

# September 2019



**Andover Academy**  
8501 Cleary Blvd.  
Plantation, FL 33324  
954 577-9701  
954 472-6659 (F)  
[www.andoveracademy.net](http://www.andoveracademy.net)

To all our returning families, we are glad to have you back! We ask if any information regarding your child's health, residence, phone numbers etc. has changed over the summer, please inform the office. To our new families, we welcome you to the Andover family!

## Summer

The children enjoyed a wonderful summer camp. This year our teachers chose various kinds of games for the children to enjoy. We enjoyed learning how to play board games, multicultural games, outdoor games, as well as messy games to name a few.

## Open House:

We will be having an Open House for the parents at 5:30pm-6:00pm for toddlers, and pre-school, on the following days:

Ms. Mona & Ms. Shereen—Wednesday, September 25th

Ms. Melissa & Ms. Eryn—Thursday, September 26th

## Lost and Found:

"Lost and Found" is located to your left as you enter through our security door in a wood-en basket. Please be sure to check for any lost or left behind items. Items will be donated on the 1st of every month.

## Just a Reminder:

No glass is permitted in the classrooms. When packing your child's lunch, please remember to use plastic containers. These containers should be air-tight, to avoid leaks and spills as always, please remember to label everything.

## Parking:

For the safety of the children, please do not park on the side closest to the building. This is a "Tow Zone" and used for emergency vehicles only. Please do NOT park for longer than 3 minutes when parking under the covered area. Remember only parents with infants should use the over hang, unless it is raining.

## Keep Our Children Safe:

Please hold your child's hands prior to exiting the school. Ms. Donna asks **ALL** the parents to please **DRIVE SLOW**, speed limit is **5 MPH**, when pulling into the parking lot. Remember to **END** all cell phone conversations prior to picking up your child.

## Extracurricular Activities

**Monday**-Music-3:00pm - 4:00pm \$60 monthly

**Thursday**-Gymnastics-3:00pm-3:30pm \$55 monthly

**Friday**-Soccer-3:00pm-3:30pm \$45 monthly

## Reminder

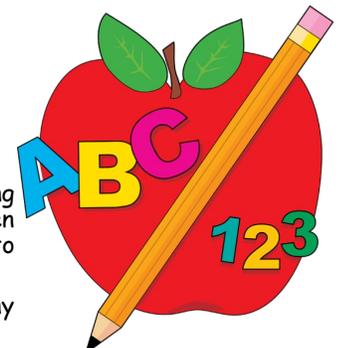
- Check website, [www.andoveracademy.net](http://www.andoveracademy.net), weekly for your child's letter from teacher.
- Menus for lunch will be available on the website. Money must be brought in with the menu at least a week in advance on that Wednesday.
- No juice please, also packets of fruit snacks have a lot of additives. Fresh fruit is a great alternative.



**Andover Academy, Making Learning Fun...**

**Mission Statement:** Andover Academy strives to provide a quality education in a safe, nurturing environment where each child may grow at his or her own pace. Our staff is committed to children and encourages a love of learning. Open communication and parent participation are essential to our program.

**A Big Thanks!** : To all the many families who continue to donate toys, books, furniture, and many other items too numerous to list, we thank you ever so much.



## Check This Out

### Get Things Done

Everyday activities, such as grocery shopping and cooking dinner, can be fun for the whole family. Playing simple games like "I Spy," telling stories or singing songs, and having your child help in age-appropriate ways are just a few ways to incorporate play into your daily routine.

### Here are a few ideas for how to make everyday tasks fun:

While driving, tell a story together by alternating sentence by sentence. Start the story with any sentence and have your child say the next sentence. Continue until one of you decides on the story's ending.

After washing the dishes, ask your child to try to match the lids and bases of plastic containers and stack them neatly on a low shelf.

While waiting in line, practice standing on one leg; your children will love being silly in public, and it will also help build their balance!

At a restaurant, use a menu to do an A-B-C search: Start with the letter A and work your way through the alphabet

### Get Active

Preschoolers have a great deal of energy and enjoy using their bodies. Physical activities have many benefits for your child, including increased bone density, decreased risk of Type II diabetes, and increased self-esteem. Getting enough physical activity also helps children behave better during the day and sleep more soundly at night.

### Here are a few fun physical activities to do with a preschooler:

Put on their favorite music and play "freeze dance" with siblings or friends. When you stop the music, all dancers freeze in their places

Play catch with a small, soft ball.

Walk around your neighborhood or a local park. Make your stroll more interactive by alternating between walking fast, jumping, or skipping over cracks in the sidewalk.

Take your child outside to puddle-jump after a storm.

Invite friends over for a mini-Olympics with activities such as jumping jacks and sprints.

### Get Imaginative

Preschoolers are at a great age for imaginative play. They can try new things and learn about the world around them. According to psychologists by using their imaginations, children create a world in which they are strong and in charge, something they don't often feel. Different children prefer different types of imaginative play, so be open and supportive of their interests. Some children may enjoy one-on-one interactions, such as acting out scenes from their favorite stories, while other children may prefer to play in larger groups or build model cities with blocks. Whatever the preference, follow your preschooler's lead to use play to explore various interests.

### Here are several ways to help preschoolers use their imaginations:

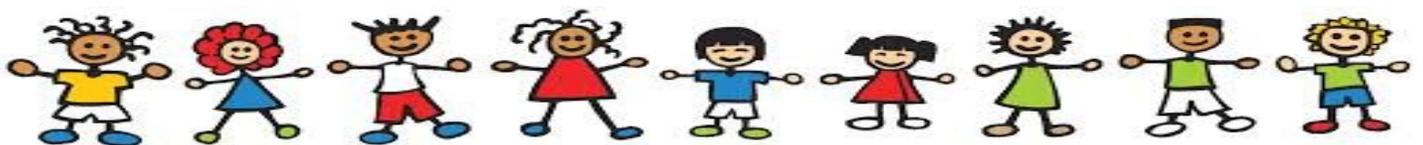
Decorate large cardboard boxes to create rockets, houses, or cars to play in.

Make paper dolls and act out scenes. Play restaurant in the kitchen and have your child pretend to be the chef.

## Important Matters and Reminders

### Attention Parents!!

Please be aware that in your parent handbook on page nine, under severe weather conditions, Andover Academy complies with Broward county School closings. Please feel free to call school for further information, if you are unsure.



## EXTRA, EXTRA, UPDATES

### BIRTHDAY PARTIES:

In an effort to promote nutrition in our program, we have implemented a *Birthday Celebration Policy*. Parents who are interested in celebrating their child's birthday at school can do so in conjunction with other students in their classroom that celebrate the same birthday month. This would allow students to celebrate with cupcakes/cake and friends without consuming healthier options at every child's birthday. A date will be designated by your child's teacher the month prior to your child's birthday. A sign-up sheet for items to bring will also be available. At no time are you obligated to participate in birthday activities. Please remember all food items must be store bought. We are so sorry no home made goods are allowed.

**NO MORE FRUIT SNACKS OR JUICE, ONLY WATER, MILK, FRESH FRUIT.**

### NUTRITIONAL LUNCHES:

If you prepare your child's school lunch, here are six items to include:

- **Water.** Water or non-fat milk is the best beverage choice. Plus, it can be frozen to help cool the food in the lunch box.
- **Vegetables.** Some good choices include carrot sticks, celery, cherry tomatoes, cucumbers or snow peas. Consider adding dips for the vegetable sticks, such as carrots and celery.
- **Starchy Food.** Whole-grain bread, crackers, pita bread, flat bread or roll are sensible selections.
- **Dairy Products.** Reduced-fat cheese cubes or slices are healthy additions for lunch.
- **Protein.** Choices here include a hard-boiled egg; lean cold meats such as chicken, ham or turkey; or tuna or salmon packed in spring water. If you make sandwiches, differ the protein selection and add toppings, such as lettuce, tomato or grated carrots so that your child doesn't get tired of the same sandwich everyday.
- **Fresh Fruit.** An occasional dried fruit is OK, but primarily serve fresh fruit or a packaged fruit in natural juice.

