



Upcoming Events

April

2 School Closed for Teacher Professional Development Day

3-6 School Closed for Easter Holidays

13-17 Full Days 4s Conferences

29 Art Night 6:15-7:15pm

May

21-22 Part Day 4's Conferences No classes held for PD 4's.

21-22 Last Day of Part Day 2s & 3s

IMPORTANT

Escrow tuition will be applied to the May invoice for Part Day 2 and Part Day 3 classes. You will not need to submit payment for that month.

Dear Woods Families,

We are so grateful for the warmer temperatures and chances to be outdoors! The school year will seem to gallop to a close and it is important to read daily emails for lots of fun and important year end activities.

Last month we discussed safety protocols and teachers will spend their professional development day with a training presentation by myself, Woods Property Ministry and the Director of Operations. With that in mind, we will begin having monthly Stay Safe drills. This is the term we will use rather than lockdown. Teachers will guide the children to a safe area in the classroom and present the scenario as a quiet game with no frightening language. Our goal is to have teachers be well prepared while keeping the experience reassuring for the children. One of the most important takeaways from my training was to have a good plan in place and to practice. We evacuate for our fire drills quickly and efficiently due in part to our "muscle memory". Teachers and children alike know what to do and where to go practically without thinking. We would like to have this important drill become second nature as well.

Another protocol we will practice is evacuation. Our location is Boone's Station (the small building in front of the Community Center) During the month of April we will practice walking over. I will supply that date to you once we know the weather.

There will also be some changes to the physical building that will further enhance our already secure building.

Please feel free to reach out if you have any questions or concerns regarding any of these protocols.

We are an Easter people, and Alleluia is our song! -Pope St. John Paul II
Roxann





OVERHEARD IN PRESCHOOL

Trey sharing with his friends: When I grow up I want to be a firefighter. But on my lunch breaks I am going to be a pirate.

Friends,

April is a month full of signs of spring and new life. We will cheer Jesus entering Jerusalem and remember his last supper with his friends. There is a special option to hear the garden stories of Holy Week, from the betrayal to Easter morning, with your child on Wednesday, April 1 at 5:00 p.m. I use Glenys Nellist's book "Twice the Evening before Easter." It is a very sensitive book that has lovely illustrations. Younger children will appreciate the board book "Holy Week: An Emotions Primer." Let's celebrate! You and your family are invited to Woods Church's family service Sunday, April 5 at 9:30 a.m. Through all of these stories we learn that God loves us no matter where and no matter when, and Jesus is always with us.

Peace,
Kat.

Kathryn "Kat" Green, CCE



When a child has belly pain, constipation is a common cause to consider. It can help to think about their recent bowel habits: When was their last bowel movement? What did it look like? Does your child strain when trying to poop? If their stools are small and soft, or small, round, and hard, constipation may be contributing to their discomfort.

Increasing fiber intake—through fruits, vegetables, whole grains, and lentils—can help. These can be added to smoothies as well. Adequate fluid intake also supports hydration and can help soften stools. Physical activity, such as walking, may stimulate the intestines and help move stool along.

If these approaches don't help, a pediatrician may recommend treatments. In some situations, a healthcare professional may consider additional interventions.

If a child wakes up with belly pain, constipation can be a possibility because digestion continues during sleep. If they haven't had enough fiber or fluids, the intestines may work harder, which can lead to cramping.

Certain symptoms should be evaluated promptly by a healthcare professional, including pain in the lower right abdomen, a distended belly, blood in the urine or stool, or fever along with abdominal pain. These may suggest causes other than constipation.

Happy pooping,
Allie Barden
RN, Health Consultant

The Wisdom of Woods

Kindergarten Readiness: Building Confidence This Summer

by Lindsey Dryer

Mixed emotions about kindergarten?! Excited for your child but nervous as well? Think about all of the ways you have prepared them for this transition! You have provided love and confidence for separation, read countless stories, guided dressing and toileting, sparked conversations through experiences, provided opportunities with peers, exercised small and large muscles, and guided direction during a myriad of errands. You have done so much already!

Here are skills and activities that you can continue to strengthen this summer.

- Independence: Continue to guide them through all of their bathroom needs, opening food packages, stating their first and last name, and following multiple steps (for example: "Take off your shoes, wash your hands, then sit at the table.")
- Social Skills: Plan times when they can play with peers during unstructured play (parks and playrooms rather than crafts.) Hear a disagreement? Decide if they need help problem solving or if it is something they can work out themselves.
- Literacy: Reading together builds attention span, vocabulary, sound awareness, and story comprehension. Try asking questions like: "What do you think might happen next?" or "What was your favorite part?"
- Routine: I know it's summer... but try to set a calmer routine once it is closer to school. Rested children = regulated children!
- Review Academics: It would be helpful to tap some of the skills that were built during this school year. You can combine initial letter sounds and fine motor skills by creating a summer journal together (Pool Day, Ocean City, etc.) or a short grocery list. They also have enjoyed WAR with playing cards or dice!
- Exposure: Try to attend opportunities through the elementary school and visit the playground during the summer to build familiarity.
- Build Confidence: Is your kiddo nervous about kindergarten? Keep conversations short and reassuring. Remind them that they are ready, they can always ask their teacher for help, and that someone special will be at the school or bus stop when their school day is done!

ENJOY summer as it seems to fly by! Have questions?

Join Roxann and me for our Kindergarten Readiness Talk later this school year!



Do you have a question, ask the experts:

cdcinfo@woodscdc.org