

# Preschool Press

Newsletter for RockPointe Weekday Preschool



September 2026



We are excited about preschool and hope your child's first week at school has been fun and exciting. By partnering together, we hope to make your child's preschool years a happy experience.

Thanks to all who attended Parent Orientation. There was a packet distributed with a calendar of events and handbook reminders. If you missed Orientation, you can look for that packet in your child's folder. If you have any questions, you can always call the preschool office at (214) 995-4600 or email us at [rwp@rockpointechurch.org](mailto:rwp@rockpointechurch.org).

Speaking of folders, be sure to check your child's folder **every preschool day**; there you'll find everything to keep you updated about your child's activities at preschool!

## Staying Healthy!

In order to maintain the healthiest environment possible at our program, it is vital that children who display symptoms of illness ***should remain at home***. **Children with any of the following symptoms should not come to preschool:**

- \*Temperature of >100.0 in the last 24 hours
- \*Shortness of breath/difficulty breathing
- \*Vomiting/stomach ache
- \*Discolored mucous
- \*Muscle pain
- \*Sore throat
- \*Congested Cough
- \*Chills
- \*Headache
- \*Diarrhea

**Students who present at preschool with those symptoms will be sent home.** We ask your cooperation in this to protect the health and safety of everyone at the preschool---the children *and* the staff.



## "Pastries for Parents"

Thursday, Sept. 17, 9-10a

After you drop off your student, come enjoy some breakfast goodies and chat with other parents from your child's class. Grandparents, nannies and other caregivers are welcome as well!

Take this opportunity to meet some new folks over a cup of coffee; maybe you can even set up a playdate with your child's new friends!

## ✝ Chapel Schedule ✝

Chapel is held on Tuesdays at 9:15 in the "Cabin" room, and includes praise and worship, a Bible story and prayer time. Chapel will begin for the first time on Sept. 22, after the children have had a couple of weeks to settle into preschool. Our first Bible stories will be:

|          |                  |               |
|----------|------------------|---------------|
| Sept. 22 | In the Beginning | Gen. 1:1-25   |
| 29       | Adam & Eve       | Gen. 2:8-3:24 |

**Biblical concept:** *God created everything.*

The students will also learn a monthly memory verse. **Our verse for September:** *"In the beginning, God made the heavens and the earth."* Genesis 1:1

♪ ♪ **Music fun this month:** we'll be singing *"In the Beginning"* by Miss Patty Cake, available on Spotify.



We're about to go to print for our preschool directories. As a reminder, the preschool doesn't allow solicitations or advertising of businesses to our parent group, but we do offer this one-time opportunity for you to promote your business in our directory. If you'll give us a business card (or similar-sized ad), we'll place an ad in our directory; the cost is \$20. If you'd like to place an ad, we'll need to receive your info/business card by **Thursday, Sept 10**.

# Lunch Tips



Please send your child's lunch in an easy-open container--- Bento boxes are an awesome option! If a utensil is required (yogurt, applesauce), be sure to include a spoon, perhaps a disposable one. 😊

Please **do not** send the following for lunch: eggs, squeezable foods like Go-gurts, or tiny-piece-foods like rice or grated cheese. We ask that oranges be pre-peeled; grapes should be cut in half to avoid choking. Send a full, labeled **water bottle** every day---the children will need that after the playground and Outdoor Classroom on these hot days! And one last request: for **birthdays**---please don't send cake or cupcakes! The class will be happy to celebrate with donut holes, cookies or other finger foods instead!!!

## Fine Motor Fun At Home!

This part of the monthly newsletter will include ways that you can help prepare your preschooler at home for fine motor skills that are needed for writing and scissor-ing in elementary school.

**But** before developing fine motor skills (muscle groups in the hands, fingers and wrists), it's important that children develop their gross motor skills in their large muscle groups: the legs, arms and trunk.

So this first edition of "Fine Motor Fun" will feature fun ways to encourage your preschooler's **gross** motor skills--- at home!

### Indoor Gross Motor Activities

Muscle-moving play doesn't have to take up a ton of room inside:

**\*Building and navigating.** Create obstacle courses with furniture, pillows, boxes, and blankets.

**\*Dancing.** They can go freestyle or follow songs with movements, such as "Head, Shoulders, Knees, and Toes."

**\*Hopping.** Just jumping from place to place on the floor (set up targets with masking tape or cardboard).

**\*Pulling and pushing** wagons, large trucks, doll strollers, or shopping carts.



### Outdoor Gross Motor Activities

Here are a few activities they can try outdoors, with plenty of room to move muscles:

**\*Have your child walk on a low beam** or plank

at the playground or homemade balance beam.

**\*Riding tricycles**, scooters, and ride-on toys.

**\*Swinging, sliding, and climbing** at a playground.

**\*Swimming**/water play.

**\*Take a walk** around the neighborhood and add in marching, hopping, and skipping!

**\*Throwing, catching, kicking, and rolling** large, lightweight balls. When your child's gross motor skills are well-developed, the fine motor skills will soon follow!



## Parent Volunteers

Volunteers help enrich our program with special events! The following are some upcoming occasions when we would appreciate your help; contact us if you're interested. *Please note that some events cannot be done with older or younger siblings underfoot, so we ask that you find childcare if you choose those events.*

### Scholastic Book Fair



Assist with set-up or be a cashier at the Scholastic Book Fair to be held in our lobby the week of **Sept 29**. *No siblings, please.*

### Operation Christmas Child



Assist in organizing donations from our students for this international "shoe box" ministry on **Tuesday, November 17** from 12:00-2:00p. *No siblings, please.*

### Teacher Appreciation Week

Assist in organizing this event to say "thanks" to the teachers who care for your children (week of **April 27 & 29**).



### Substitute In Classrooms



Substitute teach and assist in one of our classrooms. This is not a volunteer job, but a paid one. The pay is not much, but will provide you with a little "fun money." Childcare for other children is not provided and a background check will be required. *No siblings, please.*

#### RockPointe Weekday Preschool

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This newsletter is also viewable under "Parent Resources" at  
rockpointeweekdaypreschool.org