

# BELMONT WEEKDAY SCHOOL

## WEEKDAY SCHOOL SICK POLICY

GOODBYE SUMMER,  
*hello fall.*

The Weekday School has adopted the Model Child Care Health Policies from the American Academy of Pediatrics. These criteria were developed to control the spread of infectious diseases in the classroom. The criteria outline symptoms for which you should not bring your child to school or for which you will be called to come pick them up.

If you are ever called to pick your child up for illness, you should do so within an hour of the call. **Children should not be brought to school if they have taken multi-symptom cold remedies or fever controlling medications within the last 6 hours.**

Young children are building their immune systems. They will be ill from time to time in spite of our efforts to provide a healthy and clean environment for them. Please plan a

back-up system, i.e., care for your ill child when you must work and cannot be at home with your sick child.

We want to prevent the spreading of illnesses to the other students as well as teachers!

**FEVER: Your child should not be brought to school until they have been fever free for the preceding 24 hours.**

**VOMITING: Your child should not come to school until they have been vomit free for the preceding 24 hours.**

**DIARRHEA: Your child should not come to school until they have been diarrhea free for the preceding 24 hours.**

**STREP THROAT: Your child should not return to school until he or she is fever-free and has been on antibiotics for 24 hours.**

When your child is absent because of illness, please notify the school before 9:00am on the day missed. If your child is at school, he or she should be well enough to participate in all activities. We ask you to give your child enough time to recover from being sick before bringing them back to school.

The WDS reserves the right to ask you to present a doctor's note upon your child returning to school. Thank you for your cooperation.



## PARENT/TEACHER CONFERENCES

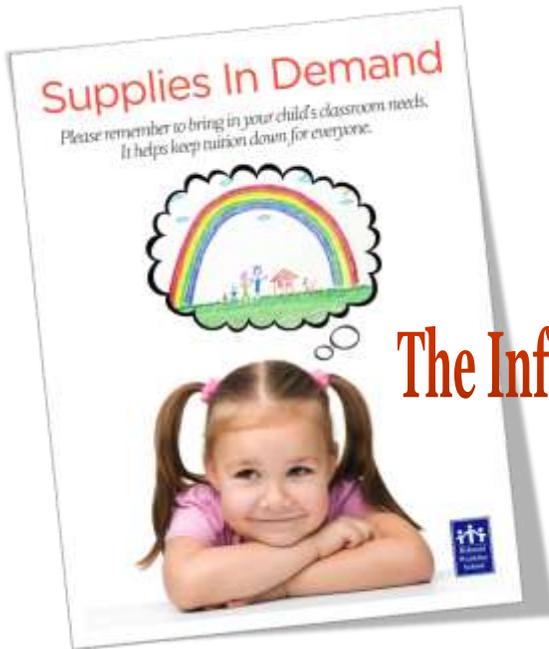
Soon you will receive information regarding Parent/Teacher Conferences that will be held on November 6th. There will be a sign-up sheet posted in your child's classroom. Conferences will be scheduled in 15 minute blocks. Please be courteous to other parents and arrive on time for your conference. This is a good opportunity to discuss issues, problems, or concerns you may have regarding your child or your child's classroom, as well as ways to create continual learning from school to home and from home to school. It is always a good idea to write down what you wish to discuss and bring it with you to the conference. If you are not able to attend on November 6th, please let your child's teacher know so that you can schedule another date.



**WDS will be closed for students on this day.**

## NEED OF THE MONTH

The “Need of the Month” was implemented as a way to help keep tuition costs down by having the parents “supplement” the Weekday School’s everyday needs. The “Need” varies from month to month and if we have a surplus of a specific item, it is stored to be used when we do run out of that specific item in classrooms, offices, kitchen, etc. If shopping is “not your thing”, you can also donate cash and one of our board members will do the shopping for you. If you prefer to donate cash, please give directly to Jean or EnaShea in the office. We appreciate your support and know that little things like the “Need of the Month” help keep our operating costs down so that we are better able to equip and maintain the classrooms, provide enrichment activities for our students, and for staff development.



The Infants class is in need of  
Clorox Wipes.



## BWDS COLD WEATHER POLICY

Cold weather will soon be arriving! Please do not forget to dress your child in cold weather attire when necessary. Also, it is almost time to change out the extra clothes in your child’s cubby so they are seasonally appropriate. We will continue to go outside almost every day in the fall and winter, so please bring a coat, hat, and mittens (labeled). We want to make sure your child is clothed appropriately to go outside and enjoy the fresh air. This is also a great way to reduce germs in the school.

Also, please remember: **If your child is well enough to be at school, he/she is well enough to play outside.**

With fall and winter weather approaching, snow could be in the forecast. To find out if WDS is open or closed during snow days, please watch Channel 2 (WKRN), Channel 4 (WSMV), or Channel 5 (WTVF) as early as 6:30am as well as, 5:00pm, 6:00pm, and 10:00pm. We will also send out email notifications through our WDS list serve - please

make sure that we have an updated and correct email address. We also post our closings or delays on Facebook and Twitter.



\*\*\*PLEASE NOTE\*\*\*

**We do not follow Metro’s School System, so please watch Channels 2, 4, or 5, and check your email for the most up-to-date information.**

# 2018-2019 Calendar of Events

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## SEPTEMBER

**9/3:** Labor Day **WDS CLOSED**

## OCTOBER

**10/18 & 10/19:** Fall Break  
**WDS CLOSED**

**10/25:** Fall Fest/Potluck Dinner

**10/30 & 10/31:** "Trick or Treating"  
through Church offices and ESL  
classrooms

## NOVEMBER

**11/6:** Parent Teacher Conferences  
**WDS CLOSED**

**11/19 & 11/20:** Thanksgiving Feasts  
- individual classrooms

**11/21-23:** Thanksgiving Holidays  
**WDS CLOSED**

## DECEMBER

**12/7:** Teachers' Holiday Luncheon

**12/21:** Holiday Celebration - Sanctuary  
**WDS Closes at 12:00pm**

**12/24-1/4:** Christmas Holidays  
**WDS CLOSED**

## JANUARY

**1/7:** WDS Classes Resume

**1/21:** Martin Luther King, Jr.'s Birthday  
**WDS CLOSED**

## FEBRUARY

**2/14:** Valentine's Parties - individual  
classrooms

**2/22:** Parent's Night Out Fundraiser

## MARCH

**3/11-3/15:** Spring Break **WDS CLOSED**

**3/29:** Spring Luncheon  
- Community Center

## APRIL

**4/18:** Parent Teacher Conferences  
**WDS CLOSED**

**4/19:** Good Friday **WDS CLOSED**

## MAY

**5/9 & 5/10:** Mother's Day Coffee &  
Treats - WDS Hallways

**5/17:** Pre-K 4's & Pre-K 5's Graduation -  
Sanctuary

**5/20:** End of the Year Celebration Picnic  
Last Day of Spring Session 2019

**5/21 - 5/24:** Teacher In-Service  
**WDS CLOSED**

**5/27:** Memorial Day **WDS CLOSED**

**5/28:** First Day of Summer Session 2019



By all these lovely tokens September days are here, With summer's best of  
weather And autumn's best of cheer.

Helen Hunt Jackson

## Weekday School Directory

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The 2018-2019 Weekday School directory is coming soon. It can be accessed through our secure network at [www.belmontweekdayschool.com](http://www.belmontweekdayschool.com) under the "Info" tab. Go to "Parent Info" and you will be directed to enter the password relayed to families in the "Welcome" email which was sent out in August. If you have problems accessing the site or need help with the password, please call 615-383-0886 for assistance.

# CLASSROOM NEWS

## INFANTS

The beginning of this new school year has been incredible! We cannot thank our wonderful group of parents enough for jumping right in and working with us. Your children are settling in beautifully to the school routine and your hard work is paying off. We spent August becoming familiar with the new classroom, new routines, new classmates, and new experiences. For many of our infants, this has meant changing the way things are done at home as well, and we thank you so much for your support in making their school days successful.

In September, we will be heading down "On the Farm". For the first two weeks, we will learn about animals on the farm, who they are and what they do, their characteristics, and the sounds they make. We will spend the last two weeks learning about food on the farm. We will focus on

how food is grown, sensory play, corn, apples, and pumpkins (in preparation for October). We are looking forward to an amazing September of good ol' farm fun!

We will also celebrate two more birthdays during September. Lane will be turning one on the 16th and Henry will be turning one on the 26th. Happy Birthday Lane and Henry!

Ms. Amy Kathryn & Ms. Tahnee



## TODDLERS



Hi friends!

What an incredible first month we have had in the Toddlers! We loved learning and exploring in our new room. Some of our favorite things are the slide and the sensory table. During August, we learned about different cultures, where we are from, and were excited to try new foods from our friends' families. Our class loves art! Some of our favorite projects so far have been our dot paintings and coloring the state of Tennessee. We also enjoyed being able to celebrate Ms. Rachel's birthday with her and have Hello Kitty cookies for snack.

September is going to be an exciting time. We will learn all about being on the farm. We have many unique activities planned, such as making butter and sorting pig and cow tails. We will also celebrate Bella's 2nd birthday on September 14th! We can't wait to see what excitement this month brings us in the Toddlers!

Ms. Hannah, Ms. Jennifer, & Ms. Rachel

## TWOS

Well, August has come and gone. Pretty soon it will be pumpkin time! It was great getting to see so many of you at Open House. We hope you enjoyed exploring our classroom with your child.

We have been busy in the Twos class the past month. We learned a lot about each other and our families. Another big topic we covered was learning how to be a good friend. We will continue to touch on this all year by focusing on how to have helping hands. We also got a sneak peek of Fall by learning all about apples!

In September, we will be discussing all things Autumn and we will use the changing leaves as a basis for talking about and exploring colors. We are also excited to learn about community helper jobs and how we can be a community helper too! The last Saturday in September is National Health and Fitness Day, so we will end the month with learning how to be healthy.

As always, it is an honor to care for and teach your children.

Ms. Brittany & Ms. Shelby



## NEARLY THREES

Welcome to September! It is hard to believe we have already been in school for one month. We spent August not only getting to know each other, but ourselves as well. We learned about our hair and eye color, how tall we are, and all of our favorite things, from our favorite food, to our favorite color, to what we like to watch on TV. We got to show off our families and all the people we love by showing our family pictures. We talked about our bodies and how they work, learning about bones, muscles, organs, and skin. Finally, we learned about our 5 senses and how they help us explore

the world around us. We did a taste test of different types of foods; salty, sweet, sour, and spicy (more like minty). We made glitter plates that helps stimulate the eyes while learning about sight. We listened for different sounds on the playground and talked about what they were while learning about sound. We felt different textures while learning about touch and smelled different smells on the playground while learning about smell. Some smells were good, others not so much. We learned so much in August and September is sure to bring more excitement and learning. We will be learn-

ing about our Grandparents and sending special gifts home for them. We will also be learning about life on the farm, woodland creatures, and Fall.

Ms. Amanda & Ms. Maria



## THREES—ROOM 114



We are off to a great start this year and the children are settling into our class routine. They are getting along so well! In August, we enjoyed seeing Ms. Susan's puppet shows. She put on a show to go along with our theme each week. Also, our daily lunch discussions about who's going to whose house and what play dates they have planned have been quite entertaining. In August we had an "About Me" theme, where we talked about how we are all special and unique. We had a "Families" theme, in which we learned that there are different types of families, but they all love each other the same. The children enjoyed being able to show-off and talk about their family photo book. We will end the month with a "Pets" theme where the children love talking about their pets and how they are a special part of each family.

September themes will include: "Jobs", "Taking Care of Me", "Hooray for Books", and "Apples". During "Hooray for Books" week we would love for our parents to come read to our class. Please be watching for a sign-up sheet and sign to bring in your favorite book to share.

As the weather begins to change, please check your child's cubbies to make sure he/she has seasonally appropriate clothing.

Ms. Diane & Ms. Susan



## THREES—ROOM 116

We had a wonderful start to our year. The children settled in well, and with amazingly few tears. In August, we focused on getting to know each other, what makes us unique, and our families. We also spent a lot of time on name recognition and understanding our class routines and rules. Some of the children's favorite activities in August



were tracing our bodies with chalk on the playground, the eyeball sensory bin, and being able to do classroom jobs. Our class jobs include: line leader,

snack helper, fish feeder, prayer helper, calendar helper, weather watcher, lights, and caboose. We change jobs daily so that every child gets a chance to do each job.

Going to music with Ms. Sheila on Wednesdays and Thursdays is always very exciting for our class. The children often ask, "Are we going to see Ms. Sheila today?" Ms. Sheila is always great about asking the children, "What are you learning about this week?" and has a song or two that enhances our lesson plans.

In September our lesson plans include: "Colors & Shapes", "On the Farm", "Apples", and "Fall".

Ms. Liz & Ms. Melissa

## PRE-K FOURS



“This business of training tiny humans for life is more like getting taught what life is all about!”

It has been such a fantastic series of lessons, and we cannot wait to see how we can all grow and learn throughout this year.

If you think you're busy - try being a four year old in a new classroom, with a new set of rules, new friends to get to know, all new toys to explore, and brand new schedule including French, as well as dance/soccer, if they've signed up for that! You have nothing on these guys. Throughout the first few weeks of school we dove head-first into learning alongside all these new things - and the Pre-K 4s have been a shining example of perseverance. They are doing a good job with remembering rules and we are working our way toward self-control and utilizing those rules.

We have heard some of the most encouraging sentiments from our friends, complimenting each other's work, asking for cooperation, and helpful whispers of the rules.

August is always a full month, with new beginnings and such. So, we took the time to help our friends get to know one another, share about themselves, and get acquainted to the new room. In September, we will continue to grow through play and explore with the toys and friends in the classroom. We, as teachers, will use August assessments to mold our teaching and further help our students grasp concepts appropriate for their age. We're excited about reading, doing science experiments, watching the students mimic these experiences, and foster social-emotional growth in what is our classroom community. Thank you so much for the opportunity to create, share, and love on this sweet class!

Ms. Ann Walker & Ms. Karina

## PRE-K FIVES

We've been busy welcoming in the fall session with eager anticipation and exciting academic opportunities! We spent the first week exploring our updated classroom and play centers, cultivating new friendships and continuing to appreciate old ones, and learning the rules and routines we will be following all year long. We also introduced our class jobs, as well as the Marble Jar Positive Reinforcement Tool. The latter has already been a huge hit, encouraging us to work toward fun classroom goals by promoting kindness and compassion! In an effort to infuse our mornings with additional positivity and connection, we've begun a new daily practice prior to snack time. We ask, “Would you like a smile, a hug, or a high five today?” This enables us to establish individual bonds, as well as allowing each child to make a conscious choice regarding how they plan to approach each school day. Developing our emotional and social growth is an important part of the Kindergarten preparation process too!

In our second week of school, we learned to embrace our individuality through an “All About Me” theme. We enjoyed learning even more about each other via share bags, self-portrait projects, and drawing our families. Our second week also saw an introduction to phonics, as well as the beginning of a brand new academic rotation with the Pre-K 4s. The rotation allows us to merge for French classes with Madame Rita and our “Handwriting Without Tears” program, and gives both classes a chance to learn from one another! Handwriting will continue to be one of our focal points throughout the year, and the August lesson plan included an emphasis on learning right hand versus left hand, identifying our names, breaking words into syllables, and pencil grip.

Our third week was spent focusing on the very important topics of friendship and teamwork, and we thoroughly enjoyed collaborating as a class. Team building exercises such as creating a friendship tree mural and cooking Rice Krispies Treats gave us an even greater sense of how we can work together to further our learning experience in a respectful, productive way.

For the last week of August, our theme revolved around learning about parts of our bodies, as well as studying the characteristics that make each of us beautifully unique.

What a wonderfully eclectic group we have!

We look forward to continuing our growth and discovery throughout the month of September!



Ms. Elizabeth & Ms. Jenna



## EASY FUNDRAISING OPPORTUNITY



As the weather begins to cool down and you realize your child has outgrown all their fall clothes from last year, the Weekday School community has the opportunity to purchase soft, cozy, and cute Tea Collection clothing at a discount while giving back to the school at the same time!

To shop - simply go to [www.TeaSchoolDays.com](http://www.TeaSchoolDays.com) and use our school's promo code (SDF18BELMONT) to get 15% off, while also giving 15% back to Belmont Weekday School!

**This offer begins on October 8th and ends on October 15th, so be checking out their clothing and create that list of what to purchase!**

### Fall months are prime time for head lice. Here's how to spot them and get rid of them.

In fact, dirt has nothing to do with lice, says Paradi Mirmirani, MD, a dermatologist at the Kaiser Permanente Vallejo Medical Center in California. "It's really not an issue of cleanliness. It's an infestation that's related to close contact, which we have in schools." Kids are particularly easy targets for lice, thanks to the size of their hair shaft. "Lice are more easily able to cling to hair that's finer and thinner in diameter," Mirmirani says. Plus, children are big on sharing -- hats, towels, you name it. That's probably why there are 6 million to 12 million cases of lice in children each year.

#### Lice Symptoms

The telltale sign of lice is itching, especially behind the ears, on the scalp, and at the nape of the neck. Itching is a reaction to the lice's saliva, which they inject while feasting on blood from under the skin.

When you look closely at your child's head under a bright light, you'll spot light brown, sesame seed-sized bugs darting around. Those are the lice. Or, you may just see their eggs, called nits, clinging to the hair shaft close to the scalp. Most kids have only about 10 live lice on their head at any given time, but their scalp can be home to several hundred eggs.

#### Treating Lice

What's a parent to do? Two things -- treat your child and clean house. An over-the-counter medicated shampoo or rinse with permethrin (brands include Nix and Rid) usually wipes out lice pretty effectively. The FDA also recently approved a comb-free lice shampoo, Sklice (ivermectin). Sometimes, the first treatment doesn't kill all of the lice, and you'll need to apply a second treatment seven to 10 days later.

Meanwhile, wash all the sheets, towels, clothing, combs, and brushes your child recently touched in hot water (at least 130 degrees Fahrenheit), and vacuum carpets and furniture. Check everyone else in the house.

Don't like the idea of treating your child with chemicals? You may have heard about trying to suffocate the bugs with olive oil, mayonnaise, or petroleum jelly. But no evidence proves this works, maybe because lice are pretty hardy creatures. Studies show they can survive several hours of smothering natural remedies.

With most lice treatments, you'll also need to go through your child's hair with a fine-toothed comb to get rid of nits, and reapply the treatment in about a week to kill any newly hatched eggs.

Not in a nit-picking mood? Call a lice removal company -- such as Lice Solutions ([licesolutions.org](http://licesolutions.org)) or contact Lice All Clear ([liceallclear@gmail.com](mailto:liceallclear@gmail.com)), which is nit removal company that will come to your home. They'll also show you how to prevent future outbreaks.

**PER DHS RULES AND REGULATIONS: You will need to provide proof of treatment prior to readmission to WDS.**

Follow us on:



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*Belmont Weekday School serves children ages nine months to five years. The WDS does not discriminate on the basis of race, color, religion, national or ethnic origin, handicap or disability, sex, or age in its employment policies or in the administration of its educational policies, admissions policies, scholarship programs, and other school-administered programs.*