



# The Reef...

By Coral Reef Academy

"The greatest compliment you can give us is the referral of family and friends"

Just a friendly reminder that our School policy states that students need to come to school in socks and shoes. No Flip Flops Please! This is for the safety our children. Thank You.

August Theme:  
Living On A Farm:

Color: **Red**

Shape : Hexagon

Number: 0,1

Letters: A,B

Opposites: Sit/ Stand

Value: Trust

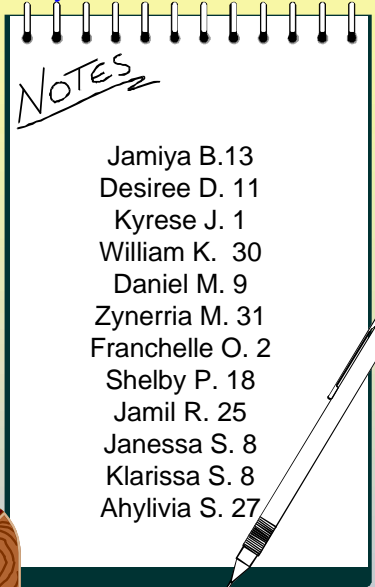
Transportation : Horse

Other Topics:

Farm Animals, animals, Farmers

Cowboy, Cowgirl

Money, Table Manners

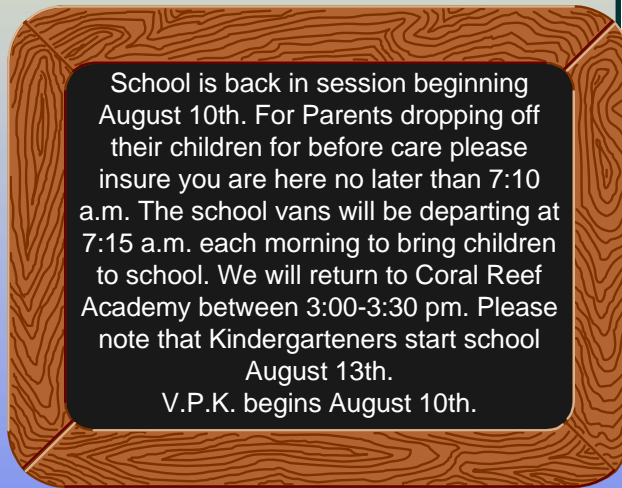


Jamiya B.13  
Desiree D. 11  
Kyrese J. 1  
William K. 30  
Daniel M. 9  
Zynerria M. 31  
Franchelle O. 2  
Shelby P. 18  
Jamil R. 25  
Janessa S. 8  
Klarissa S. 8  
Ahylvivia S. 27

### Parent/ Teacher Conferences:

Parents are welcome to request a conference with their child's teacher at any time; we recommend two per year.

We also encourage regular communication between parents and teachers or Center Director.



School is back in session beginning August 10th. For Parents dropping off their children for before care please insure you are here no later than 7:10 a.m. The school vans will be departing at 7:15 a.m. each morning to bring children to school. We will return to Coral Reef Academy between 3:00-3:30 pm. Please note that Kindergarteners start school August 13th. V.P.K. begins August 10th.



### Parent Volunteers:

Coral Reef Academy is looking for parents to share their ideas, traditions and even yourselves in any other way that you would enjoy. Parents are an important piece of our community and we welcome you into the center or classrooms at any time.



### Teacher Of The Month

Ms. Andrea was out on maternity leave for a month and has come back with her little baby boy Noah, whom we are so pleased to have join us in the infant room. We are grateful for her work with her babies in the infant classroom, and are happy to see the creative touches she has done around the school. Her artistic abilities are much needed and her attention to detail is relevant in every project she puts together for us. Congratulations on earning the title of teacher of the month for August...we are happy to have you back!

**Teacher Thoughts:**  
Our new V.P.K year is about to begin. Last year was such an exciting year and our little graduates are more than ready to start their journey into Kindergarten. As for our new friends that will be joining us, we welcome you with a great big smile and a promised year of fun filled adventures rich with new learning experiences.  
Ms. Michelle

Farewell Ms. Mary & Ms. Nicole

We say goodbye this month to two of our loved teachers, Ms. Mary our infant teacher and Ms. Nicole our two year old teacher aide. We wish you both the best of luck in your new endeavors. We want to wish Ms. Mary all the best as she makes a transition from infant teacher to her new job at Washington Mutual. We still have the joy of seeing you everyday all dressed up as you drop off your daughter to school, but the same won't be true for Ms. Nicole. We want you to know that you will be missed and we hope that your move out of state will bring you everything you are looking for.  
Farewell!!!

Tasty and nutritious school lunches can be one of parents' biggest challenges. To please the kids **and** meet the basic dietary guidelines, make them part of the planning and shopping. Within reason, try to accommodate their lunch requests, keeping nutrition guidelines in mind.

**S'mores are an easy and tasty snack even the kids can help make.**

**Ingredients:**

4 whole graham crackers  
1 milk chocolate candy bar, approximately 1 1/2 ounces  
4 large marshmallows

**Preparation:**

Break the graham crackers in half. Break chocolate bar into 4 sections. Place 1 chocolate bar section on a graham cracker half; top with 1 marshmallow. Repeat with 3 more graham cracker halves, 3 remaining pieces of chocolate and the 3 remaining marshmallows. Place on a paper towel and Microwave on HIGH for 10 to 15 seconds, or until marshmallow puffs. Top with second graham cracker half and press gently. Let stand for 1 minute to soften the chocolate a little more. Serve warm.  
Makes 4.

Make a yummy snack that looks like ants sitting on a log.

**Prep Time: 15 minutes**

**Ingredients:**

Celery Stick  
Peanut Butter  
Raisins

**Preparation:**

A very simple snack idea! Fill the center of the celery stick with peanut butter. Place a few raisins on top to be your ants. Eat and enjoy!

**Pudding Cookies**

**These cookies are easy enough for the kids to mix up with little help.**

**Ingredients:**

1 cup self-rising flour  
1 package (3.4 oz) instant pudding mix, Vanilla or French Vanilla  
1 egg, lightly beaten  
5 tablespoons butter, melted  
1/2 cup chocolate chips (optional)

**Preparation:**

Combine first 4 ingredients; stir until well mixed. Stir or knead in chocolate chips. With hands, form small balls of dough; place on unbaked baking sheet. These cookies don't spread, so you may want to flatten a bit. Bake in preheated 350° oven for 10 to 12 minutes, or until lightly browned.  
Makes 1 to 2 dozen, depending on size.



# Back to School Jitters

- **Going from long, lazy summer days back to the rigors of a classroom can be a bumpy road for your child. It's normal for her to experience a range of emotions about returning to school. In fact, school tops the list of worries for kids ages 7 to 12.**
- Your first step to addressing these fears, is to try to **bridge the gap between summer activities and the new school year**. If your child read a lot over the summer, remind her that "all that reading is really going to help you with your assignments." If she spent the summer swimming laps, you can say to her "your new strength will really help you during after-school sports."
- Though each child responds to going back to school differently, you can take steps to address jitters and make the transition time smoother. Could one of these issues be causing your child's fears?
- **Life Changes**  
Starting at a new school can present an especially daunting challenge. Similarly, if your child has recently experienced an upheaval at home, such as moving or divorce, he may be especially susceptible to feeling stressed about returning to school.
- If this is the case for your child, "keep your eyes and ears open and really listen. **Asking open-ended questions** can give your child the space to figure out his own feelings. If he expresses a specific worry, you might say something like: "What makes you feel that way?" and see where the conversation leads.
- **Academic Challenges**  
A new grade brings new challenges. Perhaps your child will be expected to do homework or write a research paper for the first time. With fears of not measuring up academically, the best defense is a good offense. **Getting organized and establishing reassuring routines** can go a long way to making a child feel competent.
- With a young child, help him/her to:
  - Review where the school bus will pick her up or how she'll get to school
  - Visit the school grounds and if possible, make an appointment to tour the inside
  - Calmly review safety procedures such as how to cross the street and avoid strangers
- With a child of any age, encourage him to:
  - Lay out his clothes for the first day
  - Help prepare a tasty lunch (then tuck a secret note inside for him to find)
  - Gather supplies and pack his backpack a few nights before school starts
  - Set up an organized study area at home
- Rumors of a particularly hard teacher may fuel **fearing or disliking a new teacher**. Do help your child keep in mind that one person's dreaded teacher can be another kid's favorite. While it's okay for your child to express her dislike of a teacher, she should be expected to **remain respectful**. You can encourage her to be open-minded and approach this as an opportunity to help her learn how to deal with a person she finds difficult. Listen to her issues and plan to attend parent-teacher night to get your own take on the situation.
- **Social Worries**  
A new class roster can mean adjusting without friends who have provided a social base in previous years. Try to present this as an opportunity for your child to widen his group of friends, rather than a tragic loss of familiar faces. If possible, get the class list and **set up a play date** before school starts, so that your child will have a new friend to look for on the first day. Establish time for him to catch up with old friends too.
- A new school or classroom may spark concerns about finding friends at all. An **outside class or hobby** such as ballet or a sport can provide a conversation starter and the opportunity to meet kids outside your child's usual circles. Talking to her about other challenging situations that she successfully navigated also boosts self-esteem.
- **Getting Help**  
If your child's anxiety impedes his day-to-day life ask yourself these two questions:
  - How much of a change is this behavior from the norm?
  - How long has this changed behavior been going on?
- Most back-to-school anxiety is anticipatory. If the level and type of anxiety seems a marked departure from your child's usual behavior and lasts well past the beginning of the school year, consider seeking outside help. Start by **talking with his teacher**. Next, a **school counselor or psychologist** can provide valuable tips and resources. Anxiety disorders do affect children and are often overlooked because such children do not tend to act out.
- **Be Supportive**  
It is normal for every child to react to going back to school in her own way. This can make it tempting to apply your own experience to your child's life. Although harkening back can provide insight, don't forget that your child is not you. Be calm and matter of fact. **Listen and provide reassurance**, but try not to heighten anxiety with old memories and good intentions.
- In the end, the most important tool you can use is to know your own child. Observe the situation, but also try to keep it all in perspective. For most kids, back-to-school jitters will melt away as easily as summer slips into fall.