February Birthdays

Grady C. 4/3  
Noah J. 4/4  
Sofia L. 4/7  
Maggie R. 4/11  
Karissa D. 4/12  
Cora T. 4/14  
Dalton C. 4/17  
Cassie E. 4/20  
Ferris A. 4/20  
Jacob T. 4/21  
Audrey K. 4/24  
Amelia B. 4/27  

“Every child is a different kind of flower, and all together, make this world a beautiful garden.”
Happy April Preschool Parents-

I just love Spring! I am so excited for this month as it is filled with lots of excitement and anticipation for both children and staff!

We are starting to build our outdoor classrooms, I would invite you to visit the preschool and nursery playgrounds and see the garden boxes we have put in. The children have begun planting some cold crops and will continue to plant as the weather begins to get warmer.

We have an exciting week coming up on April 11th as we celebrate the Week of the Young Child. The Week of the Young Child™ is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC) celebrating early learning, young children, their teachers and families. We will be having a week celebration starting with Music Monday - Pajama Day!

With the weather warming up, we are outside more than we have been in the past. Please ensure that your children have appropriate shoes to wear on the playground. If they are not wearing sneakers, be sure the toes are covered and there is a back strap to hold their heal. Rubber soles are important too. Please talk to your classroom teachers if you have any questions.

Thank you to those of you who came out to the Informational Sessions for Camp Little Cloud. Those parents who were unable to attend, we ask that you please see Front Desk to sign the Camp Little Cloud Summer Commitment Letter. We are looking for a signed Commitment Letter for all currently enrolled preschool children. If you missed the informational sessions and would like to hear what your child will be doing this summer, there will be one more session on Friday, April 8th at 4:30pm and 5:30pm in the Dining Car.

We hope you enjoy your April and remember, APRIL SHOWERS BRING MAY FLOWERS!!!

Cheryl Myers
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Preschool Assistant Director
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Jump into Spring

Purple Room enjoying snacks outside (right)
Katherine and blue room enjoying the spring weather. (below)

Blue Room trying to catch a Leprechaun (above)
Green Room getting for their Easter Egg Hunt (below)

Green Room looking for Easter Eggs
Hand Washing: A Powerful Antidote to Illness

How many times have you and your child washed your hands today?
You might not have given it much thought. It’s either part of your routine, done frequently without thinking, or maybe you don’t do it much at all. But as your pediatrician may have told you, hand washing may be the single most important act you and your child have for disease prevention.

Making It Habit
As early as possible, get your child into the habit of washing her/his hands often and thoroughly. All day long, your child is exposed to bacteria and viruses—when touching a playmate, sharing toys, or petting the cat. Once her hands pick up these germs, she/he can quickly infect her/himself by:
- Rubbing her/his eyes
- Touching her/his nose
- Placing her/his fingers in her mouth.
The whole process can happen in seconds, and cause an infection that can last for days, weeks, or even longer.

When To Wash
Hand washing can stop the spread of infection. The key is to encourage your child to wash her/his hands throughout the day. For example, help her/him or remind her/him to wash their hands:
- Before eating (including snacks)
- After a trip to the bathroom
- Whenever she/he comes in from playing outdoors
- After touching an animal like a family pet
- After sneezing or coughing if she/he covers her/his mouth
- When someone in the household is ill
Studies on hand washing in public restrooms show that most people don’t have very good hygiene habits. “Hand washing” may mean just a quick splash of water and perhaps a squirt of soap, but not nearly enough to get their hands clean.
Steps to Proper Hand Washing
So what does a thorough hand washing involve? The Centers for Disease Control and Prevention (CDC) recommends the following steps:

- Wet your child’s hands.
- Apply clean bar soap or liquid soap to the hands, and then place the bar on a rack where it can drain before the next hand washing.
- Rub the hands vigorously together. Scrub every surface completely.
- Keep rubbing and scrubbing for 10 to 15 seconds to effectively remove the germs.
- Rinse the hands completely, then dry them.

About Antibacterial Soaps
Drugstore shelves are full of trendy antibacterial soaps, but studies have shown that these antibacterial products are no better at washing away dirt and germs than regular soap. Some infectious disease experts have even suggested that by using antibacterial soaps, you may actually kill off normal bacteria and increase the chances that resistant bacteria may grow.

The best solution is to wash your child’s hands with warm water and ordinary soap that does not contain antibacterial substances (eg, triclosan). Regular use of soap and water is better than using waterless (and often alcohol-based) soaps, gels, rinses, and hand rubs when your child’s hands are visibly dirty (and with children, there usually is dirt on the hands!). However, when there is no sink available (eg, the car), hand rubs can be a useful alternative.

How Long to Wash
Keep in mind that although 10 to 15 seconds of hand washing sounds like an instant, it is much longer than you think. Time yourself the next time you wash your hands. Watch your child while she’s washing her hands to make sure she’s developing good hygiene behaviors. Pick a song that lasts for 15 seconds and sing it while you wash. Encourage your child to wash her hands not only at home, but also at school, at friends’ homes, and everywhere else. It’s an important habit for her to get into, and hopefully one that’s hard to break!

Source:
Rainbow Station Haymarket Preschool will be celebrating **Week of the Young Child** during the week of APRIL 11-15th!

**MUSIC MONDAY (4/11)**
*Wear your PJ Day*

**TACO TUESDAY (4/12)**
*Wacky Tuesday*

**WORK TOGETHER WEDNESDAY (4/13)**
*Wear your classroom color Day*

**ARTSY THURSDAY (4/14)**
*80’s Thursday*

**FAMILY FUN FRIDAY (4/15)**
*SPECIAL ICE CREAM SOCIAL*
Children love playdough. It can provide hours of fun. Squishing, rolling, molding, etc...But do you know the power learning that comes in a handful of playdough?

- Children use their imagination
- Strengthen small muscles in their fingers (one day used to hold a pencil and write)
- When playing with you, a sibling or friend it supports social skills: sharing, taking turns, enjoying being with others
- Compare/Contrast: “mine is round” and “yours is flat”
- Come up with their own ideas
- Satisfy curiosity
- Analyze and solve problems
- Allows children to feel competent: “I am good at rolling dough”
- Pounding, flattening and squeezing are healthy and safe outlets for extra energy
- When asked questions they can “describe” what they are doing to support rich language
- Connect play to the real world (Can you make a red tomato? A green one might not be ripe.)
- Learn symbolic thinking as they pretend the playdough is something else
- Older preschoolers (4-5yr olds) make detailed dough creations. They may pretend to be a construction worker building a highway or a pastry chef baking cookies, and other pastry treats to sell
- Help build vocabulary when children explain what they are doing
- Language use when they invent stories about their playdough creations
- Use facts when building or creating objects
- Refer to things in their everyday life (making a taco like we had for dinner last night)
- Learn science through hands on experiences: observing, thinking, and talking how material feels and how they change.
- Cause and Effect: “I am making this flat!” as the child is pushing down with their hand.
- Develop hand-eye coordination
- Strengthen critical areas of physical environment for writing, drawing and other purposes

One little can of Playdough is such a powerful learning tool. When your child plays with it at home or in school, they will discover the most important reason is that it is just plain FUN! So, find some time to play with your child and experience learning the power of playdough and all of its fun!
Hello from the Village. March has ended on a high note for the Village after a week of Spring Break fun! The weather was great so we cooked out, had egg hunts, relay races, gardening and fun field trips. Let’s just say that by 5 o’clock every day we would have a handful of kids asleep on the green!

Spring Break has got us geared up for our incredible Camp Blue Sky Summer Camp. The Village has a fantastic team of staff that are working diligently on fun summer activities that will leave your kids screaming, “I just had the best day of my life!” That’s our goal each and every day in the Village so hurry up and get your sign up packet at the front desk or Village office because we limited spaces and they’re going fast.

We have our Camp Blue Sky Open House this Saturday, April 2, from 9:30 – 12pm. Stop by, talk to a counselor about the great camp we have organized and sign up! Free Registration for those who come and sign up Saturday morning! A $75.00 savings!

Congratulations to our Nurse Aminata

Welcome Aiyana Steele

BORN

March 20, 2016

@ 2:46pm

6lbs. 2 oz

19 ¾ inches

Congratulations to Aminata and Deante! We are so excited for them!

Rainbow Station Parent Board

Any time you can donate from planning to implementing is always welcome. You can contact Mr. Joe Moore at Joseph.Moore@fairfaxcounty.gov