

## Nierman Preschool Calendar at a Glance 2016-2017

|    | SEPTEMBER   | OCTOBER  | NOVEMBER  | DECEMBER  | JANUARY   | FEBRUARY  | MARCH                            | APRIL  | MAY                                   | JUNE  |    |
|----|---|--|---|---|---|---|----------------------------------|--|---------------------------------------|---|----|
| 1  | TH New Parent Orientation Back to School Night          | S  | T Rosh Chodesh Cheshvan                                 | TH  | S   | W   | W                                | S  | M Yom HaZikaron                       | TH Shavuot School Closed KK Open            | 1  |
| 2  | F Children's Classroom Orientation School AND KK Closed | S Erev Rosh Hashannah                                    | W   | F   | M Winter Break School AND KK Closed               | TH  | TH                               | S  | T Yom HaAtzmaut Yom HaAtzmaut Program | F Informal Promotion Walk-Through           | 2  |
| 3  | S   | M Rosh Hashannah School and KK Closed                    | TH  | S   | T School Resumes Begin Enrichment III             | F   | F                                | M  | W                                     | S   | 3  |
| 4  | S   | T Rosh Hashannah School and KK Closed                    | F   | S   | W   | S   | S                                | T  | TH                                    | S   | 4  |
| 5  | M Labor Day School & KK Closed                          | W  | S   | M   | TH  | S   | S                                | W Passover Play                                      | F                                     | M Informal Promotion Walk-Through           | 5  |
| 6  | T School Opens/Enrichment I Parent Coffee               | TH   | S   | T   | F   | M   | M                                | TH   | S                                     | T Informal Promotion Rehearsal              | 6  |
| 7  | W Parent Coffee   | F  | M Mitzvah Week (through 11/10)                          | W   | S   | T Tu B'Shvat Program                              | T                                | F End Enrichment IV                                  | S                                     | W End Enrichment V Promotion Tech Rehearsal | 7  |
| 8  | TH  | S  | T   | TH  | S   | W   | W Purim Play                     | S  | M                                     | TH Promotion End of School                  | 8  |
| 9  | F   | S Fire Prevention Day                                    | W   | F   | M PPC Meeting                                     | TH Shalom Sesame TuB'Shvat                        | TH Purim Carnival                | S  | T                                     | F School Closed KK Open                     | 9  |
| 10 | S   | M Fire Prevention Week (9-15) 11:30am Yom Kippur Program | TH Shalom Sesame Shabbat & Veteran's Day                | S   | T   | F   | F                                | M Erev Passover No School KK Closes at Noon          | W                                     | S   | 10 |
| 11 | S   | T Erev Yom Kippur: School Closed. KK Closes at 3:00      | F Veteran's Day School Closed KK Open SHABBAT SAN DIEGO | S Hanukkah Happening                                    | W   | S Tu B'Shvat                                      | S                                | T Passover Day 1 Spring Break School AND KK Closed   | TH                                    | S   | 11 |
| 12 | M   | W Yom Kippur School AND KK Closed                        | S SHABBAT SAN DIEGO                                     | M   | TH  | S   | S Purim                          | W Passover Day 2 Spring Break School AND KK Closed   | F                                     | M   | 12 |
| 13 | T   | TH   | S   | T   | F   | M   | M Shushan Purim                  | TH Passover Day 3 Spring Break School Closed KK Open | S Ignite the Night                    | T   | 13 |
| 14 | W   | F  | M   | W   | S   | T   | T                                | F Passover Day 4 Spring Break School Closed KK Open  | S Lag B'Omer                          | W   | 14 |
| 15 | TH  | S  | T   | TH Shalom Sesame Hanukkah                               | S   | W   | W                                | S Passover Day 5                                     | M Lag B'Omer Program                  | TH  | 15 |
| 16 | F   | S Erev Sukkot  | W   | F Spirit Day End Enrichment II                          | M Martin Luther King Jr Day School Closed KK Open | TH  | TH                               | S Passover Day 6                                     | T                                     | F   | 16 |
| 17 | S   | M Sukkot School Closed KK Open                           | TH  | S   | T   | F End Enrichment III                              | F School Closed KK Open          | M Passover Day 7 Spring Break School Closed KK Open  | W                                     | S   | 17 |
| 18 | S Ice Cream Social                                      | T Sukkot School Closed KK Open                           | F Spirit Day  | S   | W Parent-Teacher Conferences                      | S   | S                                | T Passover Day 8 Spring Break School Closed KK Open  | TH                                    | S   | 18 |
| 19 | M   | W  | S   | M Winter Break School Closed KK Open                    | TH Parent-Teacher Conferences                     | S   | S                                | W Begin Enrichment V                                 | F                                     | M   | 19 |
| 20 | T   | TH CA Great Shake Out 10:28am                            | S   | T Winter Break School Closed KK Open                    | F Parent-Teacher Conferences                      | M President's Days Observed School Closed KK Open | M                                | TH   | S                                     | T   | 20 |
| 21 | W   | F End Enrichment I                                       | M   | W Winter Break School Closed KK Open                    | S   | T President's Days Observed School Closed KK Open | T                                | F  | S                                     | W   | 21 |
| 22 | TH  | S  | T   | TH Winter Break School Closed KK Open                   | S   | W Begin Enrichment IV                             | W Teacher Appreciation Breakfast | S  | M                                     | TH  | 22 |
| 23 | F   | S  | W School Closed KK Open                                 | F Winter Break School Closed KK Open                    | M   | TH  | TH Teacher Appreciation Evening  | S  | T Rosh Chodesh Sivan                  | F   | 23 |
| 24 | S   | M Shmini Atzeret School Closed KK Open                   | TH Thanksgiving School AND KK Closed                    | S Hanukkah Candle 1                                     | T   | F Spirit Day                                      | F                                | M Yom HaShoah PPC Meeting                            | W Yom Yerushalayim                    | S   | 24 |
| 25 | S   | T Simchat Torah School Closed KK Open                    | F Thanksgiving School AND KK Closed                     | S Hanukkah Candle 2                                     | W   | S   | S                                | T Rosh Chodesh Iyar                                  | TH                                    | S   | 25 |
| 26 | M PPC Meeting Kick Off                                  | W Begin Enrichment II                                    | S   | M Hanukkah Candle 3 Winter Break School AND KK Closed   | TH  | S   | S                                | W  | F Spirit Day / Shavuot Program        | M   | 26 |
| 27 | T   | TH   | S   | T Hanukkah Candle 4 Winter Break School Closed KK Open  | F Spirit Day                                      | M PPC Meeting                                     | M PPC Meeting                    | TH Shalom Sesame Israel                              | S                                     | T   | 27 |
| 28 | W   | F Spirit Day   | M PPC Meeting   | W Hanukkah Candle 5 Winter Break School Closed KK Open  | S   | T Rosh Chodesh Adar                               | T Rosh Chodesh Nissan            | F Spirit Day   | S                                     | W   | 28 |
| 29 | TH  | S  | T Rosh Chodesh Kislev                                   | TH Hanukkah Candle 6 Winter Break School Closed KK Open | S   |   | W                                | S  | M Memorial Day School AND KK Closed   | TH  | 29 |
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| 31 |   | M PPC Meeting  |   | S Hanukkah Candle 8                                     | T Rosh Chodesh Shvat                              |   | F Spirit Day                     |  | W Shavuot School Closed KK Open       |   | 31 |
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**Thursday, September 1<sup>st</sup>**  
**NEW PARENT ORIENTATION**  
6:15 pm in the JCC's Theater  
We will begin **PROMPTLY** at 6:30 pm

**PARENT TEACHER OPEN HOUSE**  
7:30 pm in Classrooms

## **THIS IS A PARENT'S ONLY EVENT.**

Your child is your most important interest, and we want you to feel comfortable, welcomed, and informed about his or her experiences at Nierman Preschool. Our very successful New Parent Orientation where any questions **NEW PARENTS** have about our school and policies will be answered **will start promptly at 6:30 pm. NEW and RETURNING PARENTS** will then join their classroom teachers in their individual rooms **at 7:30 pm** to learn the specifics about the children's curriculum, program, policies, and schedules which will impact your school year. Attendance at these meetings will provide you with information that will facilitate your participation during the school year and begin a sense of community with parents and staff.

**We strongly urge your participation at this valuable program and appreciate your support.**

**New Parent Orientation from 6:30pm - 7:20pm in the Theater. Some of our topics will include:**

- What happens on a typical school day?
- Where do you park and how do you sign-in and out?
- What are Kid Konnection and Enrichment and how do you sign up?
- How does the school calendar work?
- What holidays is the school open and how do you sign up for special day programs?
- What are our food programs and what can you pack for lunch?
- What is the ECE Committee, how does it work, and how can you get involved?

**Parent Teacher Open House at 7:30 pm in the classrooms. Some of our topics will include:**

- Who are the teachers who are nurturing and teaching your children?
- What is the class schedule for PE, music, computers?
- How is the developmental milestone curriculum adapted to the program?
- How does the teacher involve parents in the room?
- Will my child be learning Spanish?
- Can my child go to KK or Enrichments and how does that work?

**We look forward to 100% participation.**

**Please contact the Preschool Office if you will have to miss this evening.**



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## **SPECIAL DATES**

**NEW PARENT ORIENTATION – 6:15 PM**  
*(Starting promptly at 6:30 PM) and*

**ALL PARENTS - TEACHER OPEN HOUSE - 7:30 PM**  
**Thursday, September 1<sup>st</sup>, 2016**  
**in the JCC Theater and Classrooms**  
*Please read the flyer for all the details!*



**CHILDREN'S ORIENTATION**  
**Friday, September 2<sup>nd</sup>, 2016**

**Open House between 10 AM - 1:00 PM**

*A first look at your new preschool room. Children meet their teachers,  
find their cubbies, greet friends, and get ready for the first day of school!*



**FIRST DAYS PARENT COFFEES**  
**Tuesday & Wednesday, September 6 & 7, 2016**  
**in the Viterbi Family Galleria After Drop-Off**

*Drop your student off and share the first days' excitement  
with other preschool parents over coffee and bagels!*



**PRESCHOOL PARENT COMMITTEE KICKOFF!**  
**Monday, September 26<sup>th</sup>, 2016 from 9:20 AM - 11:00 AM**

*Be an integral part of your child's education!  
All parents are welcome to be part of the PPC!*



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## Nierman Preschool's Program and Holiday Schedule

2016-2017

### Shabbat Spirit Days

Shabbat Spirit Days with Rabbi Meltzer, generally celebrated the last Friday of each month, are joyous celebrations of songs and stories for all Nierman Preschoolers. Children should wear their spirit shirts or blue and white and join together for spirited school-wide song fests.

*We love when parents join us!*

**Spirit Days are on the following Fridays:**

**Sept 30, Oct 28, Nov 18, Dec 16, Jan 27, Feb 24, Mar 31, Apr 28, May 26**

### Rosh Chodesh

Rosh Chodesh is the name for the first day of every month in the Hebrew calendar. It is marked by the appearance of the New Moon. The Rosh Chodesh program is another highlight of our school year.

We honor birthdays and new beginnings celebrated each month during special music sessions.

*Parents, please join us on these special Tuesday mornings and share your wishes for the new month with us!*

**Rosh Chodesh dates: TUESDAYS Nov 1, Nov 29, Jan 31, Feb 28, Mar 28, Apr 25, May 23**

### Holiday Programs

Holidays are **BIG** at Nierman Preschool and we celebrate them with great cheer. Some celebrations are school-wide and others are observed in the classrooms. Parents are invited to join us.

Better yet – volunteer to help during the programs and be part of the festivities.

**Yom Kippur Program – Monday 10/10 at 11:30**

**Shabbat San Diego – Thursday 11/10**

**Thanksgiving Feasts – 11/14 – 11/22\***

**Hanukkah Happening – Sunday 12/11**

**Tu B'Shvat – Tuesday 2/7**

**Purim Play – Wednesday 3/8**

**Purim Carnival – Thursday 3/9**

**Passover Classroom Seders – Week of 4/3\***

**Passover Play – Wednesday 4/5**

**Yom Ha'Atzmaut Program – Tuesday 5/2**

**Lag B'Omer Program – Monday 5/15**

**Shavuot Program – Friday 5/26**

*\*Check with your class for specific date and time*

### Shalom Sesame Series

This wonderful program has not only introduced great books that are part of the PJ Library collection, but it has also helped the children learn how to attend programs in the Theatre. Our program this year will include presentations on Shabbat, Hanukkah, Tu B'Shvat, and Israel.\*\*

**Shalom Sesame Series dates are Thursdays at 9:20 am: Nov 10, Dec 15, Feb 9, April 27**

**\*\* Special Monday Program for Yom Kippur on Oct 10 at 11:30 am**



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## Important Nierman Preschool Phone Numbers at a Glance

**Numbers can be reached by calling the preschool directly  
or dialing the JCC number and asking for the extension (last 4 digits)**

**NOTE: If you have an emergency and can't reach the preschool,  
call the Front Desk and tell them that it is an emergency!**

|                              |                    |              |                             |
|------------------------------|--------------------|--------------|-----------------------------|
| JCC                          | Front Desk         | 858.457.3030 |                             |
| ECE Director                 | Alma Hadash Geiger | 858.362.1171 | almah@lfjcc.org             |
| ECE Assistant Directors      | Judi Sofer         | 858.362.1354 | judis@lfjcc.org             |
|                              | Nataliya Telerman  | 858.518.0053 | nataliya.telerman@gmail.com |
| ECE Operations Coordinator   | Dana Koenig        | 858.362.1170 | danak@lfjcc.org             |
| ECE Program Coordinator      | Jennifer Meltzer   | 858.362.1172 | jenniferm@lfjcc.org         |
| ECE Accounting Assistant     | Romy Efthimos      | 858.362.1130 | romye@lfjcc.org             |
| ECE Administrative Assistant | Susan Evans        | 858.362.1102 | susane@lfjcc.org            |
| JCC Accounting Office        | Cynthia Zena       | 858.362.1146 | cynthiaz@lfjcc.org          |
| JCC Cashier                  | Nancy Owens        | 858.362.1121 | nancyo@lfjcc.org            |
| JCC Fax Number               | Attn Preschool     | 858.450.6835 |                             |



**Preschool and KK Cell Phone Hotline Number:**  
**Use this number if a matter requires immediate attention!**  
**Nataliya: 858.518.0053**



|                |           |
|----------------|-----------|
| Room 1         | ext. 1281 |
| Room 2         | ext. 1282 |
| Room 3         | ext. 1283 |
| Room 4         | ext. 1284 |
| Room 5         | ext. 1285 |
| Room 6         | ext. 1286 |
| Room 7         | ext. 1287 |
| Room 8         | ext. 1288 |
| Room 9         | ext. 1289 |
| Room 10        | ext. 1290 |
| Room 11        | ext. 1291 |
| Room 12        | ext. 1292 |
| Explorer Class | ext. 1346 |
| Room 14        | ext. 1160 |
| Room 15        | ext. 1118 |





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## *Health & Safety*

*The Health and Safety Committee* wants to welcome you and your child to the preschool. We are dedicated parent volunteers whose mission is to make Nierman Preschool a healthier and safer place for our children to grow and learn. The committee has worked closely with room parents, preschool staff, and administration to address ongoing concerns related to health and safety.

- **Preschool Sick Policy:** Guidelines for keeping your sick child home were developed to protect the health of all children and staff at the school. **A child should not be in school when she/he has:**
  1. Nausea or vomiting, or has vomited during the night;
  2. Diarrhea;
  3. Frequent coughing or sneezing, colored nasal discharge;
  4. Evidence of a communicable disease such as rash or unusual sores;
  5. A temperature of 100 degrees or above;
  6. If febrile, the child may not return to school until there has been no fever for 24 hours without Tylenol or Motrin;
  7. Sore throat;
  8. Unusual watery, burning, red, or crusted eyes;
  9. An unexplained or contagious rash;
  10. Head Lice;
  11. Any behavior changes interfering with participation in school activities;
  12. Health reasons which preclude his/her playing outdoors.

**It is important to keep your sick child home for these reasons:**

1. To protect the health of all children and staff at the school
2. To protect the sick child whose resistance is lowered and who is more susceptible to other infections.

**Please notify the school immediately if your child has been exposed to or has contracted a contagious disease.** State law requires that we send home any child exhibiting signs of illness. Your child will be isolated until you arrive. The JCC does **not** have on-site nursing capacity and therefore your prompt arrival is greatly appreciated. Please remember that these guidelines are meant to protect the health of your children and staff at the school. A note from your child's physician stating that he/she is able to attend school does not mean that he/she does not pose a risk to classmates or staff and does not merit immediate readmission to school. It is up to the discretion of the school to determine whether your child has met the criteria after an illness to return to school

- **Healthy Snack Options:** Snacks provided by the preschool consist of two food groups to encourage optimum learning. Parents are encouraged to provide healthy snacks on their volunteer snack day.
- **Safety In The Parking Lot:** Please refrain from using your cell phone in the preschool parking lot, promoting greater safety for everyone.
- **Peanut/Tree Nut Allergies:** In order to protect the children with these allergies which may be life threatening, the Preschool Committee has adapted special guidelines. Please review the information carefully in order to keep all our children safe.

Questions regarding these policies should be directed towards Nierman Preschool's ECE Director. We are open to your questions, suggestions and concerns. If you are interested in becoming part of the committee, please sign-up on the Parent Volunteer Form. Thank you!

Sincerely,

*Lynn Guoqi*

Health and Safety Chair



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### Peanut and Tree Nut Allergies

The Health & Safety Committee from the 2009-2010 preschool year developed a Peanut Free/Tree Nut Free Policy. This largely came from the realization that many of the classes are peanut free/tree nut free rooms, with Kid Konnection and Enrichment classes adding to this list. Although this isn't a guarantee that there are no traces of nuts at our school, it is our sincere attempt to reduce the exposure to these products to children at risk.

Please know that an allergic reaction can be severe enough to cause death, although this is not a common occurrence. We feel that the health and safety of all of our children rank far above any inconvenience this may cause. This is so much the case that our preschool already has systematized storage for Epipens designated for use for those children with significant allergies. We have also started a list of "safe food" suggestions to simplify the process of adhering to this policy which we welcome you to add to. If you have a significant reason preventing you from complying with this policy, please speak to Alma, the Preschool Director, and she will explore the possibility of special accommodations.

1. As a Nierman Preschool rule, please do not bring or send any food that has peanuts or tree nuts as a known or listed ingredient. Children who bring peanuts/tree nut foods in classrooms with children with known allergies will eat their foods in alternate locations or will have the food returned, unopened in their lunchboxes. This is as prohibitive as we feel we can be in a school-wide policy.
2. We recognize that this may not eliminate all peanut and tree nut allergen that can cause a potential exposure for an allergic child.
3. It is imperative that parents and/or caretakers of children with peanut and/or tree nut allergies inform their classroom teachers as well as Kid Konnection and Enrichment teachers of this fact.
4. Children with food allergies are encouraged to wear medic alert bracelets identifying them and showing their emergency contact information.
5. We would welcome a choice list of foods and food vendors from parents of children with food allergies to be disseminated among all parents so that informed choices can be made for lunches, special snacks, and birthdays. We encourage parents in classrooms where there is a peanut/tree nut allergy to only bring special snacks with are allergy-free ingredients.
6. Judi Sofer, Assistant Preschool Director, has an organized system of Epipen storage for children with known allergies. If a child has a food allergy and asthma concurrently, we recommend adding a beta agonist inhaler to their designated Epipen at the preschool as they may have a higher risk of respiratory symptoms if exposed. However, an inhaler should never be given instead of an Epipen as it alone is not reliable enough.
7. **IF YOUR CHILD HAS FOOD ALLERGIES**, we encourage you to discuss how you would like to handle special snack with your teachers. Since these snacks come from parents of other children, the preschool can not reliably ensure that they will be free of trace antigen and teachers should not be expected to make decisions about whether allergic children can participate in special snack. Parents are welcome and encouraged to store alternate special snacks in the preschool freezer with the name of the child and their classroom on them.

Please share any questions or concerns with Alma or the Health and Safety Chair.

Thank you,

The Health and Safety Committee



# Peanut Free Lunch and Snack Menu Suggestions



Dear Parents,

I have a child with a peanut allergy. I want you to know that contact with even a trace amount of a nut product could result in an allergic child's death within minutes. Due to the sticky nature of peanut butter, it can be inadvertently transferred from a child's hand to a chair, playground equipment or a bathroom sink. I would appreciate your consideration when you are packing your child's lunch, especially if our children are friends in the same classroom.

I appreciate that the preschool has a dairy or pareve (no meat or chicken) and a no shellfish policy, minimizing some lunch options. Here is a list of peanut free foods to make it a little easier for you. You are encouraged to add to this list. Thanks for your thoughtful consideration!

## **Sandwiches:**

Tuna, Salmon, Jam, Cream Cheese, Avocado, Sliced Cheese, Grilled Cheese, Quesadilla, Cottage Cheese with Fruits or Vegetables, Pancakes and Waffles, Pizza, Blintzes, Macaroni and Cheese, Fish sticks, Yogurt.

## **Side Dishes or Snacks:**

String Cheese, Carrots, Mini Muffins, Sliced Grapes, Watermelon, Strawberries, Blueberries, Rice Pudding, Chocolate/Vanilla Pudding, Jello, Pear, Apple Slices, Oreo Cookies, Pretzels, Cheez-its, Apple Sauce.

## **Brands that are NUT-FREE:**

Kozy Shack Rice Pudding, Oreo Cookies, Mrs. Mays Fruit Crisps (Found at Costco), Cheez-It (Plain), Stoney Field Farm Yogurt, Sarah Lee Plain Bagels and Mini Plain Bagels, Dare Brand Crackers, Tree Top Applesauce, Kirkland Signature Individual, Chocolate Milk Boxes (Costco), Naked Juice Brand Little Juices (Costco), Stretch Island and Frutabu Fruit Leather, Sun-Maid Raisins. Krispy Kreme Doughnuts is a nut free facility.

Not all products under the same brand are produced in the same nut free facility, so it is important to check the allergy warnings under the ingredient labels.

Thank you in advance for your consideration. We know you have busy schedules and that this is something extra to think about, but please know how much we appreciate your taking the time to make the classroom safe for our child.

Thanks for your thoughtful consideration.

Signed,

*A Concerned Parent*



# WHAT SHOULD I MAKE FOR LUNCH TODAY?

Suggestions offered by a Nierman Preschool Mom

Dear Parents,

Getting ready in the morning can be tough, especially when you are trying to send everyone off in different directions. Here are some time-saving tips and menu ideas to help ease the morning rush.

**Please remember all lunches must be vegetarian or dairy**

**We do our best to be sensitive to the needs of children with peanut/tree nut allergies**

**Think "green" – we are also trying!**

**Identify all items with your child's name written in permanent marker**



Items to have on hand:

- Zip lock bags (pint and snack size) or reusable sandwich carriers
- Containers that are microwave-safe with lids
- Plastic ice block (Blue Ice) — to keep food cool
- Lunch box – an insulated one if you wish to keep food cool.
- Cup which can be left at school for water
- Thermos – is you want to send a drink. We supply water.
- Reusable plate and utensils.

Some people find it easy at the beginning of the year to hang a menu on the wall. That way Mom and Dad don't have to think in the morning "What am I going to make today?" You already decided!

## **Main Course**

Grilled Cheese, Tuna Sandwich, Quesadilla, Soy Butter and Jelly Sandwich, Cheese Stick, Pasta with Marinara Sauce, Boiled Egg, Macaroni and Cheese

## **Vegetables**

Green Beans, Corn, Peas, Carrots (baby carrots are quick and easy to pack), Cherry Tomatoes, Baked Beans, Broccoli, Cauliflower

I know you are reading this thinking I am crazy to suggest vegetables for your picky eater! It is true that if your child sees a food often enough he/she may actually try it and start eating it. Don't get discouraged if in the beginning the container comes home full of vegetables every day. Sooner than you think, your child may start to eat it!

## **Fruits**

Apple Sauce, Sliced Apple, Banana, Orange Slices, Strawberries, Grapes (cut in half), Sliced Melon, Raisins, Dried Fruit, Mixed Fruit (snack pack single serving size)

## **Something Special**

- Mini-Muffins – you can find mini-muffin pans in most grocery stores. Make as many as you can and freeze. Take one out at a time. It will defrost in your child's lunch pail.
- Mini-cookies – again, freeze extra and take out a couple at a time.
- Silver dollar size pancakes – you can make and freeze these or you can find them in your local grocer's freezer section.

Don't worry, your child will not starve! Your child will be receiving a snack in the morning and if your child stays for KK, a snack in the afternoon. These are just a few ideas for you to get started with. As time goes by you will find out what works for you and your child.



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RE: Special Support Services

Dear Parents,

Many of you know that we offer special support services to help identify children's needs and to assist parents and teachers with appropriate resources to maximize their children's potential. These specialists and interns may meet in your child's class.

Debbie Gerber is our school counselor. She is a Licensed Clinical Social Worker, senior clinician. Debbie comes to the school every Tuesday and Friday morning and circulates through all the classrooms. She meets informally with the teachers and is an important part of our interdisciplinary team. Debbie is also available to assist families with any transitions, concerns or changes in your family situation. If you would like to make an appointment for a confidential meeting with Debbie Gerber, please contact me to set up a meeting time.

Our occupational therapy consultant, Val Plummer, and her team, are registered OTs specializing in pediatrics and sensory integration. They will assist parents and teachers with any concerns they have about their children's sensory integration and gross/fine motor development issues. Our OTs do free assessments at the school at the request of teachers and parents, and meet with parents as a follow-up with recommendations.

In addition, throughout the year we may have C.O.T.A.'s (Occupational Therapy Assistants) who intern at our school as well as R.O.P. (Regional Occupational Program) students who gain field experience in methods for early childhood education. Special assistants will also be in several classrooms.

We are very fortunate to have such qualified people to work with our children, enhancing their skills. Please take advantage of the services provided and participate in the special workshops we will offer during the year. If you have any concerns, please share them with your child's teacher or with me.

Sincerely,

*Alma Hadash Geiger*

Alma Hadash Geiger, Director  
Early Childhood Education



# HELPFUL HINTS TO EASE SEPARATION ANXIETY

At the beginning of every new school year, both parents and children are faced with a new routine and environment. Trying to acclimate to a new teacher, school, and different friends can be very challenging. Some children may be upset for a day, others for a few days, and others for weeks. These reactions are normal and expected. In fact, these feelings of anxiety help the child develop a sense of self and teach him/her to become independent. It is also natural for the parents to feel upset about their child's reaction especially when the anxiety extends over a number of days. These are a few pointers taken from "Child Care Communique" that may be useful for this transition period.

- Visit the school before the school starts and meet with your child's new teacher.
- Before the school year, start a daily routine by having your child help prepare his/her lunch and set school clothes aside the night before.
- Pay attention to your child's behavior in separation circumstances so that you are prepared for his or her reaction.
- If the teacher encourages you to spend some time in the classroom the first day, do so. Conversely, the teacher may ask that you not linger in the classroom in order to aid in the transition. Please follow the teacher's recommendation.
- Always say good-bye to your child before leaving the classroom. Be loving but firm, letting them feel secure about their new environment. Children sense how you are feeling.
- Talk to your child in a positive way about his or her new experience.
- Validate your child's feelings by talking about them.

Suggested Books to read with your child:

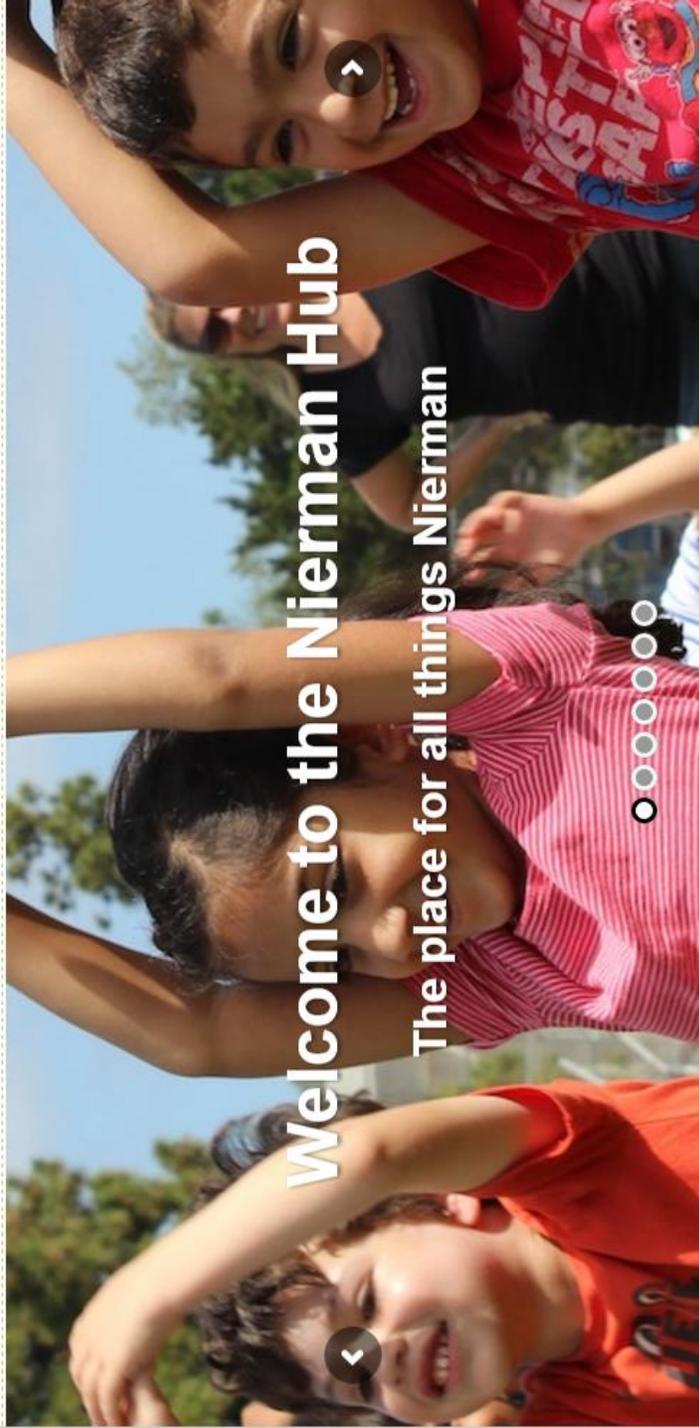
I Don't Want To Go To School by Nancy Pando;  
Mama Don't Go by Rosemary Wells;  
My First Day At Nursery School by Becky Edwards;  
The Good-Bye Book by Judith Viorst  
Friends at School by Rochelle Bunnett  
I Love You All Day Long by Francesca Rusackas  
Don't Go! by Jane Breskin Zalben  
D. W.'s Guide to Preschool by Marc Brown  
Bye Bye! by Nancy Kaufmann  
What to Expect at Preschool by Heidi Eisenberg Murkoff  
My First Day at Nursery School by Becky Edwards  
Wemberly Worried by Kevin Henkes  
Oh My Baby Little One by Kathi Appelt  
Mommy's Coming Back by Madeleine Yates  
Will You Come Back for Me? by Ann Tompert



Call : (858) 457-3030

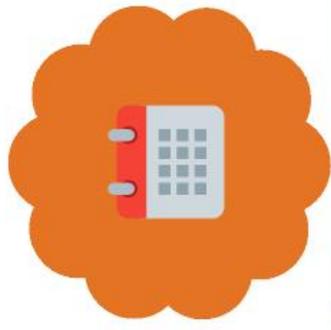


Alma's Update   Class News   Forms   Calendar   **+** More Information



# Welcome to the Nierman Hub

The place for all things Nierman



[www.niermanhub.org](http://www.niermanhub.org)

is our **NEW** Go-To Website!

It was designed with the goal of creating a secure and centralized destination for:

- Preschool Updates
- Classroom Newsletters
- Fliers, Forms and Holiday Information
- Calendar Information

Easy to use

Stay up to date and informed!

**BIG REVEAL ON SEPTEMBER 6TH!**

For more information or any questions,  
email Jennifer at [jennifer@lfjcc.org](mailto:jennifer@lfjcc.org).

Encouraging reading is one of the most important things we can do to help your child succeed. It can be tough finding the right books to keep them interested, which is why we are excited that the Nierman Preschool participates in the Scholastic Reading Club.

# Scholastic Reading Club

## HOW IT WORKS

Each month, your child will bring home Reading Club flyers. Together you can choose books you would like to order. The books you order will be shipped directly to school. When the books arrive we will deliver them to your child's cubby.

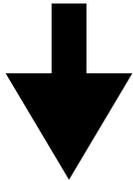
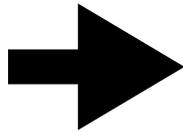
With Scholastic Reading Club everybody benefits:

- Every book you buy earns **FREE books for our school library**
- You can choose from handpicked, grade- and reading-level-specific books for your child
- This is the **best** and most **inexpensive** way to order great books in a variety of formats, including eBooks

There are 2 ways to order: online or by paper form.

## HOW TO ORDER

**2 ways to order:**



### PAPER FORM:

Fill out and return the paper order form to the "Preschool Forms" dropbox located in the hallway, along with your payment in check payable to **Scholastic, Inc.**

The books will be sent directly to the school, and once the book box arrives we will deliver them to your child's cubby.

### ORDER ONLINE:

#### 1. START YOUR PROFILE

Go to [scholastic.com/readingclub](http://scholastic.com/readingclub) and enter your information to create your Reading Club online profile.

#### 2. ENTER SCHOOL INFORMATION (you only need to do this once)

There are 2 ways to find Nierman Preschool

- enter your One-Time Class Activation Code.

Nierman Preschool's code is **HVGBR**.

The teacher listed is "**Carol Marsh**".

- or browse the list of schools.

Select state: California.

Select city: La Jolla.

Find school: **Nierman Preschool**

Teacher: **Carol Marsh**

#### 3. CHOOSE YOUR BOOKS

Browse and buy books. Online payments are made by credit or debit card.

The books will be sent directly to the school. Once the book box arrives we will deliver them to your child's cubby.

### QUESTIONS:

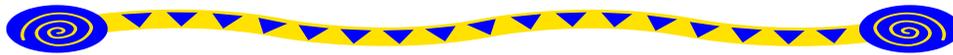
Contact teacher Carol Marsh in room 3, or email parent volunteer at ([nierman.scholastic@gmail.com](mailto:nierman.scholastic@gmail.com))



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# Nierman Preschool Exciting Fall 2016 Community-Building Programs Hold these Dates!



## **Ice Cream Social**

**Sunday, September 18<sup>th</sup> at 2:30pm**

Ice Scream! You Scream! We all Scream! For Ice Cream!  
Free family get together social in the Preschool Playground

## **Shabbat San Diego**

**Thursday, November 10<sup>th</sup> – Sunday, November 12<sup>th</sup>**

This is an amazing community-wide event!  
Celebrate Shabbat with all of San Diego  
Find out how you can get involved!



## **Shalom Sesame Shabbat**

**Thursday, November 10<sup>th</sup> at 9:30am**

Join our Nierman Preschool Family  
As we celebrate Shabbat as a community

## **Hanukkah Happening!**

**Sunday, December 11<sup>th</sup> from 11:00 am – 2:00 pm**

Family Fun Carnival with Games, Crafts, Jumpies,  
Themed Basket Auction, Raffle, & Entertainment  
Lawrence Family JCC Gymnasium



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## NIERMAN PRESCHOOL

### Glickman•Galinson Early Childhood Education Complex

Alma Hadash Geiger, Nierman Preschool Director



# Parent Handbook





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A Note From  
Our Executive Committee  
Early Childhood Education

Dear Parents:

It is our pleasure to welcome you, our new parents and preschoolers, to Nierman Preschool. We are proud to be parents at the preschool and are delighted you have chosen to join us.

We have a wonderful school, filled with many exciting and innovative programs for both our children and their families, as well as a caring and creative staff. We also benefit from our physical connection to the JCC at large.

*Your early involvement with your child's education will promote future success in your child's growth and development. We truly pride ourselves on the fact that parent involvement (at any level) is an integral part of our culture. It is a meaningful part of who we are, and not only do the children take notice, but it strengthens our community in a truly meaningful way.*

**There are many ways for you to be involved at the preschool and your input is appreciated and encouraged at every level.** We invite you to become an active member of our Preschool Committee which meets monthly, discussing and developing policies for the school. We also encourage you to volunteer in your child's classroom, and on one of the many volunteer committees that help shape the culture of our school community.

Please take the time to complete the Parent Volunteer Form and return it to the preschool. In particular, please take special note of the Room Parents and Mitzvah Committee, both of which have the ability to make a significant impression on the families within your classroom and throughout the school. In addition, the Hanukkah Happening Committee and various other committees offer you a chance to have a major impact in unique events, with a specific and short-term commitments.

We are excited to begin this new school year, and your participation and enthusiasm will help guarantee its success.

We hope to see you at the New Parent Orientation Meeting and invite you to contact us throughout the year with any suggestions, concerns or comments you have.

Warm regards,

*Your Nierman Preschool Executive Committee*  
Early Childhood Education



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# WELCOME!

Dear Parents,

A prevailing wisdom in the early childhood community affirms that a good preschool setting is like a good neighborhood for its families. In addition to providing developmentally appropriate activities for the children, the school provides support, a variety of programs that reinforce family values, and a sense of community for the entire family.

## **NIERMAN PRESCHOOL IS A GREAT NEIGHBORHOOD!**

Our creative and talented staff provides quality secular and Judaic programs in a warm and positive Jewish environment. The social, emotional, physical, sensory, and cognitive development of each toddler, two, three, four, and five year old is promoted. We want each child to feel that she or he is special because each child is.

Parents are encouraged to be involved in the many committees that support the preschool program. We value your input and time. Your participation enriches the entire school program.

The administrative staff is always available to meet with you to share ideas, concerns, and suggestions. Please don't hesitate to call on us—we are here for you!

Our Glickman • Galinson Early Childhood Education Complex is a beautiful home for our program and we are looking forward to a wonderful year.

Sincerely,

*Alma*

Alma Hadash Geiger, Director Early Childhood  
Education [almah@lfjcc.org](mailto:almah@lfjcc.org)  
858.362.1171



## SCHOOL PHILOSOPHY

The Early Childhood Education program is designed to develop the social, emotional, physical, sensory, and intellectual well-being of each child through our developmental milestone curriculum. Our focus is on creating a safe and nurturing environment that offers opportunities for exploration and discovery. We strive to develop curiosity, imagination, self-esteem, caring for others, and the ability to play both cooperatively and independently. We are committed to expanding community access to recreational and social programs for children with disabilities.

The program is multi-sensory. Experiences are provided to encourage growth in the following areas:

- Fine and Gross Motor Coordination
- Sensory Integration
- Cognitive and Adaptive Skills
- Socio-Emotional Development
- Language Development
- Moral Development
- Spanish as a Second Language



The environmental components in the classroom are enhanced by the *ta'am* (flavor) of Judaism - the heritage and values - which allow the children to cultivate a positive sense of identity for themselves and within the greater community. Cultural diversity is promoted and respected as children and families share their traditions from around the globe.

## CURRICULUM

The curriculum emphasizes the development of the “whole child”. Learning activities are designed to match the developmental stages of each child. Attention is directed at the process and pleasure of discovery in each project, and NOT on the final product.

Quality teachers and specialists offer an integrated approach to education, skillfully interweaving academic goals and objectives as they build on what children can do, and challenge them to try new things. Language arts, reading and math readiness skills, art, science, movement, dramatic and imaginative play, and creative activities are linked through individual units as they are explored.

Jewish culture, traditions and heritage are studied and celebrated with songs, stories, dance, cooking, and crafts. Shabbat is celebrated at school each Friday in an atmosphere of joyful togetherness and sharing. Classrooms meeting on Tuesday/Thursdays celebrate Shabbat on Thursdays.

## SPANISH IMMERSION CLASSES

Nierman Preschool recognizes the benefits of introducing a second language at an early age. We offer Spanish Immersion programs for our 3 and 4 year olds, and we have a Spanish Enrichment option for our oldest 2's and youngest 3's, where English concepts are introduced and reinforced in Spanish.

## **ADMISSIONS POLICY**

Children are accepted for enrollment in Nierman Preschool on a first-come, first-served basis. Registration is confirmed with a non-refundable application fee of \$600, \$100 of which is applied toward ongoing security enhancements, and \$200 of which is applied to the final payment of tuition. A waiting list will be maintained for those children who are denied enrollment due to lack of space. Children attending Nierman Preschool must be between the ages of 18 months and 5 years of age. No child will be denied admission because of race, religion, or national origin.

## **ADMISSIONS FORMS**

It is the parent's responsibility to furnish the following completed forms to the Preschool Office by the first day of class. These forms are required by the California State Department of Social Services and the San Diego County Department of Health.

- Identification and Emergency Information
- Consent for Medical Treatment
- Physician's Report
- Acknowledgement of Parent's Rights Notification
- Pre-Admission Health History
- Personal Rights
- Physician's Recommendation for Medication (if needed)
- Copy of Immunizations\*

### **Forms required by Nierman Preschool include**

- Family Information and Health, Medical and Emergency Information Form: includes all pertinent information about your child on one form and must be kept up-to-date
- Family Picture: A current and labeled family picture in order that we may provide you with better security and customer service
- Consent for Medical Treatment
- Sunscreen/Diaper Cream/Wound and Burn Care Waiver
- Treatment package for children who must take medicines on an ongoing basis or for children with severe allergies
- Nierman Preschool Policies and Waivers

**Please keep our school within code and your children in a safe environment. Keep your emergency information current by updating the Preschool Office with new address, home, or business phone numbers, cellular phone information, or e-mail address.**

\*Per Senate Bill 277, as of January 1, 2016, the immunization exemption for personal and religious beliefs (PBE) is eliminated in the State of California. Children with medical exemptions are exempt from this new law.

## ARRIVAL AND PICK-UP

Parents must accompany children to their classroom at drop-off. Children must be signed-in at arrival. The following information should be written on the sign-in sheet: the child's name, the **FULL signature** of the person signing-in, the time, any special comments (child attending daycare, enrichment, etc.), and the name of the person authorized to pick-up the child at departure. Children must be signed-out at the end of the day. A list of people authorized to pick-up your child should be written on the Identification and Emergency Information Form. This information must be updated as necessary.

**Preschool classes begin at 9:00 am and end at 1:00 pm.** Children are expected to arrive at school **no earlier than 5 minutes before class.** Teachers require the time before the start of class to prepare for the day, and are not available to properly greet or supervise children who arrive early. Children arriving before class begins should be signed-in to Kid Konnection. **Children may be picked up between 12:50 and 1:00 pm.** Please be prompt in picking up your child if they are not staying for an extended day. If you realize that you are going to be late, please contact the Preschool Office. We will bring your child to Kid Konnection, the extended care program. Do not worry if you can't reach us – we will automatically take care of your child. Please see the information on Kid Konnection and Enrichment on page 9.

**Children remaining in our care during after school hours (e.g. Enrichment and Kid Konnection) must have exclusive use of the facilities. Therefore, we are required to ask parents to leave the preschool playground by 1:10 pm daily. Parents who arrive to pick-up children from Enrichment also must leave the playground by 2:30 pm (according to State Law).**

## PARENT-SCHOOL PARTNERSHIP

Parents and teachers look at young children's learning from many different perspectives, with a common goal: making sure children engage meaningfully with the materials presented and grow from their experiences. We believe one way to foster children's learning is through building partnerships between families and Nierman Preschool, with frequent and open communication and mutual respect.

One formal Parent/Teacher Conferences will be offered in early winter. Teachers will meet individually with parents to discuss your child(ren)'s progress. Please contact the teachers or Preschool Director if you want to arrange additional conferences during the year. Special concerns should be addressed to the Head Teacher of your child's class or the Preschool Director. Weekly newsletters from the teacher will be received via email or our website, The Nierman Hub. In addition, you will receive e-mails as well as flyers and forms to notify you of upcoming events, describe programs and projects that occurred, and offer an explanation of upcoming Jewish holidays with suggested home activities, cooking projects, and words to songs. **Since we rely heavily on e-mail for school communication, please make sure your e-mail addresses are up-to-date, and notify the Preschool Office in person!**



## CLOTHING

Please send your children to school in comfortable, washable clothes which allow them to move freely and to participate in “messy” projects. We recommend that children wear closed-toe shoes appropriate for climbing, running, and other vigorous school activities. Please be sure to label all extra clothing with your child’s name.

## OPTIONAL LUNCHESES and SNACKS

Lunchtime is an important learning experience at school. Parents provide nutritious lunches including a drink. Please do not send gum, candy, or soda to school. In accordance with the kosher policy at the Jewish Community Center, we ask that all lunches be “dairy”. Dairy refers to non-meat and non-fowl foods. Fish such as tuna fish are considered *pareve* (neither meat or dairy) and are acceptable. Peanut and tree nut allergies are becoming very common. **If your child has any allergies or foods that should be avoided, please contact the School Office!** For some highly allergic children, contact with even a trace amount of a nut/food product could result in a death within minutes. Please respect the policies of your room. Additional information is provided in your confirmation package. If you have any questions, please contact the Preschool Director.

**Due to the severity of a peanut or tree nut reaction, we ask that parents not bring anything containing peanuts or tree nuts with their child to school.**

Special lunches are offered each day. Sign-up forms are available in the confirmation packages and through the Preschool Office.

Midmorning snacks are provided by the school and by parents. Healthy foods from two food groups are served daily. Children in afternoon Kid Konnection and Enrichment also receive an afternoon snack.

## CHALLAH

Challah, a sweet braided egg bread, can be ordered from the Preschool for your weekly home Shabbat observance. These challahs will be delivered to the classrooms each Friday. Parents who sign their children up to be the class *aba* (father) or *ima* (mother) for Shabbat can order a special challah for that week. Your family will love the special bread, and you will be supporting the preschool at the same time. Challah forms are available in your confirmation package and through the Preschool Office.

## BIRTHDAY CELEBRATIONS

Children’s birthdays are celebrated in the classroom at a birthday circle. Parents may provide a special snack, and are welcome to participate. However, birthday invitations may not be distributed for these classroom parties. **Invitations for private birthday parties may be distributed at school only when all children in the class have been invited.**

We invite you to commemorate your child’s birthday or a special celebration by participating in our Birthday Book Club. You can adopt a book which will have a tribute certificate in honor of your child or celebration and will be presented to your child’s class for the school library.

## **NIERMAN PRESCHOOL SPECIAL PROGRAMS**

As part of our regular, school-year curriculum, Nierman Preschool offers a variety of special programs to provide meaningful and interactive opportunities for the children to engage as part of their larger preschool community with the various Jewish holidays celebrated throughout the year.

### **Shabbat Spirit Day**

The last Friday of each month is designated as Shabbat Spirit Day. On this day, every classroom joins together in the Preschool Courtyard to celebrate Shabbat as a community. We are often joined by a rabbi from the San Diego community, who shares a special story with the children. Each month, a different teacher will help lead the song session.

### **Rosh Chodesh**

Rosh Chodesh acknowledges and celebrates the arrival of the new Jewish month. The children join together in the Preschool Courtyard on the Tuesday closest to the actual date. Along with our Music Specialist, the children sing songs about Israel, the moon, and the holidays that fall within the new month.

### **Shalom Sesame**

This wonderful program has not only introduced great PJ Library books to our children, but it has also helped the children learn how to attend programs in the Theatre. Each year we present five Shalom Sesame Programs to the children. Themes have included: Shabbat, Mitzvot, Hanukkah, Tu B'Shvat and Israel.

### **Holiday Programs**

Holidays are a big part of the Nierman Preschool experience, and we celebrate them with great cheer. Some holidays are celebrated school-wide and others are observed in the classrooms. Parents are invited to join us. Some of the programs involve a series of stations for the children to visit to learn more about a particular aspect of the holiday or Jewish culture. Parents are encouraged to volunteer and help man the various stations.



## ENRICHMENT

An enrichment program is offered each afternoon from 1:15 – 2:15 pm for 3 year olds and 4 and 5 year olds, with teachers providing supervision for the transition from class to enrichment.

Classroom teachers sign each child into his/her enrichment program after the school morning has concluded. Classes meet once a week for approximately 6-8 week sessions. Sports, dance, art, science, cooking, music and movement are among the enrichment classes offered. There is a separate charge for these classes. Regular Kid Konnection rates apply after 2:15 pm.

Information about classes, schedules and fees are in your confirmation package, distributed via your child's classroom teacher and e-mail, and are available in the Preschool Office.

## KID KONNECTION

Kid Konnection (KK) offers a flexible, extended day care program for children ages eighteen months through five years. Early morning care is open from 7:30 – 9:00 am each day.

Afternoon care is from 1:00 – 5:30 pm, Monday through Thursday, and 1:00 – 5:00 pm on Friday. Children who take afternoon naps will sleep on their cots in their designated KK sleeping room; others will have quiet play in another room. Afternoon snack, outside and indoor play, storytelling and circle times complete the day. Parents should indicate on the daily sign-in sheet that the child is to go to KK. For last minute KK reservations, call the Preschool Office. Should you be late for pick-up, your child will automatically be taken to KK.

Kid Konnection extended care is charged on an hourly basis. A daily record is kept of each family's use of Kid Konnection. See the Preschool Office for current KK Rates.

Families will receive an invoice of KK use once a month.

**Please Bring:** Crib sheet to cover cot during rest period

Additional small sheet or light blanket to cover sleeping child

*Please label all items. If you do not bring one, a crib sheet will be supplied to your child and \$10 will be charged to your account. Parents are responsible for weekly laundering.*



## PLEASE BE PROMPT IN PICKING UP YOUR CHILDREN!

The KK staff understands that, in rare cases, emergencies can occur. If you have an emergency, call the Preschool Office and indicate that you are running late. Parents are expected to pick-up their children on time. A late fee of \$1.00 per minute will be charged after day care closing time. Tardiness penalties must be paid by cash or check to the Preschool Office within three working days of the occurrence. If the penalty is thirty days in arrears, use of the program may be denied.

## HEALTH AND SAFETY

Guidelines for keeping your sick child home were developed by the Health & Safety Committee to protect the health of all children, staff, and parents at the school.

**A child should not be in school when she/he has:**

- Nausea or vomiting, or has vomited during the night;
- Diarrhea;
- Frequent coughing or sneezing, colored nasal discharge;
- Evidence of a communicable disease such as a rash or unusual sores;
- A temperature of 100 degrees or above;
- If febrile, the child may not return to school until there has been no fever for 24 hours without Tylenol or Motrin (please note that the school may not administer these medicines);
- Sore throat;
- Unusual watery, burning, red, or crusted eyes;
- An unexplained or contagious rash;
- Head Lice;
- Any behavior changes interfering with participation in school activities;
- Health reasons which preclude his/her playing outdoors.



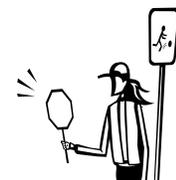
**Please notify the school immediately if your child has been exposed to or has contracted a contagious disease.** State law requires that we send home any child exhibiting signs of illness. Your child will be isolated until you arrive. The JCC does **not** have on-site nursing capacity and therefore your prompt arrival is greatly appreciated. Please remember that these guidelines are meant to protect the health of your children and staff at the school. **A note from your child's physician stating that he/she is able to attend school does not mean that he/she does not pose a risk to classmates or staff and does not merit immediate readmission to school.** It is up to the discretion of the school to determine whether your child has met the criteria after an illness to return to school.

**Healthy Snack Options:** Snacks offered by the preschool consist of two food groups. Parents are encouraged to provide healthy snacks on their volunteer snack day.

**Safety in the Parking Lot:** Two parking lots are available for drop-off and pick-up. The Executive Drive lot in front of the preschool is reserved exclusively for preschool parents for drop-off and pick-up. A second parking lot can be accessed from Genesee Avenue or Eastgate Mall. Enter and back-up from spaces slowly and carefully, looking out for small children. Take care in opening doors.

Please refrain from using your cell phones in the parking lot, and be extra vigilant as there is a lot of activity at high-use times.

The security guards are on duty to ensure our safety, and have your children's safety as their highest priority. Please follow their directions.



## EMERGENCY INFORMATION

**It is imperative that emergency information is updated as soon as changes occur.** Please keep your Student Information Sheets (SIS form) current. Should an emergency occur while the children are at school, we will follow the JCC's emergency procedures. Parents will be contacted on pick-up procedures via automated phone messages and/or e-mails. Should emergencies occur prior to school opening, you will receive automated messages to keep you updated. Copies of the JCC's emergency planning procedures are available.



## MEDICATION AND ALLERGIES

If your child requires special medication during school hours, the school must have written, dated, and signed instructions and forms from your child's physician and signed by the parent. Medication must be handed directly to the Preschool Teacher. **Do not send medications in lunch boxes.** In order to assure that the staff is properly trained in administering emergency treatment to children with severe allergies, a complete packet of information must be completed by the parent, physician, and teacher after being trained, prior to the start of school. Notify us, in writing, of all allergies that your child has. When appropriate, we will ask parents to provide all food, snacks, and special treats in order to assure that your child's specific needs are addressed. Since children at our school have allergies to animals, we ask you to please keep your pets at home.

## SECURITY

The security program at Nierman Preschool is in place with video cameras around the campus and security guards at each entrance. For your children's safety, drop-off and pick-up must be done through the main doors to the JCC's Viterbi Galleria, entering through the Glickman ♦ Galinson Early Childhood Education Complex. This access is monitored by Preschool Staff during prime times and by the Front Desk personnel throughout the day.

You will need your membership card for identification and door access. If you don't have your card, please sign in at the front desk. If a non-member will be dropping-off or picking-up your child, please fill out an authorization form found in your confirmation package or at the Preschool Office. The names of these authorized agents will be given to the Front Desk. Make sure they have a picture I.D. for positive identification.



## PARENT INVOLVEMENT

The Preschool Committee is a group of parents who serve as lay advisors for the Early Childhood Education Department. The members of the committee work with the Preschool Director and staff to:

- Create and evaluate school policies, programs and budget
- Organize family social activities
- Develop parent education programs
- Plan fundraising activities
- Make policy recommendations to the JCC's Board
- Represent Nierman Preschool to the community-at-large

Participation on the Preschool Committee or a subcommittee is an excellent way to be involved and to be better acquainted with other parents. There are subcommittees for:

- Room Parents
- Hanukkah Happening
- Health and Safety
- Nierman Hub
- Judaic Programs
- Birthday Book Club
- Parent Education and Socials
- "Green" Committee
- Promotion
- Teacher Appreciation
- Scholastic Books
- Family Outings



Other avenues for participation include:

- Volunteering in the classroom
- Providing special snack
- Story-telling
- Offering curriculum-related presentations

We look forward to your active participation!

## PREPARING YOUR CHILD FOR SCHOOL

Perhaps the largest step away from complete dependence occurs as your child enters preschool. Both your child and you may need some help adjusting. Your child may feel uneasy in a new environment. You can help by not being disturbed the first few days if your child is shy and clings to you; aggressive and will not share; cries easily; and/or has bathroom accidents.

These behaviors will disappear as your child begins to trust the teachers and other children. Be sympathetic and understanding. Act out the experience of going to school with your child at home, discussing in detail what to expect. We welcome your visits anytime we're open.

Please notify us of any changes in your household that would affect your child (e.g. new sibling, loss of a loved one, parent's absence, family tensions, etc.) This information will be kept confidential and will allow us to meet your child's needs.

### Helpful Hints

- Talk about school as a place where children go to have fun.
- Keep the night before the first day as calm and restful as possible.
- Your child may want to skip breakfast on the first day of school. If so, we suggest that you not force the issue and let your child go without breakfast that day. Your child will be given a snack when she/he does get hungry.
- Try to avoid a long list of instructions, do's and don'ts. Trust the school staff to exercise their judgment as to the welfare of your child.
- Give your child a warm send-off, indicating that you will be waiting for his/her return in the afternoon.
- Plan to attend Orientation Day prior to the start of school. From 10 am to noon, you and your child can visit, meet the teacher and other children and play in the classroom. You may attend for a short time or the whole two hours.
- Transitional objects such as small stuffed animals or blankets can often ease a child's entry into school. Our goal is for your child to feel comfortable and eager to come each day. If bringing "something from home" will help the transition process, please do so. Ask your child what s/he would like to bring or offer a choice of items you have selected. Sometimes the object brought is something that belongs to a parent. If so, tell your child that you will get it back when you see him/her next. Each family is encouraged to bring a family photograph to post on the classroom family board.



## INCLUSION POLICY

Nierman Preschool welcomes all children with special challenges into our program. We believe that inclusion programs provide the best educational setting for all children, and we work to make sure that each child is a fully integrated member of the classroom in which he/she is enrolled. Children benefit from an environment that promotes diversity and respect for differences.

The more we know about your child, the better prepared we are to enhance his/her preschool experience and can more fully meet his/her needs. Your partnership in this regard is critical. There are a number of steps we can take collaboratively to ensure that your child receives the most benefit from the preschool experience:

- **OUTSIDE RESOURCES:** If your child has already been evaluated, we would appreciate access to the reports and information, including IEP/IFSP. We are committed to working with the community partners that support the special care and educational needs of children. Any information JCC staff learn from such collaboration is held in strict confidence and used only to gain a more effective understanding of a child's unique care and educational needs. Our staff is happy to share our observations and assessments with an outside resource – please sign our **Permission to Discuss Form** to release this information. JCC staff can attend IEP/IFSP meetings when available, and are happy to provide a room for meetings whenever possible.
- **ADDITIONAL ASSISTANCE:** Should your child need additional assistance in the classroom, or if we suggest extra assistance might be warranted, we can offer you referrals.
- **RESOURCE VISITS:** Should a resource person plan to come to the school, we simply ask that you notify us ahead of time and complete the **Permission to Discuss Form** which allows us to speak to the professional(s) about your child. We respect the professional knowledge and expertise of the consultants and therapists visiting our center and are eager to collaborate.
- **MEETINGS:** We are happy to set up meetings throughout the year to monitor your child's progress and discuss future plans. We are also happy to meet before the school year begins.

Thank you for your partnership.



# Nierman Preschool

## Mission Statement

Nierman Preschool, a department of the Lawrence Family Jewish Community Center, nurtures each child as a whole; emotionally, socially, physically, intellectually and spiritually; encouraging exploration and appreciation of the world around them while learning through play; fostering Jewish tradition, culture and values, recognizing and respecting differences, valuing families as an integral part of the community, with a dedicated, respectful, creative and professional staff in a safe and stimulating environment.



### Sample Daily Schedule

#### 2 Year Olds

|               |  |
|---------------|--|
| 9:00 – 9:20   | Greetings. All centers open with playdoh and manipulatives on tables |
| 9:20 – 9:30   | Clean-up   |
| 9:30 – 9:40   | Circle Time with songs and movement                                  |
| 9:40 – 9:50   | Snack  |
| 9:50 – 10:20  | Outside time on small playground                                     |
| 10:20 – 10:30 | Circle time discussing theme with songs and fingerplays              |
| 10:30 – 11:00 | Art  |
| 11:00 – 11:40 | Free play and diaper changing  |
| 11:40 – 11:50 | Clean-up   |
| 11:50 – noon  | Circle Time with flannel board                                       |
| Noon – 12:20  | Lunch time   |
| 12:20 – 12:40 | Outside time   |
| 12:40 – 12:50 | Stamps and Review Time   |

#### 3 Year Olds

|               |   |
|---------------|---|
| 9:00 – 9:30   | Greetings. All centers open with table games and manipulatives          |
| 9:30 – 9:45   | Welcome and overview of day   |
| 9:45 – 10:15  | Outside time on large playground  |
| 10:15 – 10:45 | Circle time discussing theme with songs, stories, activities, and games |
| 10:45 – 11:00 | Snack   |
| 11:00 – 11:20 | Art   |
| 11:20 – 11:45 | Table and carpet games  |
| 11:45 – 12:15 | Lunch   |
| 12:15 – 12:45 | Outside time on large playground  |
| 12:50 - 1:00  | Good-bye  |

#### 4 Year Olds

|               |  |
|---------------|--|
| 9:00 – 10:00  | Greetings. Art centers, manipulatives, table games               |
| 10:00 - 10:15 | Snacks   |
| 10:15 - 11:00 | Outside time on large playground                                 |
| 11:00 - noon  | Circle time discussing theme. Stories, games, dance and movement |
| noon - 12:30  | Lunch  |
| 12:30 - 1:00  | Sharing and closing story  |

|                                |
|--------------------------------|
| PE twice/week                  |
| Music once/week                |
| Computers once/week-(4's only) |

### A Beginner's Glossary of Jewish Words

Nierman Preschool offers an enriched curriculum, inculturated with Judaica. Many of the words, phrases, and rituals are expressed in the Hebrew language. Here is a beginner's list of some vocabulary your child and you might encounter. There's no test at the end of the year - just enjoy learning!

#### Shabbat

*Sabbath which begins at sundown on Friday night and ends Saturday evening*

- Challah A braided loaf of white bread. On Rosh Hashanah it is frequently baked in a circular shape, often with raisins.
- Hamotzi The blessing over bread or any meal in which bread is eaten.
- Havdalah A ritual which marks the end of Shabbat.
- Kiddush The prayer at the beginning of the Sabbath and Jewish holy days which is recited or chanted over a cup of wine.



#### Rosh Hashanah and Yom Kippur, The High Holy Days

*Rosh Hashanah - Jewish New Year. Literally "head of the year".  
Yom Kippur - Day of Atonement, day of fasting, prayer and reflection.*



- Kol Nidre Prayer which ushers in Yom Kippur. It is sung by the cantor. During this solemn prayer, the Torah scrolls are removed from the ark and held before the congregation.
- Leshana Tovah Tikatevu "May you be inscribed for a good year". Sometimes shortened to "Shana Tovah" or, in Yiddish, "A Gut Yohr".
- Machzor Prayer book used for Rosh Hashanah and Yom Kippur services.
- Selichot Communal prayers said at night, on the Saturday night preceding Rosh Hashanah.
- Shofar Ram's horn blown on Rosh Hashanah and Yom Kippur.
- Teshuvah Hebrew word for repentance. The days between Rosh Hashanah and Yom Kippur are called the ten days of teshuvah.

#### Sukkot

*Festival of Booths celebrated for seven days marking the time of the Fall harvest*

- Etrog Fragrant fruit. The lulav and etrog are the major symbols of Sukkot.
- Lulav Palm branch with a holder containing myrtle and willow sprigs over which a blessing is recited and which is shaken
- Sukah Hebrew word for Booth - a temporary structure built for this holiday to remind us of the flimsy structures in which the Israelites lived for forty years in the desert.

#### Hannukah

*Festival of Rededication which commemorates the victory of the Maccabees over the Syrians in 167 b.c.e. and the dedication of the Temple in Jerusalem. This post-biblical holiday lasts for eight days.*

- Hannukah Gelt Gifts of money sometimes given to children on Hannukah.
- Hannukiah Candelabrum with one arm for each night -eight lights- of Hannukah plus one extra light, the shamash, from which the other lights are lit.
- Sevimon A four sided top with the Hebrew letters Nun, Gimel, Hei and Shin on each side. Used for a special Hannukah game. Also referred to as dreidel in Yiddish.
- Latkes Potatoe pancakes traditionally eaten on Hannukah. Delicious with apple sauce or sour cream.



### Purim

*Celebration of Mordechai's and Queen Esther's victory over wicked Haman told in the Book of Esther*

|              |   |  |
|--------------|---|--|
| Grogger      |  | Noisemaker used to drown out the name of Haman each time it is read in the Megillah. |
| Hamantaschen |   | Triangular pockets of dough filled with poppy seeds, stewed dried fruits or jam.     |
| Megillah     |   | Usually refers to the book of Esther which is read in the Synagogue on Purim.        |

### Pesach

*Spring Festival celebrating the Israelite's Exodus from Egypt observed for eight days*



|          |  |   |
|----------|--|---|
| Afikoman |  | A piece of matzah which is hidden, at the beginning of the Seder, to be found by the children. Once found, it is distributed to all to signal the conclusion of the seder.      |
| Chamets  |  | Food which is not permissible on Passover because it contains leavening or certain leavened grains.   |
| Haggadah |  | The book containing the narrative of Israel's slavery in Egypt and the deliverance from bondage to freedom. It is read aloud at the Passover Seder.                             |
| Matzah   |  | Unleavened bread. It comes in flat, thin, perforated sheets. It is a remainder of the bread which the Israelites ate when they hurriedly left Egypt.                            |
| Seder    |  | The festive meal which ushers in the festival of Passover during which the story of the Exodus from Egypt is dramatically retold; special symbols are displayed and songs sung. |

### General Terms

|               |  |  |
|---------------|--|--|
| Kosher        |  | Refers to something which is fit to eat, according to the Jewish dietary laws. Food which is not kosher is called "treif".   |
| Mezuzah       |  | A small container which is affixed, at a slant, to the right side of the front door of a Jewish home. Inside the mezuzah is a parchment in which printed are verses from Deuteronomy 6: and 11: 13-21 4-9. |
| Pushke        |  | A small can or special container kept in the house in which money is collected for charity. A wonderful custom to perpetuate is to drop some coins into the pushke before lighting Shabbat candles         |
| Eretz Yisrael |  | The land of Israel   |
| Mazal Tov     |  | Literally "good luck", often used meaning "congratulations".   |



### Greetings

|                |   |
|----------------|---|
| Yom Tov        | General holiday greeting meaning "good holiday" |
| Shabbat Shalom | Peaceful Sabbath                                |
| Boker Tov      | Good morning                                    |
| Erev Tov       | Good evening                                    |
| Laila Tov      | Good night                                      |
| Shalom         | Hello, Good-bye, Peace                          |

