

Glen Ullin
Prekindergarten
Handbook
2023-2024



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Please fill out the last sheet in the handbook (pg. 15) and return back to school. Thank you!

Purpose

To provide a quality preschool program for every child.

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Philosophy

Education is more than a school building, books, materials, and schedule. Education is the total experience of a student, at developing the whole person. This educational process includes the gathering and organizing of knowledge which is meaningful and relevant to the student now and which will be useful to the student in their future life. The students must understand and utilize their experience to develop citizenship and individual character. Individual instruction is an ideal situation, but group sessions are needed for the exchange of thoughts, experiences, and ideas. In order to develop a well-rounded student, the curriculum should include experiences related to intellectual, physical, social, cultural, and spiritual aspects of the student. It is the responsibility of the school to engage students in the learning process, so learning is interesting and rewarding, so that the students become lifelong learners. Parents have the responsibility of developing in their children respect for school property, teachers, and learning. Because parents play such an important role every effort should be made to make them a part of the education process. The education of our students will be greatly enhanced when parents and teachers work together.

The Glen Ullin School District does not discriminate in the education program and activities or employment on the basis of race, sex, age, religion, disability, or national origin.

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District Goals & Objectives

Goal: To provide, thorough education, all the experiences needed to develop the whole person in each student.

Objectives:

- Gather and organize knowledge, which is meaningful and relevant to each student.
- Develop citizenship, leadership and individual character in each student.
- Exchange thoughts, experiences and ideas.
- Motivate each student to continue to learn throughout life.
- Develop responsibility in each student.
- Develop each student's full capacity to become a useful member of society.
- Have each student take part in school experiences that parallel life experiences.

- Develop each student physically, mentally, emotional, and socially in accord with today's changing culture.
- Realize individual positive self-concept and recognize potentials and limitations.
- Meet all criteria set by the Department of Public Instruction to maintain accreditation.

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Prekindergarten Developmental Goals

- Social/emotional: feeling good about themselves and learning how to relate to others.
- Physical: exercises through play and planned activities that develop both fine and gross (large) motor skills.
- Cognitive: help children realize their intellectual potential through use of language, creative imagination, and stimulating experiences.

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Requirements for Enrollment

Students must have their birth certificate along with immunization records. Students must be 4-years-old by August 1st, 2023, to register.

PLEASE NOTE: The Glen Ullin Public School has the right to dismiss a child from the preschool program if that child has not yet reached the level of maturity that is necessary to participate in preschool procedures and activities.

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School Hours

The student hours at Glen Ullin Public School are from 8:20 A.M. to 3:20 P.M.

If children arrive before 8:20 and are not eating breakfast, they will play outside on the playground with adult supervision.

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Transportation

Parents are responsible for the transportation to and from preschool unless other arrangements have been made. Busing is available. Contact the office for more information.

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Tuition

For the 2023-2024 school year, preschool tuition will be covered by a grant. Therefore, there will be no charge for this service.

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Breakfast/Lunch Programs (Prices may change)

Breakfast costs: \$2.15/day

Lunch costs: \$2.65/day

If you choose to participate in the breakfast program, it will be served from 8:00 a.m. - 8:20 a.m. Breakfast: \$2.15 a day.

Breakfast and lunch fees will be handled by the office staff. If you have any questions about your bill or payments, please contact the office staff at 348-3590.

Your student may qualify for Free or Reduced-Price Lunches! Last school year there were several opportunities for grants that would have been beneficial for our school. Unfortunately, these grants have a minimum requirement of the percentage of students who qualify for free and reduced lunch. We fall just short of this minimum. There is a very good possibility that we have a high enough percentage of students who qualify, but not everyone applies. Please take the time to look over the Free and Reduced Lunch Application and apply. It could have a very significant impact on our school. Thank you!

Milk Program

Students will receive a short break each day where we take a moment from learning for a small carton of milk. The program costs \$0.30 a day (subject to change). Children will be provided a small carton of 1% or chocolate milk. You can choose to exclude your child from this program. If you do, please let the office and Mrs. Harter know.

Payments will be made in the school office.

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Releasing Children

The school will not release your child to anyone but authorized persons without notification from the parent. Please let the teacher and office know who will be picking up your child if it is someone other than yourself. Thank you!

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Illness Policy

If your child has a contagious disease such as pink eye, impetigo, head lice, etc., please notify the school as soon as possible. If it is necessary to send a child home because of illness, you will be notified to come and pick up your child.

Please be on guard if your child shows any of the following symptoms and use them as a guideline for determining to keep your child at home.

- Watery, inflamed eyes or crusty eyelids
- Deep and severe cough/heavy nasal discharge
- Fever above 100.4... children **must be fever free for 24 hours** before returning to school
- Vomiting or diarrhea...again, **must be in the clear for a full 24 hours** before returning
- Rash or unusual skin condition
- If a doctor diagnoses an infection and places the child on a prescription medicine, the child should not return for at least 24 hours (including ear infections).

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Absences

Please call the school office in the morning if your child will be absent. The school office phone number is 348-3590.

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Medications

Absolutely no medication will be administered to any child unless written permission and instructions from the parent are obtained. The office staff will be administering the medications to students.

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Clothing

Play clothes are best for preschool. Comfortable, sturdy, washable clothing permits children the necessary freedom to participate in all activities without undue concern for spills or rips.

Keeping buckles and complicated openings to a minimum will allow success in self-care. Tennis shoes are recommended. For their success, please make sure your child can put their own shoes on.

*Please send proper outdoor attire for both outside play and field trips. We do go out for recess all year unless it is raining or below -10 degrees. **Proper winter gear includes: A winter coat, snow pants, snow boots, winter hat, and winter gloves (NOT hand gloves).**

Vacations & School Closings

The preschool year runs from August to May, correlating vacation with the Glen Ullin School System. For exact vacation and conference schedules, please consult the monthly preschool or school calendar (refer to the last page for a preschool calendar).

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Weather & School Closings

You will be contacted by email/text/phone call in the event of a school day cancellation. Cancellations will also be broadcasted on the radio (KFYR) by 7:30 am. School administration will make that decision. If school is canceled, it may be necessary to make up the school day if storm days have already been used.

*Remember- there is always the possibility that a storm could develop during the school hours, so please keep your radio turned to KFYR during any inclement weather.

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Fire and Tornado Drills

Teachers will inform students regarding the manner and place of exit in case of a fire or tornado drill. An announcement will be made over the intercom in the event of a tornado. An alarm will also sound in the event of a fire drill. When the alarm is given, all persons walk quietly to a specified area. Students do not stop for books or coats. In the preschool classroom, we remember to talk about how this is 'practice', so we know what to do as some children tend to get frightened.

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Prekindergarten Screening

Each child enrolled in the preschool program may be screened by Custer Health. Morton-Sioux Special Education will come in to do additional screenings when requested.

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Daily Activities

8:25-Arrival/Learning Centers: The first part of the day will be center time where students will be able to play in the center area. Some of the activities include: coloring, building with many different types of blocks, dramatic play, toy cars, puzzles, etc.

Gathering: This is time for the group to come together to start the day. We meet by the calendar and participate in calendar and weather activities. The children will also have some time to share their personal experiences at this time.

Morning Meeting: Brain break activity. Literacy and math skills. Letter or number of the day, songs and poems, etc.

1st Snack: This snack is provided by home. Please send a snack that will help with their learning and growth. A list of healthy snack ideas is provided in the back pages of this packet. Please bring a water bottle for your child to leave at school. Water bottles will be sent home on Fridays to be washed.

2nd Snack: Fruit or vegetable snack provided by school. A small carton of 1% or chocolate milk will be offered at \$0.25 (subject to change) a carton.

Recess: When students first arrive at school, they will meet outside for recess. The bell will ring at 8:20, students come inside, and school begins.

There is a morning (10:00-10:15), lunch (11:40-12:00) and afternoon recess (1:30-1:45) break.

***Students will stay inside during rain showers and when temperatures reach below -10 degrees.**

Circle Time: Phonemic/Phonological skills. Early literacy/Letter-Sound

Handwriting Without Tears Block: Letter work and Writing skills.

Lunch/Recess: Student lunch \$2.45 a day (subject to change)

Quiet time: Students get out quiet-time materials and find their designated spot. This is a time for quiet for anyone who needs to rest or just relax.

Read a-loud: A story is read aloud along with related concept-development activities.

Exploration/Small Groups: Group activity work

Specials:

- **I-Stations/IXL/Starfall:** Computer programs that focus on reading and math skills.
- **Music:** Kindermusik with Mrs. Harter
- **Gym:** Mr. Fox
- **Science:** Mystery Science with Mrs. Harter
- **Art:** Mrs. Harter

Dismissal: 3:20 p.m.

Behavior Management

We will guide students by the following principles in a manner appropriate to the child's age, development, maturity, and situation.

- Each child is a precious, important person and needs to feel good about him or herself.
- All children need opportunities to learn that there are consequences for their actions.
- Children need limits and rules, which are consistently enforced.
- It is most effective to positively redirect a child's inappropriate behavior.
- Children need opportunities to make appropriate choices.
- Shaming a child is not conducive to good overall mental health.

Based on these principles the following procedures will be used:

- Positive behavior will be reinforced in order to discourage inappropriate behavior.
- Physical punishment will not be used under any circumstances.
- A "Think Break", removal from a situation, and loss of privilege are the methods used for disciplinary purposes as the situation deems appropriate.

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Field Trips

We will be going on field trips throughout the year, and I will be asking for chaperones to help. A chaperone MUST help all children, not just their student. Field Trip information will come out before the planned trip.

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Curriculum

Prekindergarten uses Starfall, Creative Curriculum, Handwriting Without Tears, and KinderMusik.

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Parent-Teacher Conferences

Conferences will follow the K-12 conference schedule. You will receive a note before each conference date with your scheduled time.

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Communication

In preschool we use Class Tag, an app/website for classroom and school announcements, messages between teacher and parents, and to see what we are doing in our preschool classroom.

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Parent Involvement

Communication is very important to understanding what is happening in your child's world. The following has been planned to ensure good communication:

- Periodic newsletters and notes discussing school happenings and future events will be sent home in the backpack folder.
- Important notes will be sent via paper copy and/or on the ClassTag group.

Please check backpacks and backpack folders after your child arrives home from school. Go over their papers with them please.

Visitors: Visitors are always welcome to come in. Please contact the office and teacher a day before the visit. Check in with the office on the day of your visit. Also let me know if you have a special gift or talent that you would like to share with the class.

Volunteers: You may be asked periodically to volunteer for field trips. This is always optional.

Birthdays: Birthdays will be celebrated during the 2nd snack break. Each child's birthday will be celebrated as close to their original birthday as possible. Summer birthdays will be placed on the calendar after January. Birthdays can be celebrated with a treat for the class from home. Snack availability will depend on food allergies. A note of what types of food to be avoided (if there are any) will be sent home before it is time for you to bring in a snack.

Holiday Parties: Notices or newsletters will be sent home to explain the dates and details of the following classroom celebrations: Halloween and Valentine's Day. Children/Parents will not be required to provide a snack for classroom celebrations but are welcome to, if desired.

This handbook has been made for your information. Please feel free to contact me at the school if you have any further questions. Thanks!

I look forward to a great year full of fun and learning!

Mariah Harter, Preschool Teacher
348-3590
mharter@glenullinbearcats.org

Healthy Snack Choices



Fruits and Vegetables

Almost all of the snacks served to children should be fruits or vegetables. Do taste tests or let kids choose (or vote for) new fruits and vegetables to try. Fruit can be served whole, sliced, cut in half, cubed, or in wedges. Canned, frozen, and dried fruits are easy and usually need little preparation.

Healthy options include: fresh fruits and vegetables; frozen fruit; applesauce; fruit cups or canned fruit (in juice or light syrup); dried fruit and fruit leathers (without added sugars); fruit salad; fruit juice popsicles; and homemade smoothies. Vegetables can be served with dips like hummus, bean dip, or salad dressing; in salads; or veggie pockets in whole wheat pita.

Healthy Grains (whole grains that are low in fats and sugars)



Serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains. (*Whole* wheat [or other whole grain] should be the first ingredient listed.)

Healthy whole grain options can include: English muffins, pita, or tortillas; breakfast cereal; crackers; rice cakes; popcorn; tortilla chips; granola; cereal bars; breadsticks; or flatbreads. Refined grains, such as pretzels and goldfish, should not be everyday offerings. Be sure to read nutrition labels to pick options that are low in sugars, saturated fat, and trans fat.

Packaged Snacks:

- **100 calorie packs** are great options for certain foods. Try whole grain crackers and whole grain pretzels. Sweets, even in 100 calorie packs, often have more than 35% of their weight as just sugar, while fried foods, like potato chips, have way more fat than is allowed. To be under 35% calories from fat a food cannot have more than 35 calories of fat per 100 calories.
- **Baked tortilla chips** with 100 calorie packs of **guacamole** dip can be fun treats.

- **Baked potato chips** will meet the guidelines at 120 calories and 3 grams of fat.
- Baked whole grain **pita** chips are a handy option.
- Fill **pita** pockets with veggies and a little nonfat Italian dressing for a fun snack.
- Prepared **veggie** and **fruit trays** with low-fat dips are speedy, fuss-free options.
- For a calcium-rich option, try single-serving, sugar-free **pudding cups**.
- Light, low-fat **yogurt** comes in cups and squeeze tubes.
- Whole grain **cereals** like shredded wheat, oatmeal “O’s”, and Chex are great snack options without added sugar.
- **Brown rice cakes** are great options. Kids can top them with nut butter and fruit.
- Boxed **raisins** and other dried fruits are great.
- Whole grain **fig cookies** like Fig Newtons.
- **Fruit cups** and **individual fruit serving cans** packed in juice are great packaged snacks, too.

Low-Fat Dairy Foods

To protect children’s bones and hearts, make sure all dairy foods are low-fat, such as yogurt and low-fat pudding. Since cheese is the #2 source of heart-damaging saturated fat in children’s diets, choose lower-fat cheeses, serve small portions, and serve cheese with other foods like fruit, vegetables, or whole grain crackers.

Healthy Beverages:

Water should be the main drink served to kids at snack times. Water satisfies thirst without adding calories or sugars (and it is low-cost!).

Seltzer or Sparkling Water – Look for calorie-free varieties; flavored or unflavored.

Fruit Juice – Choose only 100% fruit juice, but limit juice to no more than 6 ounces (a little less than a cup) for 1-6 year olds and no more than 12 ounces (1½ cups) for 7-18 year olds. Avoid juice drinks, which, nutritionally, are no better than soda pop. The label should list 100% juice and avoid drinks with sugar or high fructose corn syrup in the ingredient list.



Pre-kinder Supply List

Please provide the following supplies and bring the first day of school:

- *Large School backpack (make sure it is big enough to fit snow pants and quiet time things in winter)

- *1 Folder (Backpack folder)

- *4 glue sticks

- *Pack of crayons

- *Washable markers

- * 1 Kleenex box

- *Water Bottle

- *Nap time: blanket, pillow

- *Headphones (no earbuds or and no wireless headphones)

- *Tennis shoes for gym use only (velcro or slip-on are preferred)

- *Extra clothing in Ziploc bag labeled with your child's name (accidents, spills)

Include in bag: Pants, shorts, t-shirt, socks, underwear/panties

-this bag will be sent home before Christmas break to exchange for different sizes. Please bring new bag back after the break.

(Please label all supplies)

Handbook Checklist

Please mark for understanding and return back to teacher. Thank you!

___ School starts at 8:20 a.m. and ends at 3:20 p.m. Students need to be here before 8:20. There is a breakfast program, but if students choose not to eat, they must go outside for recess until 8:20.

___ I must provide one healthy snack for my child each day they come to school.

___ Absences - Please contact the school office in the morning if your child will be absent. There are NO refunds for absences.

___ Visitors are welcome, but the school and teacher need a 24 hour notice before visitation. Contact the office to make that arrangement.

___ Illness - A child *must be fever free for 24 hours* before returning to school. Vomiting and/or diarrhea...again, *must be in the clear for a full 24 hours* before returning.

___ Clothes - In winter, students **MUST** have appropriate clothing every day they come to school. This includes: A winter coat, snow pants, snow boots, winter hat, winter gloves (NOT hand gloves).

Name

Date