

River Road Reader

December 2016



Letter from the Director

Dear Families,

December is truly the most wonderful time of the year. Between our overfull bellies that are hanging around post Thanksgiving and all the fun and joy that our December holidays bring, there is something magical in the air. December also brings fun events and happenings around our school.

Throughout the month, the children will be learning all about the joys of the season. We welcome parents of children enrolled in the 3 year old classes and older to join us for Chapel during the month of December. See below for your child's chapel date and time.

I hope over the next month everyone will find a few moments to enjoy time with family and relax a little. Remember, the best gift you can give your child is the gift of your time and attention.

Happy Holidays!

Lindsay McGreevy

Dates to Remember

- December 5th—Chapel (Waldruff, Matney, and Ryan)
- December 6th—Chapel (Eure, Rooney, and Anthes)
- December 5th & 6th—Parent/Teacher Conferences for Mrs. Rooney's class
- December 7th & 8th—Parent/Teacher Conferences for Mrs. Waldruff and Mrs. Matney's classes
- December 19th—30th—School Closed for Christmas break
- January 2nd—Back to School! Mrs. Firment's class starts Carpool
- January 11th—Pre-K and JK information Session @ 9:15 am
- January 16th—Closed for MLK day
- January 30th—Parent/Teacher Conferences for 2 & 3 year olds
- February 3rd—School Closed—Teacher Workshop
- February 6th & 7th—Chapel
- February 13th & 14th—Jeff Beatman musician
- February 20th—School Closed—Presidents Day

IN THIS ISSUE

- ◆ Pre-K/JK Information Session
- ◆ Snow Day Reminder
- ◆ Chapel
- ◆ Holiday Behavior
- ◆ Winter Afternoon Activities
- ◆ 2017-2018 Enrollment
- ◆ Behavior at the holidays

Sing with and Me!

We would like to welcome a family member to join our Developmental 1 through Developmental 3 programs for a quick Christmas sing-a-long during the week of December 12th. This special classroom activity will take place from 11:45-12:00pm. See your child's classroom newsletter for specific dates and times. Hope to see you there!



Pre-K/JK Information Session

How do Kids Learn Through Play?

You hear it said all the time “At River Road we learn through play”, but what does that really mean? Will it help prepare your child for Kindergarten?

Join us on January 11th at 9:15 am and see just how we use the power of play to ensure your child is prepared. We are offering an informational talk on “Learning Through Play” presented by Ilyse Canfield, from The Write OT. Directly following her presentation, a quick discussion of what we offer here at River Road in our Pre-K and Jr. Kindergarten classrooms.

Bring your friends and neighbors and enjoy coffee and light snacks as you learn what we are all about!

Tis the Season to Loose a Coat

Just a reminder to please label all of your child’s outerwear as we move into the season of coats, hats, and gloves. Many of our children have the same or similar outerwear and it is very helpful for our teachers when items are labeled. Thank you for your help!

Enroll for the 2017-2018 School Year

Can you believe it is already time to start thinking about next year? You should have received a 2017-2018 Registration form during the month of November.

Please be sure to fill out your child’s form and return it to the office as soon as possible, as it helps us to begin our planning for next school year.

Snow Days and School Closings

As we quickly approach the winter season we begin to prepare ourselves for snowy weather. Just a few reminders in regard to our snow policy and when the school will close.

- If Henrico County opens late we will open at 10:00am
- If Henrico County closes early, River Road will also close
- If Henrico County closes, River Road will also be closed

Parents will be notified of delayed openings, school closings, and early closure by e-blast and/or by phone.

We ask all families do their best to arrive on time when the school closes early so we may allow our children, families and teachers to make it home safely. Thank you.



Join us for Chapel in December

We are very excited to invite parents of 3 year old classes and older to join us for Chapel on December 5th and 6th. This short, 15 minute service gives the children an opportunity to worship with their peers through songs and stories.

Parents who attend will be asked to sit in the back rows, while the children participate in the front. We will be doing it this way to ensure all children are able to see during the service.

If you plan to join us, please help prepare your child for this change in routine by letting them know you will be there to enjoy the service, while reminding them they will be staying for the remainder of the day. We are excited to share this experience with you!

Sports, Inspire, and Afternoon Adventures– Digital Sign-Up!

We know your time is valuable and we are working hard to make signing up for afternoon activities as easy as possible. In early December we will be sending out information on the winter sessions of Inspire, Afternoon Adventures, and our sports programs. Soon following the information sheets, we will offer an online registration! As it has been done before, a specific date and time for registration will be communicated to ensure it is open to all families at the same time. The registration link will come directly from SignUpGenius.com.



Why are My Kids Crazy during the Holidays?

Do you notice changes in your children's behavior around the holidays? Does there seem to be more whining? More demanding? More attitude? It can be disenchanting to try to get to everything on your to do list amidst the emotional roller-coaster ride on which our children seem to hop.

So what inspires children to purchase a ticket to this metaphor? There is no one answer. In truth, there are lots of little and big things that affect the way children behave (or misbehave) this time of year. Many entrances to our allegorical ride, if you will.

The holidays are a time of disrupted routines. While this is usually exciting for children, it is also taxing. Anticipation of presents, relatives coming into town, travel, candy, distracted parents, snow... there are many things causing them to run around the living room. There are also more opportunities to stay up later, consume unhealthy foods, miss out on rest times, jump from one event to another (family dinners, children's concerts, shopping and other traditions) and, for many children the added reminders (or threats) that if they do not listen, Santa will be getting a call.

So what can you do? The following are some tips to help. A little preparation on your part can go a long way.

1. Let your child in on the plans at the beginning of each day and remind them or ask them what comes next. For example, "Today we are going to get dressed, eat breakfast, put all of our snow stuff on and go looking for a tree to cut down. When we get back home, we will not put it up right away because we will eat lunch, have rest and then put it up together... then comes decorating." For young children, drawing out pictures of itineraries can be helpful and the children can take the schedules with them. A written schedule works well for children that can read. And older children may have plans of their own they would like to throw in.
2. Give children a heads up for transitions. For example "In ten minutes we will be leaving grandma's house for shopping.....Now you have five more minutes, please remember that I am going to ask you to clean up next time....Okay, now it is time to pick up, how can I help you get this put away so we can go." Such preparation typically goes over much smoother than saying to a child, "it's time to go now," while they are playing.
3. If your child does snap at you, yell or completely melt down. Your reaction should be calm and specific. One example (for attitude) is "Your response was not appropriate, please say what you are trying to say differently or you will not be able to (insert appropriate consequence). Another example (for melt downs) is "I can see that this is difficult for you because you are crying and sitting on the floor. When you are ready we can talk about our options" or "I am going to pick you up and help you get into the car."

Most important, don't sacrifice down time to get things done. Children still need rest and parents need breaks. Plan ahead so that you still meet your needs and your child's needs. Parents sometimes sit right next to their children on the emotional roller-coaster so be aware of your own stressors and ask for help if needed. It's Ok to have rough days, but be sure to enjoy this time together.