

Director's Newsletter

September 2021



Welcome!

Dear Families,
We are excited for the year! This newsletter contains some dates and schedule details as well as some direction for snack. In the coming days you will be receiving a detailed description of our car line routine along with your car line number. If you have not returned your car line form, please return on your child's next class day. If this is your first experience as a "school parent", you will be learning and growing right along with your child! Your child will need you by their side throughout school, and St. Matthew's is a good place to learn how you can help your child in this new adventure.

Important information attached:

I've attached a two-sided information sheet from the Virginia Dept. of Health with guidance for parents on when you should keep your child home in case of illness. When in doubt, please err on the side of caution.

Should your child develop symptoms while at school, we will isolate them from the classroom and contact you to come pick them up as soon as possible.

Please let us know if you or your family contract the COVID virus. We will follow the CDC's recommendations for notifying families in the school and what steps are required to stop the spread of the disease. **These guidelines are subject to change.*

Car Line Routine:

Car line will begin on Friday, September 17th. Please be patient as the children learn this new routine. A temperature and health check will be completed prior to having your child get out of the car. Please follow the posted entrance sign and enter at the lower entrance. **Until car line begins, you will walk your child to and from the designated door. We are quick to get car line up and running because we can better safeguard children when there are fewer people in the classrooms and halls. Please turn in your carline information form no later than Sept. 13/14th.

Lunch Bunch:

Lunch Bunch begins the week of October 4th. We do not know who likes this more, parents or the Lunch Bunchers themselves! Lunch Bunch is a fun and enriching way to extend the school day a bit longer. We have two classes of Lunch Bunch on Monday, Wednesday and Friday. Ms. Stephanie Andrews is the lead teacher with Maria Ellis and Charisse Thomas assisting Monday through Friday. Mrs. Richford is the lead teacher on Monday, Wednesday, Friday with Mrs. White as her assistant. Lunch Bunchers will bring a NUT-FREE lunch to school as well as their classroom snack; teachers lead the children through outdoor play, lunch, enriched center time and a story. At 1:45pm parents pick up using car line with their usual car line number. With the current guidelines and teacher to child ratios, Lunch Bunch is available to our four and older children. You are welcome to call the office for details regarding registration.

SNACKS:

A metal or hard plastic snack box serves as a great tray for your child's snack as we eat picnic style. Your teacher will guide you on the amount and suitability of the snack you send. The rule of thumb is that it be reasonably nutritious and that it be neat; that is, easy to eat without much assistance. Please avoid yogurt, applesauce and canned fruits that are hard to open and eat. We try to reinforce healthy eating just as you do at home. Please also pack a single wet wipe and a water filled water-bottle, or no spill "sippy" cup. **NOTE: We are nut-free**

Dates:

Pumpkin Patch Family field trip is Wednesday October 6th to Belvedere Plantation in Fredericksburg. Details of this trip will be sent home later this month. We do not have school on this day. Children who attend the 2-day class enjoy the Wednesday trip and have class as usual on Tuesday and Wednesday. This "real life" experience will serve as a point of reference during the fall months.

School Pictures are October 11 and 12th. Life Touch Photographers will take individual pictures during school and will return them to us by Thanksgiving. You will receive a flyer with information, a portion of the sales benefit the Day School.

For your
Calendar

Sept 6
Labor Day

Sept 7
School Starts

Sept 17
Car line begins

Oct 6
Field Trip

Oct 12/13
Pictures

Cold and Flu Avoidance:

A useful and healthful habit to establish is to have your child wash hands thoroughly when they get home from school. (The children wash with a wet wipe and get a squirt of hand sanitizer when they arrive at school and practice following good handwashing procedures in the bathroom.) In class, we teach the children to cough or sneeze into their elbow (or "germ catcher") to reduce the number of germs on hands and to get another squirt of hand sanitizer after throwing away used tissues. Since parents have often had to manage these things for very young children, now is the time to teach your preschooler to do it on their own. You will have to say it more than once and monitor as they practice, but by year's end we will establish habits that will keep them (and others around them) healthier.

Keep feverish (or otherwise contagious) children at home. **They must be fever free without medication for 24 hours before returning to school.**

Guidance from the Department of Health regarding domestic travel (out of state):

We ask our parents to err on the side of caution to keep everyone safe and healthy.

For those not fully vaccinated: Quarantine for 3-5 days upon return and get tested. Negative? Child is able to return to school. Positive? 10 day quarantine begins.

Not tested? Quarantine for 10 days. If no symptoms, child may return to school. If symptoms appear, 10 day quarantine begins again.

SUPPLIES:

Every school year we ask that you send in the following items can be placed in totes or given to the teacher:

- Wipes- it can be hand wipes, baby wipes or cleaning wipes
- Kleenex

T-Shirts:

In your parent folder that was provided at the class visit, there was a T-shirt order form, if you are interested in ordering a shirt for field trips and/or spirit days, please fill out and return with payment by Friday September 10th.

REMINDERS:

- Please place extra clothes in a zip-loc bag in your child's tote
- Please have your child go to the bathroom one last time prior to leaving the house
- Please label and send in a clean mask/face shield on your child's scheduled school days
- Check your child's tote every day and read all notes
- Keep your teacher informed if your child is having difficulty that they may not be able or willing to tell us

Again, welcome to St. Matthew's! We hope this will be a great year full of new friends and fun. We are committed to providing a positive supportive setting in which your child will continue to grow and learn. You play an important role in your child's education, and we look forward to sharing with you the successes and challenges your child will encounter along this part of their journey. We look forward to getting to know you better in the coming days. If you have any questions or concerns at any time, please do not hesitate to call or email your teacher after class. Teachers cannot confer during class.

Our administrative assistant, Amy Atkin keeps newsletters on hand so she can answer questions about dates or times as needed; she also takes your calls and passes on news to teachers when reporting an absence.

I am always available to answer questions or respond to concerns. Thank you for choosing St. Matthew's Day School.

Kind Regards,
Kathy Lundgren
director@stmatthewsva.org

"This little light of mine, I'm gonna let it shine." This song reminds us that every child is shining a light and wants to share that light. Here at St. Matthew's we celebrate each child's light.