

Welcome!

Cincinnati Christian Schools

Cougar Cubs Preschool





WELCOME!

We are thrilled you have chosen Cincinnati Christian Schools'

Cougar Cubs Preschool for your child's early learning experience! You can trust us with confidence and faith to prepare your child for his or her Kindergarten through 12th grade learning.

SCHEDULE

Preschool: 4 year olds - **M-W-F** 8:30-11:45 or 3 year olds - **T-TH** 8:30-11:45.

Transitional Kindergarten: 4 year olds or 5 year olds (who will attend Kindergarten next school year)

M-W-F or **M-T-W-TH-F**

HALF DAY 8:15-11:45

FULL DAY 8:15-3:15

*If your preschool student is in our M-W-F class, it is essential that they come to class on those days. Students from our T-TH class must also come on those days. They may NOT switch and come on a different day.

CURRICULUM

***Houghton-Mifflin curriculum** will be used for Comprehensive Reading Instruction and Basic Mathematics.

***Thematic Units** will be utilized for circle time activities, learning centers, art projects, music, motor skills, and creative play. Thematic units will include subjects such as Dinosaurs, Manners Matter, Let's Give Thanks, Teeth Tips, Spring Has Sprung, Teddy Bears, and Baby Animals.

***Bible Lessons** will include a weekly story and simple memory verse.

PRESCHOOL SUPPLIES

***Daily School Supplies** Daily classroom supplies (glue sticks, crayons, markers and scissors) will be provided by Cincinnati Christian Schools.

***Personal Items** Each child will need to bring:

A SMALL BLANKET (approximately 3' x 4')

A SMALL PILLOW (couch or throw pillow size)

A CUP WITH A LID

A SMALL EASY OPEN BAG OR BACKPACK (Children should be able to open and close this bag or pack independently.)

A CHANGE OF CLOTHES INCLUDING UNDERGARMENTS (to be kept at school in case of an accident).

TWO LARGE CONTAINERS *Lysol Disinfectant Wipes*

TWO BOXES KLEENEX

Additional requests may be made throughout the year, such as donations of baby wipes, tissues, etc...

*Please put child's name on **ALL personal belongings** using permanent ink. Names are **NOT** needed on the *Lysol Disinfectant Wipes* or Kleenex boxes. We will share these items.

LUNCH, DAILY SNACKS and NAP TIME

***Lunchtime** will only be available for the all day transitional kindergarten students. Hot lunch may be purchased from the school or a packed lunch may be brought.

***Snack time** will be incorporated into our day for all preschool and transitional kindergarten students. **All CCS Cougar Cubs will be served a**

nutritious snack mid-morning of each day they attend school for a small annual fee based on a daily rate. Also, please notice the healthy foods guide attached to the back of this packet. The snacks we provide for your child will follow these guidelines.

***Nap time** will be provided for all day four year old and transitional kindergarten students who stay in the afternoon. Nap mats will be provided and disinfected daily. Each child will use the same mat every day and take it home with them at the end of our year together.

DRESS CODE

Preschool and Transitional Kindergarten students must dress in the **school's uniform**. This is described thoroughly in the CCS Student Handbook.

BATHROOM

We have two child size bathrooms right in the Preschool room! All Preschool and Transitional Kindergarten students will use the bathrooms in our classroom. Remember, all students must be potty trained. I would appreciate your help with this developmental skill!

STUDENT ARRIVAL and DISMISSAL

Preschool Students (3 year olds and younger 4 year olds) who arrive at 8:30 instead of 8:15 must be ESCORTED to and from the classroom with a parent/guardian upon arrival and dismissal. Adult supervision from our faculty/staff will not be available for younger Preschool students who arrive later than the Transitional Kindergarten / Cincinnati Christian Elementary 8:15am start time. For instance, if your younger preschooler is attending the morning session, they must stay with you until 8:30am after the older students have dispersed to their classrooms for the morning. No

area will be available for them to wait with *staff* supervision. This is the same for the afternoon dismissal times as well.

Transitional Kindergarten Students who arrive early may stay in the gym with Mrs. Dunman from 7:30am until 8:15am. Mrs. Watson will pick them up at 8:15am and escort them to the **Cougar Cub Den** 😊

YEARLY CALENDAR

We will follow the school's yearly calendar for starting date and holiday/in-service breaks. However, school will end for all Preschool and Transitional Kindergarten students immediately after our

CCS Cougar Cub's Preschool CELEBRATION CEREMONY in the spring (the third week of May).

Thank you for joining us today for this informational session! We look forward to a wonderful year with your little ones!

Many Blessings,

Mrs. Cindy Watson, MEd.

Preschool Director

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Mrs. Cheri Ceiras

Afternoon Teacher

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Healthy Snacks for Preschoolers



You can help your preschooler eat a better overall diet by boosting the nutrients in snacks. This list of healthy and nutrient dense snack ideas arms you with snacks that are so good for your preschooler, it's okay if they skimp on dinner.

Fruits and Vegetables - Always a good choice for a nutrient-dense snack. Fresh options are healthy and convenient. Try grapes, apples, bananas, pears, carrots, broccoli, or berries. For added appeal, offer healthy dips like hummus or guacamole. Find more ideas for serving fruits and vegetables -

[Keep Serving Vegetables](#)

[Fruit, A Healthy Favorite](#)

[Healthy Combinations - Add Fruit!](#)

[Preschoolers Eat Your Vegetables! Ideas and Recipes](#)

[What if My Preschooler Doesn't Eat Vegetables?](#)

Nuts and Nut Butters - Peanut butter and other nuts butters are a favorite with preschoolers. And they are loaded with healthy nutrients. Find out the [Good News About Peanut Butter](#).

Use nuts and nut butters to add healthy flavor to fresh fruits, vegetables and whole grain breads and crackers. Add chopped nuts to a bowl of apple chunks for a quick and healthy preschooler salad. For a convenient on-the-go snack, pack nuts and dried fruit.

Edamame - Boiled soybeans in the pod are a tasty and fun snack - just squeeze the pods to pop the beans in your mouth. Frozen edamame takes only a few minutes to prepare - just boil or thaw and serve. Look in the frozen section of your supermarket near vegetables or in the natural/organic section.

Whole Grain Snacks - Many popular preschooler snacks are made from refined grains - crackers, pretzels, most baked goods. Try adding healthier whole grains during snack time with these yummy [Whole Grain Granola Snacks](#). Or choose granola bars with oatmeal or other whole grain as the first ingredient. Also, when choosing snacks, look for whole wheat crackers and pretzels.

Avocados or Guacamole - Avocados have lots of healthy fats plus the fiber found in other fruits and vegetables. Want to serve tortilla chips? Add guacamole for variety and a nutrient boost.

Beans and Bean Dips - Beans are packed with protein, fiber and nutrients. Add beans to snack time with bean dips. Just serve refried beans or hummus with vegetables,

crackers, pita bread, or tortilla chips. Or, add refried beans or black beans to a small tortilla, top with a little cheese, and warm up for a filling mid-day snack.

Granola Bars - Certain store-bought granola bars are nutritious but they can also contain lots of added sugar. Look for choices with oats and nuts and pass on those with cookie bits. Homemade granola bars are a great way to control the ingredients and suit the taste of your preschooler.

Fruit Muffins - Muffins made with fresh fruit are easy to prepare at home. Take any muffin recipe and add bits of apple, banana, or dried fruit.

Oatmeal Cookies - If you want to serve cookies, choose one with a healthy ingredient like oats. This packs in more fiber and nutrients.

Low-Fat Cottage Cheese with Fruit Pieces - Low-fat cottage cheese is a healthy dairy option and is goes great with pieces of pear, grapes, or banana.

Fruit Smoothies - Whole fruit in a drink! Just remember to go light on added sugar or honey.

Dried Fruits and Vegetables - Preschoolers seem to enjoy the sweet, chewiness of dried fruits and veggies. They can stick to the teeth, though, so remember to brush!

Lowfat Yogurt - Use this as a dairy option but keep an eye on added sugars. See our [Review of Kids' Yogurt](#).