

# Welcome to the Freshmen Room



This introduction letter is filled with information to help you become familiar with the Freshmen Room. Our staff is committed to giving your child a wonderful learning experience that will last them a lifetime. They receive continuous training in early childhood to enhance their understanding of the characteristics and developmental stages of toddlers.

**Meal Schedule:** Children in the freshmen room transition to our school menu and scheduled meal times. Breakfast is served from 8:00-8:30 and Lunch is served at 12:00 pm. A morning snack will also be served at 9:30 along with an afternoon snack at 3:00. Menus for both meals and snacks are posted on the parent board and on our website. You can also be given an additional copy to take home. If your child is still transitioning to solid food, we will work with you and your child until they are ready to exclusively eat solid foods. Unless your child has a severe allergy that requires you to bring in food from home, all children are required to eat the food that is supplied by the center. We have many children in the program who do have severe food allergies and want to keep the classroom environment safe and minimize the chances of any child coming into contact with something that they are allergic to.

**Bottles and Cups:** Please send in a sippy cup for your child to use for snack and lunch time. If your child is still on formula you will need to continue to provide it. Please place these items in the refrigerator in the kitchen on the inside of the door. All bottles and caps must be labeled. Milk is provided for breakfast and lunch. We encourage children to begin drinking solely from a sippy cup, and we will work with you on transitioning your child if they are still using bottles.

**Naptime:** Naptime in the freshmen room is from 12:30-3:00. The teachers sit with the children and help soothe them to sleep. We encourage you to bring in blankets and other comfort items that will help your child to sleep. If they typically use a pacifier for sleeping, you are welcome to provide one. If your child is still taking two naps, we will work on gradually moving them to the one nap schedule. Your child can be provided a morning nap, but they may miss out on the wonderful activities and learning experiences that are going on in the classroom.

**Parent Communication:** Parent communication is very important to us! We believe in teachers and parents working as partners in the growth and development of children. At drop off in the morning, please relay any important information or changes in your child's routine. Throughout the day, all meals, diapers, and naps will be logged on your child's daily sheet. Daily reports are sent electronically to your email through the Tadpoles app. With this program, teachers can also send you pictures of your child and send notes and

reminders. If you wish to speak to the Head Teacher it is best to call between 12:30 and 2:30 when the children are napping. Of course, if you need to speak to a teacher immediately, please don't hesitate to call us any time. Each child will also have a labeled mailbox folder inside the classroom. All artwork and parent notices will be placed in your child's folder to go home. Please check your child's folder on a regular basis.

**Curriculum:** Toddlers are lovable, engaging, demanding, and very curious. They are also egocentric, have extreme moods, and are high in energy. Toddlers love to dump and fill, push and pull, and enjoy climbing and crawling. At this age, most children engage in solitary or parallel play.

The daily lessons and activities in the freshmen room are geared towards fostering the immense language, cognitive, and motor growth that occurs at this age. Young toddlers love to explore with their senses. Daily sensory play and art activities will allow your child to explore materials of different shapes, colors, and textures. Morning circle time will introduce color, shape, and counting concepts through fun and engaging songs and activities. The teachers sing songs, read books, and actively engage with the children all day to promote language development.

If you have questions about any aspect of the Freshmen room, please feel free to ask the staff in the classroom. We look forward to working with your child as they learn and grow!



The Freshmen Staff

