



Dear Family,

We are very excited to welcome you and your child to our Preschool Program!

Our goal is to provide an all-around learning experience specifically designed for every developmental stage of education. The Preschool Program at The Academy embraces a number of educational philosophies from Montessori to STEM. We offer theme-based units, learning activities, enrichment lessons and fun, engaging lesson plans that include core academic subjects from math, reading, writing, foreign languages, to other academic components such as arts and crafts, music, dramatic play, and physical activities.

Pre-schoolers are guided in making an important transition from individual play to group play. Through self-correcting materials, children gain independence and a sense of accomplishment as they learn about letter formation and writing words including their own name.

The unit lesson plans will be posted monthly on the Parent Board located in the classroom. Additional Parent Resources are included in our monthly newsletters and [Instagram](#) / [FaceBook](#). Below is a list of supplies needed for a successful learning environment. Please have these ready on your child's first day **labeled with your child's name or initials**.

### Supply List

Water bottle	Set of clothes (in case of accidents)
Blanket	Sheet (24" x 48")
Sun Screen (aerosol preferred)	Hat

### About this Classroom:

In our preschool classroom, curricular lesson plans / circle time begins at 9:00 am so please be sure to drop-off by 9:00 am. Dropping off by 9:00 am will help minimize class disruptions and encourage classroom learning for your little one.

- **Meals** - Food planning and prepping for children can be a daily challenge for parents of young kiddos.
  - To help and inspire your child's lunches with all five food groups (protein, dairy, grain, vegetable, and fruit), please check out [My Plate](#) to learn more about building your child a healthy plate. Per Health / Licensing requirements, TSA is responsible for ensuring all lunches for children in our care meet the United States Department of Agriculture (USDA) food pattern requirements. Check out these [5 Nut Free Recipes](#) and [Crock Pot Inspiration](#) for further inspiration.
  - **Schedule** - Children will eat twice a day. They will be served lunch at 11:00am accompanied by milk, and we will provide a TSA snack between 2:30pm-3:00pm

following nap time. Snack consists of a wholesome diet and can include fruit, veggies, cheese, crackers, etc. (no refined sugars).

- **Ice Pack** - All student lunches are required to have an ice pack included in their lunchbox. This is to ensure all lunches remain the correct temperature prior to serving at 11:00 am.
- As a reminder, we are unable to heat lunches so we encourage all families to use a thermos if you'd like to keep your lunch items warm.
- **Yoga** - Yoga is a great way for children to learn positive and calming ways to exercise their bodies. Bi-weekly yoga sessions will be held on Fridays in the Fellowship Hall. Please sign the [Yoga Permission Slip](#) if you wish to participate.
- **Kinder Readiness** – We follow a Kinder Readiness Checklist in Mt. Everest to make sure all of our children are ready for Kindergarten. This will be completed by teachers and evaluates milestones for Kinder.

### **Get to Know Your Teachers:**

Be sure to check out your Teacher bio and get to know them a little bit before your first day on our [Welcome Page](#).

We look forward to your first day in your new classroom! Please let us know if you have any further questions and thank you in advance for your help in making this a smooth transition.

Raising a child takes a village and we're proud to be part of the tribe,

TSA Team

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