



# Kremmling Preschool Newsletter



September 25, 2024



**PICTURE ORDERS** - Picture orders were due yesterday to receive free shipping to the school!

If you are unable to get it done by yesterday, **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** - "What a great start to this year we have had! The kids are now doing 2 projects and doing wonderful with our transitions. They love playing a listening game with Dina! They are working so hard on a lot of preschool skills from sharing, waiting, trying first, fine motor, to making new friends. They are all coming out of their shells, and we are loving it!"



**Preschool Vision/Hearing Screenings** - Preschool health screenings are tomorrow, Thursday, September 26<sup>th</sup>. If you haven't already done so, please return your permission forms. If your child does not normally attend on Thursday's and you would like to have them screen, please see Michele for times you may bring them in to participate. If you have any questions, please reach out. Thank you!



**GUEST READER PROGRAM** - We have a guest reader coming to preschool this week, 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.



**FIRE SAFETY** - Kremmling Fire Department is coming to Preschool!! They will be here on Wednesday, October 9<sup>th</sup>.



## **CALENDAR of EVENTS**

- Sept. 26                    RESCHEDULED Health Screenings
- Oct. 9                      Fire Prevention w/Kremmling Fire Department
- Oct. 22/23                Parent/Teacher Conferences, more information to come
- Oct. 31                    Halloween Trick-or-Treating & Parties, more information to come
- Nov. 25-28                Thanksgiving Break, Preschool closed
- Dec. 7                     Preschool Craft Fair
- Dec. 12                    Christmas Program, 630p, TENTATIVE
- Dec. 20-Jan 5            Winter Break, Preschool closed

ANY questions or concerns, please contact Michele @ (970) 724-9483

**OVER=====➔**

# 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.**