

Baked chicken  
drumsticks  
Couscous\*  
Green peas  
Fruit  
Rice Milk

\*Gluten Free Option Available

## Calendar:

Tuesday, September 5th First Day of Preschool

Tuesday, September 5th, 3:30 pm Parent Open House, followed by Family Picnic

Friday, September 15th No school – Erev Rosh Hashana

Monday, September 25th No school Yom Kippur

Friday, October 6th No school – Hoshana Rabba

Monday/Tuesday – November 20-21st Afternoon Parent-teacher conferences (full day of school)

Thur - Friday, November 23rd-24th No School - Thanksgiving Break

Thursday, December 7th Chanukah party (3:30 pm)

Thursday Dec. 21nd – January 1st No school – winter break

Monday, January 15th No School – MLK day/Teachers Professional Day

Monday, February 19th No school – Presidents Day

Tuesday, February 20th No School – Teacher Professional Day

Friday, April 19th – Wed. May 1st No school – Pessach - spring break

Monday, May 20th Afternoon Parent Teacher conferences (optional).

Monday, May 27th No School – Memorial Day

Wed.-Thurs June 12-13th No school - Shavuot

Friday, June 14th Graduation/End of year party

Thursday, June 21st Last day of Preschool

Monday, July 1st Gan Izzy Day Camp begins

Please note: Gani Preschool observes Jewish and most Legal holidays. As per the parent handbook, reimbursements or additional days are not given for any days your child is not in preschool due to illness, holiday, or family vacation.

## Student Essentials To Be Brought In At Orientation

### Garinim Essentials

- 2 changes of clothing in a labeled zip-lock plastic bag
- completion of all necessary preschool forms & notarized form
- 1 Costco box of baby wipes (or of similar quantity). We will ask for more on an as-needed basis (approximately 12 soft packs)
- 4 containers sanitizing wipes (must say: kills 99.9% of germs), environmentally friendly brand preferred
  - 2 weeks' supply of diapers
    - 4 boxes of tissues
    - 1 box Band-Aids
- a recent family photo to be emailed by August 24th to [sabrina.berges@gmail.com](mailto:sabrina.berges@gmail.com)
  - hat for outdoor play
  - A pair of rain boots
- Muddy Buddy or another rain suit

Please label all items

### Shorashim (Ages 3-4) Essentials

- 2 changes of clothing in a labeled zip-lock plastic bag
  - completion of all necessary preschool forms & notarized form
    - 2 boxes of baby wipes
    - 4 boxes of tissues
- 4 containers sanitizing wipes (must say: kills 99.9% of germs) environmentally friendly brand preferred
  - 1 box of bandaids
  - Pair of rain boots
  - hat for outdoor play

Please label all items

**General Snacks:**

- Yogurt
- Sliced cheese
- String cheese
- Cottage cheese
- Macaroni and cheese
- Bagel
- pizza
- Rice cakes

**Sandwiches:**

- Cream Cheese
  - Tuna Fish
  - Jelly
  - Egg or Egg Salad
  - Margarine
  - Peanut Butter
  - Sunbutter \*
- \*Peanut butter substitute)

**Fruits and Vegetables:** 

- Sliced Cucumbers
- Sliced Tomatoes
- Celery Sticks
- Melon Cubes
- Fruit Cups
- Apples
- Apple Sauce
- Grapes (Cut please)

**Treat:**

- Bread Sticks
- Graham Crackers
- Pretzels
- Pudding
- Jell-O

**Drink:**

- Juice
- Milk
- Water

Dairy or Pareve Only. Please do not send in any candy. Remember, we are a “nut-aware” school. We will assess yearly if it will be a nut-free year. Any packaged product sent in your child’s lunch box must have a kosher symbol. Should you have any further questions, feel free to speak to your child’s teacher or director.

## Potty Training - Ready, set, go!



Children do not need to be able to use the toilet independently to enter our program.

Achieving potty independence is a developmental milestone and we recognize that each child develops at his/her own pace.

- When a child shows signs that they are ready to learn toilet independence, we will make it convenient for the child to use the toilet and provide help as needed.
- A child is considered to be toilet trained when they initiate trips to the bathroom and go almost every time – making a connection between having the urge to pee or poop and going to use the potty.
- When your child shows interest in learning to use the potty and can understand and verbalize words about using the potty.
- A child who needs regular reminders and does not recognize his body's cues is still at the beginning stages of readiness and should be in diapers at school.
- 

### Is your child showing readiness? - Let's work together!

- We will start by scheduling potty breaks at school: We will encourage your child to sit on the toilet for a few minutes at one-hour intervals or less, as well as right before/after naps or other transitions.
  - Every visit to the toilet will be recorded to keep track of cues and needs.
  - We will explain hygiene: Teach how to wipe carefully, flush and wash hands afterward.
  - Nap time: training typically takes longer to achieve. We will put on diapers for a few days/weeks, as needed.

## Potty Training (Cont.)

We ask you to please:

- Bring your child to school in loose, easy-to-remove clothing. No jeans, onesies, overalls, buttoned pants, etc.
- Take your child to the restroom at drop-off. The first pee-pee break should be with you.
- Bring a few changes of underwear and clothing (pants, socks, extra pair of shoes, tops).
- Accidents will happen!
- Stay calm, please avoid negative words, such as dirty or stinky.
- Don't scold, discipline, or shame.
- Use positive words such as :  
"You forgot this time. Next time you'll get to the bathroom sooner."

Thank you for participating in our community, we look forward to seeing you soon.