

Rainbow Pilot & Village Star



Volume 11, Issue 1

September 2017

Special points of interest:

- Sept 1, Sept 4
CLOSED
- Sept 5 **FIRST DAY OF SCHOOL!**

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My son, PJ, and my daughter, Ezra

A Message from the Village Mayor

Hello Parents!

Welcome to another great school year at the Village! For families who have been with us for some time, we are so glad you continue to entrust us with the care of your children. For families who are new to Rainbow Station, we welcome you and are excited to get to know you and your kids!

For those of you who do not know me, I have been a part of the Rainbow Station family for eight years

and have enjoyed every moment as I have transitioned from Preschool Teacher, Recreation Counselor, School Mentor, Assistant Director, and now the Mayor of the Village. In my spare time, I love winding down with a good book, training for my fourth half marathon, and yoga. I am also a proud Auntie to three handsome nephews.

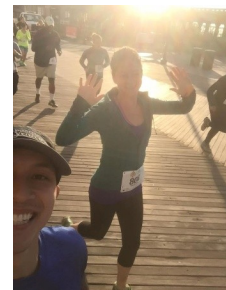
Working with children and families is my true passion and I am excited to jump into

another fantastic school year with our families!

Please feel free to call or email me with any questions!

Ms. Michelle

MGransbury@
RainbowStationVAB.org



A Message from the Station Master

Hi! I'd like to take a moment to introduce myself to our new families. Here are five things about me: I have been with Rainbow since 2000; I finished my Master's in Early Childhood this summer; I've known my husband since 1st grade; I have a 3 1/2

year old son and a daughter going to Kindergarten; last, I should NOT drink coffee, just ask my co-workers!

I am looking forward to another successful year with you and your family. We hope to see you at our family events that we have throughout the year—we

even encourage extended family attendance!

If you need me, you can call or email me!

Mrs. Joyce

Joyce@RainbowStationVAB.org

INSPIRED

Raising Tomorrow's Leaders



It is here! Rainbow Station's creativity and innovation never ceases! Along with a proprietary curriculum, we have developed our own leadership curriculum as well! Be on the lookout for more information about how we intend to raise tomorrow's leaders! Here are six literacies that we will be teaching your children:

Social

Health

Environmental

Civic

Entrepreneurial

Financial



For the month of September, we will be focusing on the "social" literacy. To all children, they will be taught "I am a friend." In the preschool, we will focus on "I forgive others." In the Private Kindergarten and the Village, they will learn "I openly listen to the ideas of others." You might ask, "How will we teach these to the very young children?" The language used to help children understand is very simple and will evolve as they mature and grow.

Tips to Ease the First-Day Jitters By [Dr. Carly Morrison-Jones, Town Center Pediatrics](#)

Children may feel nervous or anxious about going back to school. Help your child get off to a happy, healthy start by being upbeat and positive when talking about school, and remind her of the times she succeeded despite feeling nervous at first. Explain that there are probably a lot of other students feeling the same way and encourage her to express her feelings without judgment.

[Help ease the first-day jitters with these tips:](#)

- Go to the open house at your child's school to see the classroom and meet the teacher.
- Rehearse walking to the bus stop and saying goodbye.
- Make preparations like back-to-school shopping a fun celebration.
- Get as much as possible done the night before school to ease the morning rush; pack lunches, book bags and lay out clothes ahead of time. Consider designating a spot in your home where your children can keep their school items so they know where to find them in the morning.
- For older children, create a schedule of weekly activities and a daily checklist of items needed for school.
- Consider getting a family calendar and placing it where everyone can see it. If you have older children, consider downloading a digital calendar the whole family can share.
- Sleep is important. Adjust bedtime and wake-up times now, so your child will be back to a routine before school starts, and make sure your child is getting an adequate amount of sleep each night. [View a list of sleep requirements by age here.](#) Getting a good night's sleep improves attention, behavior, learning, memory, and mental and physical health.
- Make sure your child is eating a well-balanced diet. Food fuels the brain and vitamin C helps strengthen the immune system.
- You can also provide goals and positive reinforcement to get your child through the transition period of returning or starting school, such as stickers at the end of each day or ice cream at the end of the week. Goals and positive reinforcement can be adjusted for your child's age.

Taking steps to ensure your child is as prepared as possible, physically and mentally, for the first day of school will help make the transition easier for the whole family. For more health tips for school-age children, visit our [Health Library](#).



Front Desk Notes

Happy September!

With the start of a new school year, we will be thoroughly reviewing student files for completeness. If you still have paperwork, please turn it in to the front desk ASAP. We will also bill for activity and supply fees this week, just in case you notice a different balance. If you have received key fobs, this will be on your account as well.

FIELD TRIP SHIRTS—If you need a shirt, you can:

1. Buy it from the web store at <http://rainbowstation.hibernateonline.com/>
2. Buy what we have left in stock from a previous order (youth size small). These shirts have a different design than the web store, but still acceptable for field trips.
3. Put in an order with the front desk. Please tell us what size you need from the web store. (We are not responsible for the wrong size because we are doing a bulk order.) **WE NEED THESE ORDERS BY SEPTEMBER 15TH!!!**



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Mission Statement:

Rainbow Station is a place where teachers and nurses partner with parents to promote the success of each child.

A Look Back at Camp Blue Sky

What a summer to remember! It seemed like just yesterday, school was over and summer was just beginning. There is no doubt that our CBS campers and counselors had a blast! Each day was filled with fun activities and memories that will last a lifetime. From activity rotations, daily choices, beach days, water play, field trips, counselor challenges, and the oh-so-memorable summer sleepover, we cannot wait to see everyone again next summer! Don't worry, you can always take a look back by checking out our Camp Blue Sky page on Facebook!



Important Dates to Remember

2017

- September 1, 2017 Closed
- September 4, 2017 Closed
- November 23-24, 2017 Closed
- December 25, 2017 Closed

2018

- January 1, 2018 Closed
- January 15, 2018 Closed

Celebrations in September

Children's Birthdays:

- 05 Donovan 3
- 07 Hunter 5
 - Liam 4
- 11 Noah 7
- 12 Hayden 9
 - Leo 1
- 13 Isaac 5
- 14 Olivia 5
- 17 Hannah 10
 - Breylan 8
- 19 Sophia 4
- 21 Layla 8
- 23 Tristan 4
- 27 James 9
 - Shawn 6
- 29 Quentin 4
- 30 Rory 5
 - Frankie 3
 - Izzy 3

Staff Birthdays:

- 4 Mrs. Melissa
- 16 Ms. Teddy
- 25 Mr. Paul
- 27 Ms. Maddie
- 30 Mrs. Athena

Staff Anniversary

- 14 Ms. Uli
2 years!



September 2017 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 RAINBOW STATION CLOSED FOR TEACHER WORK DAY
4 RAINBOW STATION CLOSED FOR LABOR DAY	5 String Cheese Milk Hot Dog on a Bun Corn Mandarin Oranges, Milk Snack Mix Milk	6 Rice Krispies Cereal Milk Ravioli Broccoli Applesauce, Milk Goldfish Milk	7 Cheerios Milk Franks and Beans Coleslaw Pineapples, Milk Trail Mix Milk	8 Roll w/ Butter Milk Turkey & Cheese Sandwich Salad Fruit Cocktail, Milk Animal Crackers Milk
11 String Cheese Milk Macaroni and Cheese Corn Mandarin Oranges, Milk Vanilla Wafers Milk	12 Roll w/ Butter Milk Spaghetti w/ Meat Sauce Coleslaw Pineapples, Milk Cheez-Its Milk	13 Rice Krispies Cereal Milk Chicken Alfredo Peas & Carrots Applesauce, Milk Animal Crackers Milk	14 Corn Flakes Cereal Milk Chicken Fried Rice Green Beans Fruit Cocktail, Milk Oatmeal Cookies Milk	15 Cheerios Milk Ham & Cheese Sandwich Salad Mandarin Oranges, Milk Trail Mix Milk
18 Bananas Milk Veggie Lasagna Corn Mandarin Oranges, Milk Goldfish Milk	19 Rice Krispies Cereal Milk Ravioli Broccoli Pineapples, Milk Animal Crackers Milk	20 Cheese, Crackers Water Beef-a-roni Green Beans Applesauce, Milk Oatmeal Cookies Milk	21 Roll w/ Butter Milk Cheesy Chicken & Rice Peas & Carrots Mandarin Oranges, Milk Graham Crackers Milk	22 String Cheese Milk Turkey & Cheese Sandwich Salad Applesauce, Milk Trail Mix Milk
25 Cheerios Milk Pasta Vegetable Bake Corn Fruit Cocktail, Milk Goldfish Milk	26 String Cheese Milk Mac & Cheese w/ Hot Dogs Coleslaw Mandarin Oranges, Milk Crackers, Cheese Water	27 Roll w/ Butter Milk Chicken Lasagna Green Beans Applesauce, Milk Trail Mix Milk	28 Rice Krispies Cereal Milk Sloppy Joe on a Bun Corn Mandarin Oranges, Milk Oatmeal Cookies Milk	29 Cheese, Crackers Water Ham & Cheese Sandwich Salad Pineapples, Milk Vanilla Wafers Milk