

**WELCOME  
PANDAS**



**2020-2021**

# A DAY IN THE LIFE OF A PANDA

IT IS OUR VISION TO ENSURE YOUR PANDA'S APPRECIATION OF HIMSELF, OTHERS, OF LEARNING, AND OF LIFE.

DURING A TYPICAL DAY, YOUR PANDA WILL: WONDER, PLAY, INVENT, TALK AND TELL STORIES, ASK QUESTIONS, BUILD, EXPLORE AND LEARN.

## OUR SCHEDULE

**9:00**  
WELCOME!  
OPEN CENTERS

**9:45**  
WASH HANDS  
POTTY  
SNACK

**10:00**  
LEARNING CENTERS  
SMALL GROUPS

**11:00**  
OUTSIDE PLAY

**11:30**  
WASH HANDS  
POTTY

**12:00**  
LUNCH

**12:45**  
OPEN CENTERS

**1:00**  
CLEAN-UP  
GOOD BYE

\*All days are subject to change based on weather and needs of the children.

# HOW A PANDA LEARNS:

TO THIS KNOWLEDGE, AND THROUGH CAREFUL OBSERVATION OF YOUR CHILD'S INDIVIDUAL LEARNING STYLES, WE WILL CONSTRUCT A MULTI-FACETED CURRICULUM TO FOSTER EACH AREA OF DEVELOPMENT.

## SOCIAL EMOTIONAL

I am learning to do things for myself and becoming more independent.

I am learning to talk to my friends and work through challenges with my words.

## GROSS MOTOR

I am building my physical strength, coordination and balance.

I have an opportunity to use my imagination.

I am learning to cooperate with others.

I have an opportunity to use my energy in a constructive way.

I am learning the concepts of speed, direction and location.

I am practicing to negotiate and take turns.

I am building self-confidence as I master new skills.

## DRAMATIC PLAY

I am learning to express myself with words.

I am gaining more flexibility in my thinking.

I am empowered to make my own decisions.

I can negotiate and problem solve with my peers.

## SCIENCE AND NATURE

I explore concepts of color, texture, weight, and size.

I am practicing grouping like and different.

I am continuing to strengthen my hand-eye coordination.

I am sharpening my one to one correspondence skills.

## BLOCKS AND BUILDING

I can cooperate and problem solve.

I create and repeat patterns.

I am practicing the concepts of color, shape, and location.

I am appreciating sharing and being a member of a community

## READING, CIRCLE TIME

Books are interesting and important. There is value in my ideas.

I learn to wait my turn while others speak.

I enhance my complex language skills.

## LETTERS AND NUMBERS

We will discuss letters and numbers through various hands-on learning activities. In the fall, our emphasis will be on identifying letters in our own names and fine motor foundations. Starting in the spring, we will spend more time on handwriting development by using the Handwriting Without Tears program.

# WHAT TO EXPECT FROM YOUR PANDA!

Your Panda's 4 year birthday is an important milestone. Your child's skills are expanding quickly and this year is the continuum of last year's development which also means that previous behavior problems might still be there.

4 year old behavior is defined by better self control and the need to be more self-reliant, making decisions and exploring the world (new activities, new friends). As their language skills expand, 4 year olds are more willing to share their own feelings and experiences with others. They're better at managing their emotions and are also less centered on themselves and therefore more interested in others. Having a lot of imagination and engaging in complex pretend play is typical of 4 year olds. Imaginary friends are OK! Not making a clear distinctions between reality and fantasy is the norm for 4 year olds. 4 year olds have a logical reasoning and can understand complex things as long as it's not abstract. They understand what they see. They need to be reassured and to have many things and situations explained to them (why someone is crying, where you're going, etc.).

## PANDA POINTERS!

1. Expect more. Raise the bar and your child will probably stretch to meet it
2. Resist doing for him/her what they can do for themselves.
3. Don't redo what they've done. Unless absolutely necessary, don't fix what your child accomplishes.
4. Let them solve simple problems. It's natural to want to make everything perfect, but if we do, we cheat kids of the chance to experience success.
5. Assign a chore. Putting your preschooler in charge of a regular, simple task will build his/her confidence and sense of competency. The goal is to make your child feel like a capable, contributing member of the family.
6. Praise is key, kids repeat behaviors that get attention.
7. Develop predictable routines. While it would be impractical to have the same level of structure at home, the more consistent you are, the more cooperative your child is likely to be.
8. Lighten up. If your child refuses to do something, try turning it into a game. Humor and games are two great tools that parents sometimes forget about it in the heat of the moment.
9. Warn of transitions.
10. Use sticker charts and rewards judiciously. If your child is always working for the reward, he won't learn the real reason for doing things. Reserve rewards for finite endeavors, such as potty training, but avoid offering them for everyday things, such as dressing himself or brushing his teeth.
11. Give structured choices. If, for example your 3 -year-old refuses to sit at the dinner table, you might offer the choice of sitting and getting dessert -- or not sitting and missing out on a treat.
12. No ifs. Make requests in language that assumes cooperation. "When you put your crayons away, we'll go to the park."

## ENCOURAGING CRITICAL THINKING

What is the problem?  
Think of some solutions that might work.  
Talk about solutions and pick the best one.  
Try It!  
Evaluate: How did it work?

## CRITICAL THINKING SENTENCE STARTERS

What do you think will happen if...  
How do you think we can..?  
Tell me about...  
What is another way...?  
What other ideas do you have?

## WARNING

### PANDAS MAY:

Hit, bite, kick, scratch,  
spit, use unkind words,  
suddenly develop a habit  
of stubbornness and / or  
become temperamental.

These are all typical  
behaviors.  
We will let you know if  
we have any concerns.



## WE SUPPORT HAPPY, HEALTHY PANDAS

Behavior management in our class is grounded in philosophies and principles outlined in Conscious Discipline by Becky Bailey. We set/achieve goals together, manage our emotions instead of acting out, set personal boundaries, encourage mutual respect, and resolve conflicts in a way that creates closer relationships. Children respond best to this positive guidance, consistent rules, and reinforcement of appropriate behavior. We encourage children to problem solve independently.

**WE ARE HERE TO HELP YOU AND YOUR CHILD.**  
**PLEASE COMMUNICATE OPENLY AND HONESTLY ABOUT YOUR CHILD.**  
**WE SEE YOUR CHILD AS AN INDIVIDUAL WITH INDIVIDUAL NEEDS.**  
**YOUR CHILD IS NOT PERFECT AND THAT IS OK. NEITHER IS ANYONE ELSE'S.**

# WHAT DOES YOUR PANDA NEED FOR A SUCCESSFUL DAY AT SCHOOL?

## A PACKED LUNCH

Please send food in containers that are easy to open and close. We will encourage your child to open their own lunch. We will NOT heat up lunches.

## A WATER BOTTLE

All water bottles must have a lid that closes.

## TENNIS SHOES

our play ground can be a pea gravel, sand filled, watery, muddy, slippery zone of awesomeness, tennis shoes are the best footwear for the playground!

## SUNSCREEN

Labeled with your Child's name.

## BUG SPRAY

Bug Sprays with Deet are the most effective against our hungry mosquitoes.

## EXTRA CLOTHES

Please label with your child's name. at least 2 full changes of clothing, including socks

## WE CANNOT PROVIDE EXTRAS.

Make sure all extra clothes are labeled in a ziploc bag.

# HOW TO HAVE A SUCCESSFUL DROP-OFF AND PICK-UP

Please Drop-Off and pick-up in your designated drop-off and pick-up area.

## ALLOW YOUR PANDA TO BE AS INDEPENDENT AS THEY CAN BE.

Children are encouraged to walk into the building and carry their own belongings, as appropriate for their development.

## KEEP THE DROP-OFF QUICK AND POSITIVE.

Notify us in advance if there will be an alternate pick-up person or an early pick-up.

## A PRESENT PARENT WITH A SMILE!

We understand that everyone is busy.

## FOR THE SAFETY OF ALL CHILDREN.

cell phones may not be used at drop-off or pick-up.

No children may drop-off for any reason after 9:30.  
**LATE FEES WILL BE CHARGED FOR PICK-UPS AFTER 1:05.**

**WE WILL GET DIRTY!  
BE DRESSED FOR PLAY!**

## OTHER IMPORTANT STUFF TO KNOW!

### BIRTHDAYS

We are excited to celebrate your Panda's birthday!

We will sing, have a dance party and take pictures!

Food, treats, party bags, gifts, balloons and favors will not be allowed.

### ILLNESSES

Your child must be well enough to participate in all activities.

We reserve the right to send children home if we are concerned about their health.

Please refer to the illness policies and procedures in the parent handbook. It can be found on the center's website.

[WWW.ALLCC.ORG/](http://WWW.ALLCC.ORG/)

### ABSENCES

Please let us know if your Panda will be out for any reason. Call the office at (512)892-2777 or e-mail us at

[ABIDINGLOVEPANDAS2020@GMAIL.COM](mailto:ABIDINGLOVEPANDAS2020@GMAIL.COM)

# PARENT / TEACHER COMMUNICATIONS

## FACEBOOK

Please join both the Center's closed Facebook page

### ABIDING LOVE LUTHERAN CHILDREN'S CENTER

for center announcements, parent workshop sign-ups and other important information.

and the Panda's closed facebook page

### ABIDING LOVE 2020- 2021 PANDAS

for classroom announcements, classroom updates and fun pictures from our days.

## E-MAIL

Do you have questions? E-mail us

[ABIDINGLOVEPANDAS2020@GMAIL.COM](mailto:ABIDINGLOVEPANDAS2020@GMAIL.COM)

## WEBLY SITE

Classroom reminders, important forms and calendars can all be found on the Panda page on the Center's website.

[HTTP://WWW.ALLCC.ORG/](http://WWW.ALLCC.ORG/)

## CONFERENCES

We will meet for a conference in the fall and in the spring. This is a great time to see how much your child has grown and changed over the school year.

**PLEASE BE AWARE - THE DRIVE THROUGH DROP-OFFS AND PICK-UPS WILL BE A VERY BUSY TIME. FOR THE SAFETY OF EVERYONE PLEASE KEEP CONVERSATIONS BRIEF. IF YOU HAVE ANY QUESTIONS OR ANYTHING WE NEED TO KNOW TO MAKE THE DAY A SUCCESS. PLEASE E-MAIL US BY 8:45 OR CALL THE OFFICE AT ( 512) 892- 2777.**