

# ★ Bunnell House News ★

UAF Community and Technical College Early Childhood Lab School

~ We nurture children and support families in a university lab setting.

## From Paige



It's almost fair time! I hope you will have a chance to visit the fair since it's usually a favorite with the little. It's also a sign that school starts soon and our closure, August 20-24, is coming up.

The teachers from both classrooms will be making home visits during our closure. Home visits build a connection between home and preschool and increase a child's comfort when they come to school — even just a new classroom. The optional visits are informal, with the primary focus on your child. The teacher your child will have this fall will contact you about a visit soon.

Most of the upstairs children will be moving downstairs after our closure. Information will be mailed to those families who have a child who is 4-years-old on or before September 1, 2018.

The fair...football...harvesting the garden...hunting...back-to-school — it's a splendid and exciting time of year. I hope you take some time to enjoy as much of it as you can!

~Paige



## Questions or Concerns

About your child or the classroom: *Your child's teacher*

About the program, billing, or vacation notification: *Paige*

Thank you! ♦

**Please take home your  
child's nap items to  
launder over the closure.**



The Lab School  
will be closed  
August 20-24

(for staff development, home visits,  
classroom preparation, and cleaning)



## Lab School Dates to Remember

August 20-24	August Closure
August 27	Fall Program begins
September 3	Labor Day Holiday Closure
September 27	Fall Open House
September 28	Closure for NIAAEEYC Conference



## Transitions: Preparing for Kindergarten

After a summer of sleeping in and staying up late under the midnight sun, it can be a rough transition into the school year. No more rest time at Bunnell House to make up for late nights, and young brains need to be rested and alert to perform well academically.

Children 5-6 years old need approximately 10  $\frac{3}{4}$  - 12 hours of sleep per day. They typically go to bed around 7-9 pm and wake up around 6-8 am. With this in mind, and a plan for being organized and prepared, school mornings and evenings will go more smoothly.

### Make the beginning of the school year easier!

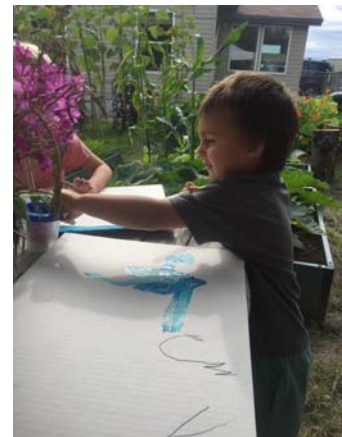
If your child has been staying up later this summer, **gradually move bedtime up each night to where it needs to be for the school year.** You can do this in 10-15 minute increments. No need to make a production of it, just do it!

**Limit screen time before school starts.** The most commonly cited statistic in current popular media for daily screen time use by children is seven hours! Yes, seven hours a day! During the school year, children need that time for schoolwork, preparing for the next day or enjoying active time after a day in school. Reading a book together before bed is a calming transition to sleep time.

### Once school begins:

- ✓ Prepare lunches the night before.
- ✓ Choose and set out clothing the night before.
- ✓ Adhere to a consistent, reasonable bedtime.
- ✓ Insist on breakfast, even if it is just a piece of toast and juice.
- ✓ Limit screen time.
- ✓ Limit extracurricular activities—one or two favorite activities is enough and should not overload your child.
- ✓ Have a designated place for your child to do schoolwork.
- ✓ Schedule relaxation time—family nights are a nice way to do this.

Listen to your child. Ask how things are going and how your child feels about the schedule of activities. If your child feels overwhelmed, adjust the schedule...and have a great school year! ♥







### It was an exciting day at Lab School...

- ★ We did butterfly yoga!
- ★ We played in the sprinkler!
- ★ We visited the botanical gardens!
- ★ We painted our bodies!
- ★ We scrubbed our playhouse!
- ★ We stuck to the slides!
- ★ We painted still lifes!
- ★ We built structures with our logs and log coins.!

### Quote to Note

The kindergarten children are confident in spirit, infinite in resources, and eager to learn. Everything is still possible.

~Robert Fulghum



### August Fees

If your child's last month at Bunnell House will be August, fees will be pro-rated. Fees are not pro-rated for those families continuing after the closure August 20-24. ♦

### Bunnell House Fees Remain the Same

There will be no increase in monthly fees in FY19; however, pro-rating over the Winter Break has been eliminated effective July 1. ♦

### Absent Children

The best way to get a message to your child's teacher is by phone. A voice message may be left at any time and the teacher will receive it promptly:

**474-6393**

Thank you! ♦





## Monthly Fees

MTWRF	\$985
MWF	\$615
TR	\$410
Late Pick up	—\$5/minute

Fees are due by the 10th of each month. A late fee of 10% of account balance will be added after the 10th. ♦

## Late Pick Up Fees

Late pick up fees are \$5 per minute. Fees will be added to your account based on the time recorded when you check out your child. ♦

## Lab School Staff

- ♥ Director
- ♥ Upstairs Lead Teacher
- ♥ Upstairs Assistant Teacher
- ♥ Downstairs Lead Teacher
- ♥ Downstairs Assistant Teacher
- ♥ Substitute Assistant Teacher
- ♥ Substitute Assistant Teacher
- ♥ Substitute Assistant Teacher
- ♥ Substitute Assistant Teacher
- ♥ Office

Paige Vonderhaar  
 Chasity Evanow  
 Jenny Taylor  
 Pammy Fowler  
 Shannon Harvey  
 Alicia Finley  
 Connie Slater  
 Emily Soen  
 Sooyun Chi  
 474-6393