

April 2024

Sonshine Preschool

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www.Sonshineprek.org
(520)885-1045

Jambo-

Spring is in the air! Have I mentioned lately that your children are TERRIFIC! We feel that all your children are making tremendous progress this year. I'm sure you've noticed how much your child loves school, and loves their friends, and have managed to get along without Mom and Dad for a few hours each day! Aren't you proud of them! These are great accomplishments for such little people.

We will begin a unit on "Zoo Animals" this month. This will include creating animals, learning "fun" facts and exploring animal sounds and movements. (Our NON-Field Trip known as – Family Zoo Trip is on Wed., April 24th!!)

We need to know your Sonshine Summer Camp Plans ...well...TODAY as we need to work on staffing. For Fall (August) same story, please help us so our Staff knows when we need them here!!! Thanks so much!!!!!!!!!!!!

Family Fun Day at Reid Park Zoo ****Wednesday APRIL 24TH****



You and your child are invited to our Family Fun Day at the Zoo. Sonshine Preschool will pay for your child and 1 adult's entrance to the zoo. All children must attend with a parent, a family member, or adult friend. ALL Adults, and other children will be at your own cost. Please let us know if you have a Zoo Pass, and do not need us to provide a zoo ticket for you and your child. You will need to see Amanda in the Office and let her know if you are coming, if you are using a Zoo Pass, or if you can't attend. **Everyone will need to provide transportation for their own children and stay with them at the zoo.** Staff will not be able to drive your child or be with them at the Zoo. You can carpool or send your child with another parent, as long as you arrange it all. We will meet at the Zoo entrance at 8:30. Please look for your child's teacher as you arrive so that we can take a picture of you and your child. Once in the Zoo you are on your own, your child will have a special booklet that they have made at school with them so they can track the animals that they see. It is fun to pair up with some of their friends from school; many good friendships have been formed on this special day!! Don't forget to see



Upcoming Events

Monday April 22nd-Friday April 26th
Spirit Week

Wednesday April 24th
All Classrooms Zoo Trip with Families

Friday April 26th
Sonshine Carnival 5:30pm-7:30pm

Chapel Time

April 2nd & 4th

April 9th & 11th

April 16th & 18th

April 23rd & 25th

April 30th & May 2nd

Amanda in the Office so we know your plans for this day. We receive a group rate so if you need to pay for yourself, or another Adult who will be with your child you must do so by Tuesday April 16th, in the Office. The staff will be leaving the Zoo by 11:15 so we can get back in time for children who need to come back to school and eat lunch. Some of you will want to stay longer at the Zoo, and that is fine, no need to rush.

***Please let your child's teacher know if they will be returning to school. ***

School Spirit Week

Please join the fun for a week of school spirit Monday, April 22nd through Friday April 26th. What better way to show your support for our school!

Children can wear the following to school during that week in April! (Parents can join in on the fun too!)

If you'd like to purchase a "Sonshine Shirt" for your child, please let Amanda know. Shirts are \$15 each.

- ☺ Monday April 22nd: Favorite Character or Sports Team T-Shirt Day!
- ☺ Tuesday April 23rd: Crazy Hat or Crazy Hair & Shades Day!
- ☺ Wednesday April 24th: Family Zoo Day/Sonshine Shirt Day!
- ☺ Thursday April 25th: Pajama Day!
- ☺ Friday April 26th: Sonshine Shirt Day!

Have fun with this, I'm sure the teachers will too.

Sonshine's Spring Carnival!!!

On Friday, April 26th from 5:30 to 7:30 p.m. Games, pizza, ice cream treats, a giant inflatable slide, and our famous "cake walk"! A flyer with more details will be sent home soon! Each class will be staffing a game, as well as some shifts at the inflatable slide. We will need lots of parent volunteers to also help us out, we will send out the opportunity to sign up to volunteer on Remind. If you have any reliable teenagers who would LOVE to help us out, or who need "Community Service Hours", let us know. We can put them to work!

We will be needing **A LOT** of baked goodies for our "cake walk" to make it successful. Hopefully everyone will be able to provide at least one item (in a disposable container) for this event. Home baked goodies such as cakes, cupcakes, brownies, cookies, cookie bars, breads, rolls, sweet breads or pies would be wonderful! It's helpful if the goodies are cupcakes or cookies, to please bag them or package them in smaller sets. For example, a dozen cupcakes split up into 3 sets of 4 cupcakes. Store-bought goodies are welcome too! Please bring items in on Friday, April 26th, or with you that night. Tickets/Punch Cards will be sold the night of the carnival for all food items, the inflatable slide, and the "cake walk". All the children's games are free. **Mark your calendars now! This is something your family won't want to miss!!**

Happy Birthday to
You!

Sterling Cargill
Ella Campos
Chance Dinniman
Charlotte Doyle
Wyatt Cisek
Noir Stern
Raylan Evans
Ms. Taylor
Ms. Cassie



April Pizza Fun Days

Wednesday April 3rd

Friday April 12th

Wednesday April 17th

Friday April 26th



Registration 2024-2025

Please complete your Summer Camp Registration **NO LATER** than **APRIL 15th** so that we can plan for staffing during the summer. Keep in mind that Summer Camp hours are 7:30am-4:30pm. You may register your child by the week (payment due the Friday before each week your child is registered to attend) and for either Preschool Hours – 8:45-12:00 or Full Day – 7:30-4:30. If you have any questions regarding summer schedules or tuition, please email Amanda at abanwart@sonshineprek.org.

Healthy Eating for your Children

Finding the right foods for your preschooler is often a challenge. But keep in mind that giving your child the proper nutritional components is necessary for your child's overall health. Sonshine recommends that you provide your child with a variety of foods from each of the food groups daily. Think FRESH fruits & vegetables. We REALLY recommend creating your very OWN type of "lunchable". You can purchase a plastic divided dish and get creative!! We also believe there is a lot of good information coming out about the dyes and excess sugars they use in foods. Some of these findings are that they can hinder your child's learning capabilities, especially in children who have difficulties with their attention spans.

Warmer Weather = MORE MESSY PLAY!!

As the weather gets warmer, more water will be appearing on the playground, and this makes for a lot more mud, mud pies and fun. Please dress your children in play clothes that will not be ruined by messy play. We will do our best to keep them from covering themselves completely in mud! Don't forget to put sunscreen on your child every day, and bring extra labeled with their first and last name for the afternoons.

From our Teacher's Corner.....



Busy Bees

Where is the time going? I can't believe it's already April. As our weather warms up, remember to apply sunscreen to your little one.

This month we will learn about different zoo animals; we will also continue to work on colors. Family Zoo Day is on Wednesday April 24th. Please see the info above for details about our Family Zoo Day. Be sure to let us know if you will or will not be able to join us on the 24th.

Fireflies

Wow! The month of March just went marching by! This month we will be talking about farm and zoo animals. Everyone has been working on their motor and self-help skills. Puzzles and cutting with scissors have become very popular lately.

We are looking forward to spring, and a lot of water play! Please dress for mess, water, and mud. Your little ones are sure to enjoy this season here at school. This is such a fun group, and it is amazing to see how they are growing this year! Please label jackets, etc with your child's first and last name. As warmer weather approaches, please remember to put sunscreen on your child every morning before

school. Family Zoo Day is on Wednesday April 24th. Please see the info above for details about our Family Zoo Day. Be sure to let us know if you will or will not be able to join us on the 24th.

Ladybugs

Hooray, spring has sprung! The month of April brings many fun activities for the children to experience and learn. We will be observing how a seed grows. The children will plant a garden outside our classroom so keep an eye out for some beautiful flowers. With our Family Zoo Trip right around the corner, we'll begin learning all about zoo animals. Busy Busy! Reminder that our Family Zoo trip is on Wednesday April 24th. Please plan on attending with your child. Progress reports will be sent home in the next few weeks. If you'd like a conference, please let your child's teacher know.

Butterflies

Your children are amazing! The entire Pre-K teaching team has enjoyed watching them learn and grow throughout the school year.

The month of April we will be learning about plants and zoo animals as we prepare for our zoo trip. We are looking forward to our zoo "family field trip" on Wednesday, April 24th and the carnival on the evening of April 26th.

Next Month, **May 22nd in the morning will be our Pre- K Promotion!!!** Please save the date. More information to follow. If you are interested in sending your child to Sonshine for summer camp 2024, there's still time to register them. Please email Amanda and she can be sure to get you a registration form (there is no registration fee for summer camp).

Reminders:

Scholastic Book Order due: Friday, April 19th, Remember, you can place your order online at the following website www.scholastic.com/bookclubs and follow Parent links. Our school code is GPL3F. Your books will be delivered to Sonshine at no charge. Please see Amanda, or email her at abanwart@sonshineprek.org if you have any questions.

Sonshine Spirit Week!! Monday, April 22nd through Friday, April 26th

Family Zoo Trip Wednesday April 24th

Sonshine's Annual Spring Carnival Friday April 26th 5:30-7:30

Pre-K Promotion Program for Butterfly children going on to Kindergarten will be held Wednesday, May 22nd

Last Day of school- please mark your calendar- Wednesday, May, 22nd **School Closes at 3:00pm**

No school for Memorial Day and break- Thursday, May 23rd through Friday, May 31st

Sonshine Preschool Summer Program: Please refer to registration materials to sign up.

Please remember we close earlier at 4:30pm during the summer.

Monday, June 3rd: First day Summer Program

Wednesday June 19th: No School, Juneteenth

Thursday, July 4th & Friday July 5th: No School, Independence Day

Friday, July 12th: Last day of Summer Program

Thursday, August 1st: First day of Fall program

Parent Business Connection

Would you like to place your business card in our Parent Connection section of our monthly newsletter? We distribute this newsletter to current and new prospective parents. The fee is \$10.00 per month for a business card ad, or \$35.00 for a business card ad for 4 consecutive months. We have limited space. If you would like to advertise in our next newsletter, please see Amanda, or call the office at 885-1045.

	<p>1st  HERITAGE REALTY Hanna Emery, REALTOR® License # SA586066000 Mobile: 520.668.5258 hanna@1stheritagerealty.com</p>	<p>1st  HERITAGE REALTY <i>"Move the Healthy Way"</i> www.tucsonhomesteam.com 721 N 4th Ave Tucson, AZ 85705</p> <p>  MLS</p>
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<p>Roger Jernigan Owner (512)962-5660 Roger@hardworxconcrete.com "Here for all your concrete and Masonry needs" ROC# 338680</p>

Birth to Five HELPLINE

"Nothing Out of the Question" **1-877-705-KIDS (5437)**



Do you ever have a question regarding your child and don't know who to ask? Check out the Southwest Human Development's Birth to Five Helpline. Southwest Human Development's Birth to Five Helpline is Arizona's only toll-free resource for parents, caregivers and professionals who have questions or concerns about the development of children ages birth to 5.



THE APP IS HERE!

We're excited to launch the all-new **Birth to Five Helpline app!**

The Birth to Five helpline app allows you to easily **one-click call, text or email the Birth to Five Helpline** early childhood specialists directly from your phone.

Plus, you can visit **BirthToFiveHelpline.org**, donate or visit the Southwest Human Development and First Things First websites directly from the app!

The best part? Once the app is downloaded on your phone, there is no need to memorize the phone number!

DOWNLOAD THE APP TODAY!



15 Tips to Help Prevent Allergy Symptoms in Kids



Before you start any treatment, visit a doctor to be sure [allergies](#) are causing your child's troubles. Once you know they really have [seasonal allergies](#), these quick tips can offer much-needed relief.

Stay Inside. The best way to treat [allergy symptoms](#) is to avoid allergens to begin with. So when [pollen](#) counts soar, keep kids indoors as much as possible. [Pollen](#) is usually at its peak mid-morning, early evening, and when the wind is blowing.

Use Saltwater. Having a plugged-up nose can be one of the toughest symptoms for children with [allergies](#). For relief, older children might want to try [nasal irrigation](#) with a saline solution. You can buy saline at the drugstore or make your own by mixing in a squirt bottle 8 ounces of boiled water to 1 teaspoon non-iodized salt.

Stay Hydrated. All that [sneezing](#) and blowing can leave a child parched. Keep a water bottle full and close to hand and encourage your children to keep sipping.

Warm It Up. Steam from a warm shower or bath seems to offer allergy symptom relief for some so encourage kids to enjoy a little tub time. Just be careful to make sure the shower is not too hot.

Keep It Cool. To keep pollen out when the weather's hot, air condition your car and home and keep windows closed.

Deal With Dry Air. A little moisture in the air makes breathing easier for most, so if the air in your house is dry, get a humidifier. But be careful: Humidity over 40% can encourage the growth of indoor allergens like mold and [dust mites](#).

Go Cold. When itchy [eyes](#) are driving your kid crazy, try a cold compress, which may help reduce the itch and soreness.

Keep Your Hands to Yourself. Help kids to avoid rubbing their itchy eyes. Rubbing will only irritate them -- and could make the itchiness even worse.

Spice It Up. If your kids will eat spicy foods, a dish made with cayenne pepper, hot ginger, fenugreek, onions, or garlic may help thin mucus and clear nasal passages.

Use Top Tissues. When kids' allergies are at their peak, tender noses can get sore pretty fast. Look for tissues with lotion or aloe.

Rub Jelly on It. And if your child's nose is raw and red from blowing, you can soothe his sniffer with a dab of petroleum jelly.

Gargle to Relieve Sore Throats. If drainage leaves your child with a sore, gargling with warm saltwater made of 1-2 tablespoons of table salt in 8 ounces of water may ease the pain.

Drink Warm Tea. Drinking more fluids can also help soothe tender throats. Try a weak tea with honey and lemon. Bonus: The steam may relieve [sinus](#) congestion, too.

Get Face Time. Warm compresses applied to the face may also help soothe a child's [sinus](#) pressure and pain.

Watch Out for Certain Foods. If your child is allergic to ragweed, he may also have an allergic sensitivity to some foods that may include bananas, melons, chamomile tea, sunflower seeds, and cucumbers.

By Wendy C. Fries

WebMD Feature

Reviewed by Brunilda Nazario, MD

<http://www.webmd.com/allergies/features/keeping-kids-happy-despite-allergy-symptoms>