



WELCOME TO PARENT
ORIENTATION!

OUR STAFF

Our professional staff are career preschool teachers. We are all trained in Early Childhood Education, CPR, First Aid, fingerprinted, background checked and vaccinated. Our teachers are here because they absolutely love children!



BUMBLEBEES

Bumblebees are our littlest friends. 1.5-2.5 years old. In Bumblebees we are working on separating from parents and being confident at school. We use stories, songs and games to encourage children to learn to clean up after themselves, take turns, share and build self esteem. You can help prepare your child for Bumblebees by having them sit in a big kid chair at the table for meals, practice using a big kid cup, opening containers, practice cleaning up toys, have regular play dates and time with sitters so they get used to separating from you.



Ms. Nozomi



Ms. Elena

HUMMINGBIRDS

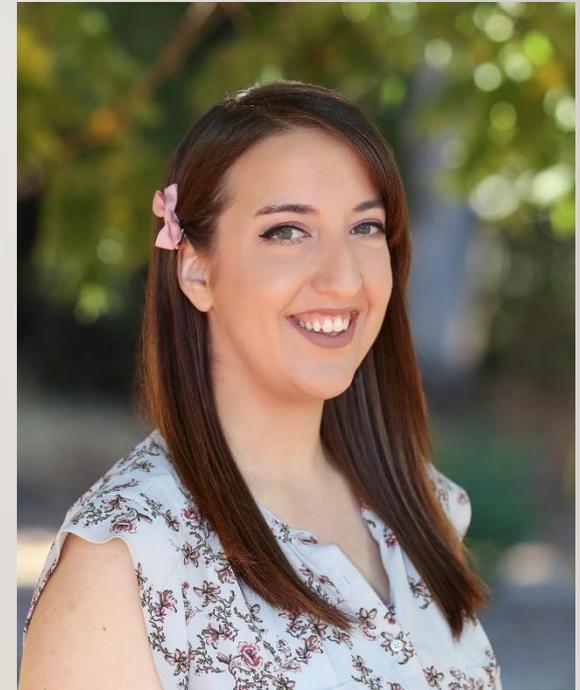
Our Hummingbirds are children 2.5-3.5 years of age. For many it's their first preschool experience. This special team creates an environment that is full of love and works hard to insure every child has the support they need. The Hummingbirds continue to develop self-help skills, social skills and beginning fine motor skills. We use hands on activities to engage the children in learning about the world around them.



Ms. Jan



Ms. Heather



Ms. Stephanie

BLUEBIRDS

The Bluebirds are a very fun age, 3 to 4 years old. In the Bluebirds students are challenged with more sophisticated materials and improve their focus and fine motor skills with things like scissors, paint and glue. Stories, songs and group games encourage cooperation and teamwork. Children are encouraged to work together to problem solve and create together.



Ms. Erika



Ms. Jaime



Ms. Brittany

ROBINS

Our Robins classes are designed for our 4-year-old friends who are going to Kindergarten the following year. We focus on handwriting, phonemic awareness, following directions and independence. This amazing 4-year-olds will be counting, cutting and writing their names while building meaningful connections with their teachers and peers.



Ms. Katie



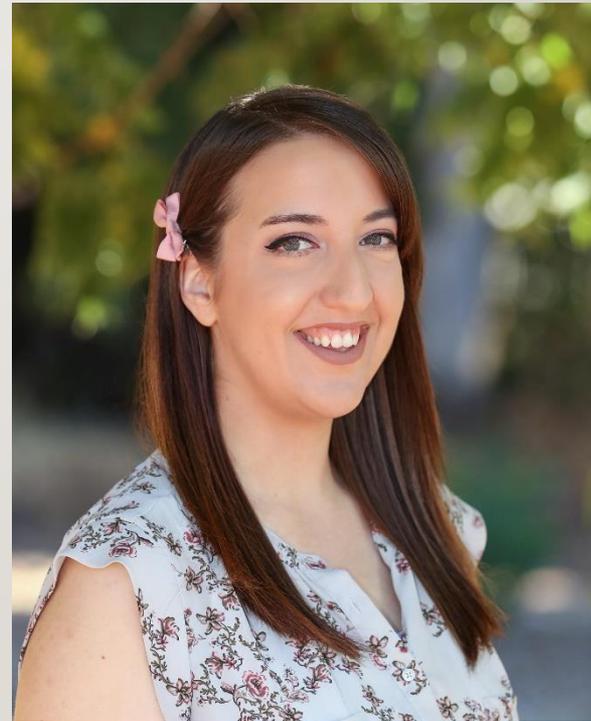
Ms. Rebecca

PEACOCKS

Our Peacocks classes are designed for our 3.5-4.5 year-old friends who are going to Pre-K or TK/K the following year. We focus on handwriting, phonemic awareness, following directions and independence. These amazing kiddos will be counting, cutting and writing their names while building meaningful connections with their teachers and peers.



Ms. Heather



Ms. Stephanie



“If it hasn’t been
in the Hand...
and the Body...
it can’t be in
the Brain!”

- Bev Bos



Play is the highest form of research.

- Hands on activities
- Sensory play
- Blocks
- Dramatic play
- Books, songs, games
- FUN!



When I Play I learn....

Blocks:

- Physics
- Math
- Geometry
- Spatial awareness
- Cooperation
- Problem Solving
- Measurement

Easel Painting:

- Small/Large motor skills
- Colors, primary, secondary, mixing
- Pre-writing skills
- Cause and effect
- Creativity
- Cognitive skills



It's science! It's art! It's so much more!



PRE-WRITING SKILLS

- Offer a variety of drawing materials: Chalk, crayons, paint brushes etc.
- Easels, sidewalk, paper
- Scissors and hole punches
- Read daily!



Teachers/Parents (life coaches)

We coach kids with appropriate words and social skills.

- “Tell Timmy he can have it when you are done.”
- “Ask Max if you can have it when he’s done with it.”
- “I see you have 2 cars is there one you can share with Zoe?”

Children say sorry when they *actually feel* sorry. We don’t force sorry, instead we encourage children to check on the friend and offer comforts such as a hug, an ice pack, help rebuilding a block tower etc.



Behavior Guidance:

- Natural consequences
- Do-overs
- Positive Redirection
- Loving support
- Group problem solving

COMMUNICATION

- Communicate **all** of your child's needs: We are here to partner with you for the benefit of your child.
 - Dietary restrictions/preferences
 - Allergies, medical conditions
 - Medications
 - Special needs, speech, autism etc.
- Emergency Cards
 - Authorized pick-up persons, allergies etc.
- Pick up on time
 - Late fees apply \$1 per minute
- Ways to get in touch:
 - Check in *after* class; The teachers are your partners in this parenting adventure and are happy to talk to you anytime you have questions concerns or need to chat. A good way to have a chat is to be last in line at pick up.
 - Download the REMIND app; You can send a private message to your child's teachers anytime you have questions or concerns.
- Subscribe to all communication; check spam folders

Important Phone Numbers

- To reach Sarah Smith directly 925-771-7626
- Hummingbirds and Peacocks at the Winslow Center: 925-580-9325
Bumblebees, Bluebirds and Robins at the Community Center: 925-676-5200



2023-2024 Remind App Class Codes

TTH Bumblebees : tthbees23

MWF Bumblebees : mwfbees23

TTH Hummingbirds : tthhum23

MWF Hummingbirds : mwfhum23

TTH Bluebirds : tthblue23

MWF Bluebirds : mwfblue23

A.M. Robins : amrob23

P.M. Robins : pmrob23

Peacocks : pea23

Please add yourself as “child’s name, parent’s name” for example:

“Ava’s mom Sarah”

You can directly message the teachers through the app but please note they may not respond during class. Also please do not message them in the evenings as they are spending time with their families and not working.

POLICIES AND PROCEDURES

- We are NUT FREE
- Allergies (notify Sarah)
- Medication forms
- Snacks are nut free
- Birthdays (No goodies, no invitations)
- FULLY potty trained (Peacocks/Robins)
- Illness Policy (24 hours+ symptom free)
- Please keep gates **shut at all times**.
- Playgrounds are closed during school hours.
- Please no cell phones at drop off/pick up, your kids need your attention.



ILLNESS POLICY

Here's what we are doing to keep our students, staff and families healthy:

- Handwashing upon entry
- Handwashing before/after snack and recess.
- Sanitizing of toys, tables, etc.

Here's what you can do to keep us all healthy:

- Assess your child's health before leaving for school.
- Notify us of any exposures or symptoms.
- STAY HOME IF SICK until at least 24 hours symptom free without medications.
- Discourage hands and toys in mouths.
- WASH HANDS OFTEN!



TUITION AND CANCELATION

- Tuition divided into 9 payments
- Tuition is charged on the 15th for the next month.
- 30 days notice to cancel.
- \$100 withdrawal fee and 30 days' notice in writing required.
- \$1/minute late pick up fee
- \$20 declined card fee, *mark your calendar for your credit card's expiration date.*
- RE-Registration March 1

You must re-register every year.

Enrollment is not ongoing.



REMINDERS

- Mark calendar for school closure dates
- Holiday Festival 12/6 (NO SCHOOL)
- Priority Registration for 2024-2025 school year March 1
- Closed toe athletic shoes, no flip flops or crocs please.
- Apply sunscreen prior to school.
- Pack a healthy NUT-FREE snack, not a lunch. (No candy or junk food)
- SPILL-PROOF water bottle. (Water only)
- Be on time
- NO NUTS PRODUCTS!



2023-2024 PHREC Preschool Calendar

August 14 & 15	FIRST DAY OF SCHOOL YEAR
September 4	NO SCHOOL - Labor Day
October TBA	Picture Days
October 9	NO SCHOOL – Teacher Workday
November 10	NO SCHOOL – Veterans Day
November 20 - 24	NO SCHOOL – Thanksgiving Week
December 6	NO SCHOOL – Holiday Festival
December 21 - January 2	NO SCHOOL – Winter Break
January 15	NO SCHOOL – MLK Holiday
February 16 & 19	NO SCHOOL – Presidents Day
March 11	NO SCHOOL – Teacher Workday
March 29 – April 5	NO SCHOOL – Spring Break
Last week of May	Pre-K Promotions
May 30/31	LAST DAY OF SCHOOL YEAR

SELF HELP SKILLS

- Have your child **practice** opening their water bottle, lunch box and containers.
- Practice putting on shoes, socks and jackets independently.
- Dress in clothes that are easy for your child to pull up and down. No overalls, belts, buttons etc. Elastic waistbands are best.
- Friends in diapers please pack several per day. Pull ups must be the **Velcro** type.
- **When you are ready to potty train please speak with your child's teachers.**
- Children in Robins and Peacocks should be FULLY potty trained. Practice wiping at home.
- Do not pack diaper cream, hand sanitizer or medications.
- An extra set of clothes and shoes are strongly recommended.



WHAT TO PACK FOR SCHOOL



1. A healthy NUT-FREE snack. Choose containers and foods your child can open and eat independently. We do not have the ability to refrigerate, heat up or cut up food. Pre-peel, cut, open packages for them.
2. A spill proof water bottle with water only. Check your child's cup to see if it's leak-proof.
3. A change of clothes for spills and accidents. Extra shoes too!
4. CLOSED TOE shoes, we want your child's feet to be safe and sturdy for running and climbing.
5. A small backpack, cubby space is limited.
6. LABEL EVERYTHING CLEARLY WITH YOUR CHILD'S NAME.

*We have a plethora of toys and materials on hand at school. Please keep the pacifiers, lovies, blankies, toys etc. at home.



mabel's labels

FUNDRAISING

SUPPORT OUR FUNDRAISER!

Pleasant Hill Recreation Preschool

Buy Mabel's Labels waterproof, durable labels to help reduce classroom mix-ups and keep your items coming home!



Go to campaigns.mabelslabels.com and search for

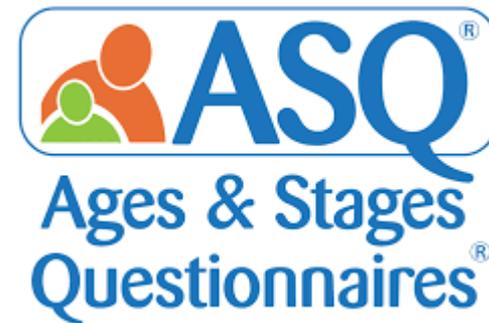
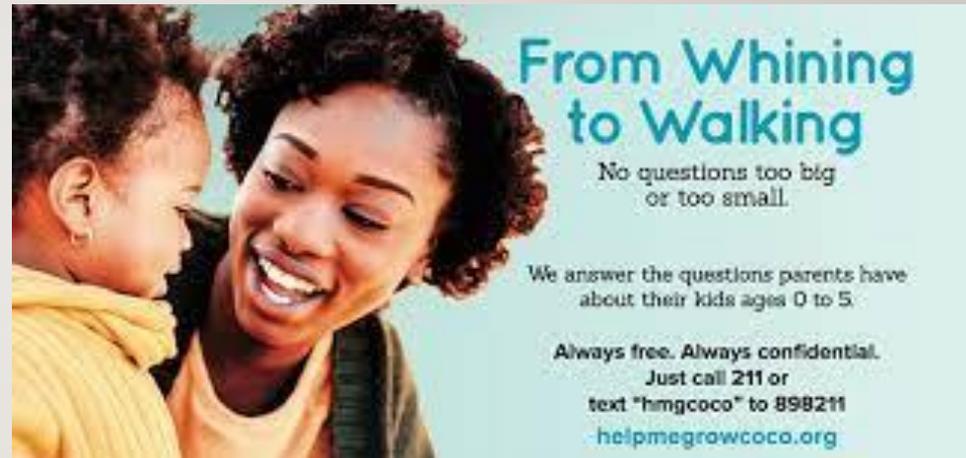
Pleasant Hill Recreation Preschool

IT TAKES A VILLAGE

Every September we hand out the Ages & Stages Questionnaires.

We partner with Help Me Grow a division of First 5 to work as a community to best serve all children. Call 211 anytime!

Gives parents a chance to look at their child's development and partner with staff to promote their child's learning.





What Is ASQ-3™?

ASQ-3 is a set of questionnaires about children's development. It has been used for more than 20 years to make sure children are developing well. A screening provides a quick look at how children are doing in important areas, such as communication, physical ability, social skills, and problem-solving skills. ASQ-3 can help identify your child's strengths as well as any areas where your child may need support.

As a parent or caregiver, you are the best source of information about your child. That's why ASQ-3 questionnaires are designed to be filled out by you. You will only need 10–15 minutes. It's that quick and easy. Here's how ASQ-3 works:

- You will answer each question "yes," "sometimes," or "not yet," based on what your child is able to do now. Your answers help show your child's strengths and areas where he or she may need practice.
- To answer each question, you can try fun and simple activities with your child. These activities encourage your child to play, move around, and practice day-to-day skills.
- After you complete the questionnaire, a professional will share the results with you.

If your child is developing without concerns, there is nothing more you will need to do. You may try the next ASQ-3 age level as your child grows and learns new skills. There are 21 questionnaires that you can use with children from 1 month to 5½ years old. If your child has trouble with some skills, your program will help you with next steps. Finding delays or problems as early as possible supports young children's healthy development.

You are an active partner in your child's learning and development. By completing ASQ-3 questionnaires, you are making sure your child is off to the best possible start!

To find out more, please talk to your health care or education professional, or visit www.agesandstages.com.

Ages & Stages Questionnaires®, Third Edition (ASQ-3™), Squires & Bricker.
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Help Me Grow

First 5 Contra Costa is leading the local effort to implement Help Me Grow, a system of coordination used nationally to connect children to the early screening and community services they need to thrive.

Screening young children for developmental delays and linking them to effective services can provide immediate relief to concerned families and reduce the costs for special education or other services down the road.

But in California, most developmental concerns are not identified or addressed until children start kindergarten. These are missed opportunities to begin interventions early, when they are more likely to be successful and cost-effective.

HELP ME GROW CONTRA COSTA IMPROVES CHILDREN'S ACCESS TO DEVELOPMENTAL SCREENING BY:

Expanding screening and referral services in pediatric offices, preschools, and child care programs



Increasing use of online developmental screening tools

Implementing public awareness campaigns on the importance of screening and early childhood development

Creating a data collection system to identify successes, gaps, and delays in program service delivery

HELP ME GROW CONTRA COSTA CONNECTS FAMILIES TO SERVICES BY:



Expanding 211 services to include child developmental specialists and support

Creating a website with information about child development and local developmental services

Creating a new system of identification and services for children with mild-to-moderate delays who do not qualify for state-funded services, and who otherwise would not receive help

90% of brain development occurs during the first five years of life



Only 1 in 3 children in California receive routine development screening



60% of developmental delays are not identified until kindergarten



Helpful Websites for Families

For more info on Ages & Stages:

<https://agesandstages.com/>

For more info on Help Me Grow Coco:

<http://www.first5coco.org/funded-programs/help-me-grow/>

http://www.first5coco.org/wp-content/uploads/2016/05/HMG_FactSheet_r1.pdf



HAPPY DAYS ARE HERE!

Tips for a smooth drop off:

- Talk about the process; “Grownups always come back”
- Visit beforehand, bring kids to Open House!
- Make it quick, don’t linger or negotiate.
- Be positive and confident!
- **You, the parent are in charge.** You have made the excellent decision to send your child to preschool. Children will have days where they would rather stay home and snuggle but remember the gift you are giving them of independence and social skills.
- Don’t peek! We are happy to peel your crying child off you, then run for the hills! :) You can always call to check on them.





THIS is your receipt for preschool!

Smiles, songs, stories, friendships
and yes, very dirty clothes and feet
at the end of the day.

Thank you for coming!

We look forward to a fantastic school year!



SARAH SMITH, PRESCHOOL DIRECTOR
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