

Monthly Family Newsletter

August 2021



Back to School Routines!

At Cummings, we are year round and routines are maintained, but here are some things to think about as your older children get back into the school routine!

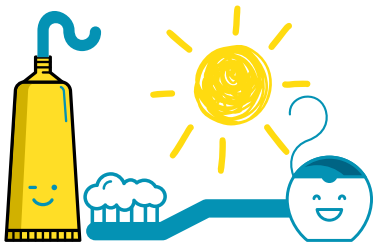
Bed Time:

1. Pick out clothes for tomorrow.
2. Gather everything that you'll need to walk out of the door in the morning.
3. Get plenty of sleep.



Morning:

1. Announce the time the car is leaving.
2. Get up early enough to eat breakfast.
3. Wash face, hands, and brush teeth before leaving.



Meet The Cummings Family!

Dee Glynn is a Lead Teacher for early head start and has been working at Cummings since August of 2016. Her favorite color is green; she enjoys all shades of green and her favorite food is Mexican. Her hobbies are walking, running, and spending time with her family. She loves all seasons as each one brings its own unique flair. She loves working at Cummings because it is an exceptional early childhood program.

"I am inspired by my coworkers and our leadership. I feel immersed with creative, talented, mindful, and supportive teachers daily. I love working with young children because their minds are so impressionable. They are highly inquisitive, fearless, and full of excitement. I feel compelled to nurture the "joy" within each one of them."

From Our Executive Director

JA'NEL JAMERSON

If your child is starting kindergarten or returning back to the classroom this year, we know it can be tough! Here are a few ways that may help stepping back into the classroom:

- Take a peek at Cummings Great Expectation's Virtual Tour.
- Read books about starting school.
- Talk to your child about their feelings about school.
- Practice getting ready for school.
- Develop a good bedtime routine.
- Make a family picture book to take.
- Go school shopping.
- Stock up on some healthy snacks.



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CUMMINGS GREAT EXPECTATIONS

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We can't wait to see you all!



Mark Your Calendars: Important Dates



- **August 19th:** Last Day of Summer Session
- **Week of August 16th:** New or current teachers will reach out to you to schedule their first home visit for your child(ren) for this upcoming school year. Please contact Rob Royce for Fall Enrollment at 600-5462.
- **August 23 - September 6:** NO SCHOOL, due to professional development and home visits.
- **September 7:** First day back to school

From Our Family Engagement Coordinator

MIKE KILDEE

Bedtime Routines are Important for Children

Getting a good night sleep is essential for young children as it helps them grow, strengthens their immune system to fight off sickness and helps them keep a healthy weight. Good sleep also helps their brain absorb what they have learned, store memories and helps them control their emotions.

To ensure that your child is getting the sleep that they need to have a healthy mind and body, it is important to establish a bedtime routine that helps them relax as they prepare for sleep.

The American Academy of Sleep Medicine recommends that children ages 3-5 years need 10-13 hours of sleep. Children 1-2 years of age need 11-14 hours and infants 4-12 months need 12-16 hours. This includes nap time.

A bedtime routine for young children usually consists of three or four activities, for example, having a healthy snack, brushing their teeth, putting on pajamas, and reading a book. These should always be done in the same order. To make the routine even more effective, create a calming down effect in your home by dimming the lights and turning off the television and other screen devices as you lead-up to bedtime.

During the summer months, we often times slip away from bedtime routines as the longer days may make it more of a challenge. With summer winding down, this is a good time to put bedtime routines back in place. **Enjoy the rest of your summer!**

From Our School Director

MICHELLE TOWNSEND

Let's get our kids back into the bedtime habit! Typical bedtime activities that have been shown to have beneficial effects on sleep include:

- Nutritious snack or bottle/breastfeeding
- Bath or diaper change
- Brushing teeth and going to the bathroom
- Reading a book
- Lullaby or singing a song together
- Massage, cuddling, and rocking
- Talking about their day

Don't forget to make this consistent of the same steps every night! The bedtime stories also serve as extra literacy and bonding times! Stories can also just be a story you tell, no need for a book every time. School-age kids need 9-12 hours of sleep a night.



Scan this QR code to complete the health check survey each morning.



THANK YOU FOR ALLOWING US TO BE A PART OF YOUR FAMILY!