



# Litchfield Park Preschool Newsletter

September 2021 Issue

## News

**Community Helper & First Responder Class Visits**  
Litchfield Park Preschool schedules a variety of visits to the classroom from community helpers and first responders. Students learn about and experience the people that work in our neighborhoods and communities.

### Get Social!

We share information that parents find useful on our Facebook page. Follow us @litchfieldparkpreschool.

### “Book Buddy” will begin in September!

Each week, a child is randomly selected (their names are pulled from a jar) to be the “Book Buddy”. The child selected will receive the “Book Buddy Bag” to take home and place their favorite book inside, return it to school and give the “Book Buddy Bag” that includes their book selection, to the teaching staff. During their chosen week, each student will be invited up in front of the class to help read their book and answer questions from their friends.

## Teacher's Corner

### Sleep and Your Preschooler

#### How Much Sleep Do Preschoolers Need?

Preschoolers need about 10 to 13 hours of sleep each day, including naps. Set regular bedtimes, wake-up times, and nap times for your child.

Active preschoolers may need some time during the day to slow down. Even if your child doesn't take a nap, try to set aside some quiet time for relaxing.

#### How Can I Help My Preschooler Sleep?

Having a regular bedtime routine and a quiet, comfortable bedroom can help your child sleep well. A relaxing routine may include going to the bathroom, changing into pajamas, brushing teeth, and reading a book. Turn off all screens at least 1 hour before bedtime and keep TVs, computers, tablets, phones, and video games out of the bedroom.

Make the bedroom quiet and restful. Let your child choose a special toy or blanket to sleep with. Turn on a nightlight if your child is afraid of the dark. Do not lie with your child until they fall asleep or let your child fall asleep somewhere other than their own bed. This can make it hard for kids to fall asleep on their own.

Make sure your child gets plenty of exercise during the day. This can help kids sleep better.

[kidshealth.org/en/parents/sleep-preschool.html](https://kidshealth.org/en/parents/sleep-preschool.html)

## Important Dates

Friday, September 3  
Teacher in Service - No School

Monday, September 6  
Labor Day - No School

Wednesday, September 15  
October, 2021 tuition due

## Weekly Themes

August 30-September 3  
Friendship & Feelings

September 7-10  
Introduction to the Alphabet/Phonics  
Letter of the week: A, a

September 13-17  
Introduction to Upper/Lower case letters  
Letter of the week: B, b

September 20-24  
Days of the week - Very Hungry Caterpillar  
Letter of the week: C, c

September 27-October 1  
Numbers  
Letter of the week: D, d

## Spirit / Show & Tell

September 1 and 2  
Bring in an article to help your new friends get to know you.

September 8 and 9  
Bring in something that starts with the letter A, a.

September 15 and 16  
Student's choice

September 22 and 23  
Bring something interesting from nature.

September 29 and 30  
Wear a shirt or bring in a toy with a number on it.

## Contact Information

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