



# Kremmling Preschool Newsletter



September 27, 2023



**PICTURE ORDERS** - Picture orders are due today! You may order online by the end of today to ensure free shipping. If you are unable to get it done today, do not worry, you may still order and they will ship them to your home for a small shipping fee. If you need any assistance let us know and we are happy to help!



**MISS BRITTANY'S MESSAGE** - "We are so happy to be creating friendships in our classes and seeing everyone's personalities and individualities shine! We enjoyed excavating circles, letters A, B, and H out of our sensory table. The kitchen and art center have been a very popular area to play. We also explored playing in shaving cream for the first time this year and man did they love it! Thank you for your continued support for this school years success."



**GUEST READER PROGRAM** - We have already had a guest reader come to preschool, yay! If you haven't already done so, please consider coming to read to our preschoolers. It is such a fun way to get to know everyone and the children LOVE to hear stories! If you need another form with dates and times let us know and we will get you one asap.



**Preschool Vision/Hearing Screenings** - Tomorrow, Thursday, September 28th, the preschool will be doing FREE vision & hearing screenings for our preschoolers. You should have received the permission forms in your child's folder last week. If you would like your child's vision & hearing to be screened, please fill out the forms and return to the preschool ASAP. If your child does not normally attend on Thursday's and you would like to have them screened, please see Michele for times you may bring them in to participate. If you have any questions, please reach out. Thank you!



**FIRE SAFETY** - Kremmling Fire Department is coming to Preschool!! They will be here on Wednesday, October 11<sup>th</sup>.



## **CALENDAR of EVENTS:**

- Oct. 11 Fire Prevention w/Kremmling Fire Department
- Oct. 31 Halloween Trick-or-Treating & Parties, more information to come
- Oct. 24/25 Parent/Teacher Conferences, more information to come
- Oct. 31 Trick-Or-Treating, Halloween Parties
- Nov. 20-23 Thanksgiving Break, Preschool closed
- Dec. 2 Preschool Craft Fair
- Dec. 14 Christmas Program, 630p, TENTATIVE
- Dec. 21 Cookies, Movie, & PJ Day!
- Dec. 22-Jan 7 Winter Break, Preschool closed

Please do not hesitate to call or stop by with any questions or concerns!  
(970) 724-9483 Michele DeSanti, Director.

# How Much Sleep Does Your Child Need?

## AGE GROUP

## HOURS THROUGHOUT THE DAY INCLUDING NAPS

Infants (0-12 months)

14-15 hours throughout the day

Toddler (1-3 years old)

12-14 hours throughout the day

Preschoolers (3-5 years old)

11-13 hours throughout the day

School age children  
(5-12 years old)

10-12 hours



## How Do You Know When Your Child Isn't Getting Enough Sleep?



*"He gets really excited and hyper. He wants to run around and won't sit down, but I know he really needs to rest"*

*"Her teacher says she has a hard time paying attention and doesn't want to join in or loses interest."*

*"He will have a melt down that normally wouldn't cause that reaction. It's because he either didn't get a good nap or didn't sleep well the night before."*

*"Moody, he gets really moody. And I check in to ask if he's tired."*

*"She just sort of falls apart when she hasn't had enough sleep, and starts acting out."*



**If your child shows these signs, they may need more sleep or fewer interruptions at night.**