

MERRILLVILLE PRESCHOOL NEWSLETTER

MAY 2025



Hello Families,

It's hard to believe we've reached the final month of the school year! May is a time full of growth, celebration, and a few heartfelt goodbyes. As we enjoy these last few weeks together, we'll continue to learn through play, explore the outdoors, and reflect on all the amazing memories we've made.

Our last day of school will be Thursday, May 23rd. We'll be wrapping up the year with fun activities and opportunities to celebrate each child's journey.

I truly love our school family and feel so grateful to have been a part of your child's early learning experience. I will deeply miss our students and families over summer — thank you for sharing so many memories with us this year!

With appreciation,

Mrs. Grund



Like us on
Facebook!



While we try
to teach our
children
about life
our children
teach us
what life
is all about

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WHAT'S HAPPENING IN OUR CLASSROOMS?

I understand that this time of year can be challenging for families. With the school year winding down, the summer months can feel overwhelming without the structure and routine that school provides.

Looking for fun and educational ways to keep your child engaged over the summer? Visit the Lake County Public Library in Merrillville for a variety of free programs and resources for children of all ages. You can also explore online tools like Sesame Street Workshops, which offer engaging activities, videos, and learning opportunities designed especially for young children.

Let's work together to make this summer fun, meaningful, and full of learning! Also, don't forget to sign up for your home visits at the end of the month. During the visit, we'll discuss your child's progress throughout the school year and explore ways you can support their development during summer break.

In addition, Merrillville Preschool will be conducting a Parent Workshop for transitioning your child to Kindergarten. If your child is going to Kindergarten next school year, look for the invitation for this great opportunity.

"Smooth Sailing into Kindergarten: A Parent Workshop"

When: Tuesday, May 20th 2025 @4:00-5:00 PM

Where: Iddings Elementary School in the Library

Who: Parent/Guardians of children going to Kindergarten during the 2025-2026 School Year

****childcare will be offered for the Parent Workshop**



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SUPPORT AND RESOURCES

Parenting is no easy task—it's a journey full of highs and lows. You feel joy and pride one moment, and stress or doubt the next. In the chaos, it's easy to overlook the incredible impact you're making. But you don't have to wait for recognition—take a moment to celebrate yourself.

Recognizing your own efforts can help you ride the parenting roller coaster with a little more balance. Try one of these quick ways to recharge:

- Dance it out for two minutes to your favorite song.
- Hug your child, take a deep breath, and soak in the love.
- Close your eyes and recall the first time you saw your child—or look at photos from that moment.
- Write one thing you love about yourself, your child, and your family.
- Add a small joy to your daily list—tea, a magazine, or a quick call with a friend.

These simple acts of self-care not only refill your cup—they also model self-love for your child.

Parenting is the biggest
sacrifice one can make.
It's putting your life on hold
to fulfill the promise of your
children's tomorrow.

Unknown





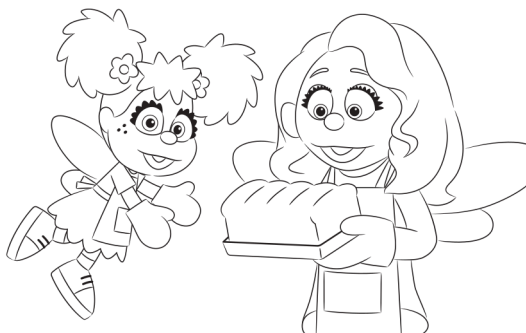
The Power of Positive



In moments of doubt, try these strategies to remind yourself (and the children you care for) to practice self-love and remember: **YOU MATTER!**

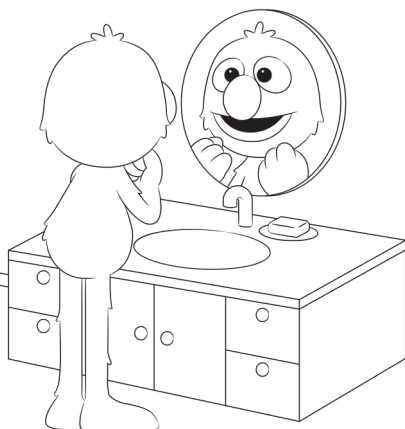
Celebrate your accomplishments

"Look at what I did! I'm proud of myself!"



Be your own cheerleader

"I'm important and I matter."



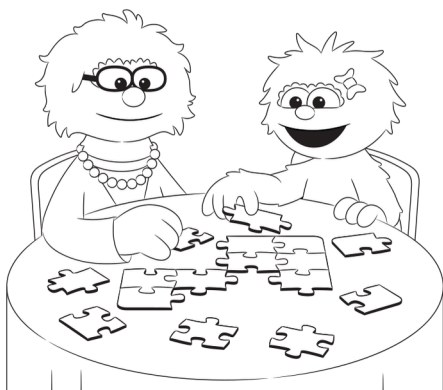
Keep a growth mindset

"This is hard, but I'm still learning.
It will get easier."



Try, try again

"I'm doing my best and I can try again."



Notice your language



I can't



I can't...yet!



Rest and Sleep Routines for Children

When children are excited and playing, it may be hard to switch into a calm, quiet time. Creating soothing, predictable, naptime routines helps everyone settle down and be able to rest.

Try out these rest and sleep tips to see which will work best for you and the children in your care.



Relaxing Routines

Nap and bedtime routines (like eating a snack or reading a story) let children know what to expect and can help make rest time go more smoothly for everyone. Watch this video for some tried and tested routines to help little ones settle down.



sesame.org/time-for-a-nap/

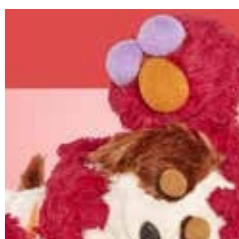


Power Down

To use up any leftover energy, try playing a simple game. For example, you can ask "How does a frog stretch?" Or "Can you stand like a tree and reach your arms up?"



sesame.org/stretch-breathe-move/



Restful Stretches

Belly breaths and simple stretches are a good way to get our bodies relaxed and ready for rest. Listen, stretch, and breathe along with Elmo in this audio moment.

With smaller children, you can point to different parts of their face and say, "Let's rest our eyes. Now let's rest our ears. Now let's rest our nose."



sesame.org/transition-time-rest-and-nap/



Sweet Sleep Melodies

Hearing a familiar lullaby helps tell children that it's time to rest. Sing along to some favorite songs together, or use a device to play a song to soothe children into their sweet slumber.



sesame.org/lullabies/

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COMMUNITY EVENT

E.P.I.C.
EMPOWERING
PARENTS IN OUR
COMMUNITY

FREE

PARENT RESOURCE FAIR

SAVE THE DATE

Thursday
MAY 15th
5pm-7pm

Dean and Barbara White Community
Center 6600 Broadway, Merrillville

<https://www.mvsc.k12.in.us/>

Sponsored by Merrillville
Community School
Corporation & the Dean
and Barbara White
Community Center



MAY EVENT HIGHLIGHT

Our last family engagement event of the year will be on Thursday, May 22nd at 5:00 PM, held at Merrillville Intermediate School.

Please bring your child to participate in our end-of-the-year concert titled: "Once Upon a Preschool"

We look forward to seeing you there!

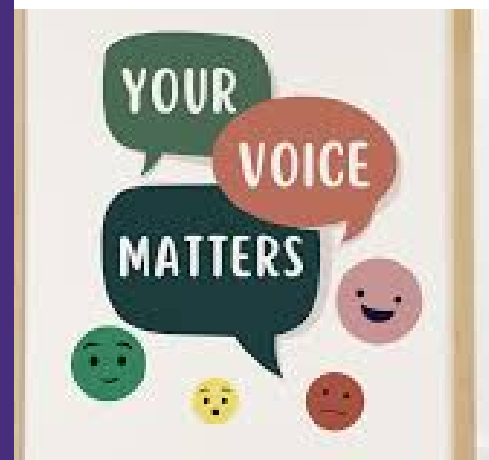
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Volunteer Spotlight

We are incredibly grateful for the dedication and leadership of our Policy Committee this school year. A heartfelt thank you to our chairperson, Ms. Pomykala, our vice chairperson, Mrs. Chavez, and our secretary, Ms. Warren.

Your commitment and support have truly helped shape the success of our program.

We appreciate all that you do!



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COMMUNITY-RESOURCES

The poster for the Spring Clean-up event features a portrait of Trustee Eric A. Blackmon, Sr. in a suit and tie, set against a blue circular background with a star. The background of the poster is white with green clouds and a crumpled paper texture. The text 'Spring Clean-up' is in a large, green, stylized font. Above it, it says '- Ross Township Trustee's -'. Below the portrait, it says 'Hosted by: Trustee Eric A. Blackmon, Sr.' and 'Saturday, April 26th 8AM - 12PM'. At the bottom, it lists the location '73rd Avenue & Whitcomb (Merrillville) to 73rd Avenue & Colorado (Hobart)' and mentions 'Volunteers Welcome! Accepting donations of rakes, trash bags, gloves, vest & other outdoor cleanup supplies.' It also includes the contact information 'Please contact our office for more information 219-769-2111'. The Ross Township Trustee's logo is in the top left corner.

- Ross Township Trustee's -

Spring Clean-up

Hosted by: Trustee Eric A. Blackmon, Sr.

Saturday, April 26th
8AM - 12PM

73rd Avenue & Whitcomb (Merrillville) to
73rd Avenue & Colorado (Hobart)

Volunteers Welcome! Accepting donations of
rakes, trash bags, gloves, vest & other outdoor
cleanup supplies.

Please contact our office for more information 219-769-2111

The poster for the Town of Merrillville's Dance Program features silhouettes of four dancers in various poses against a dark blue background with red curtains on the sides. The text 'Town of Merrillville's DANCE PROGRAM' is in a large, white, serif font. Below it, it says 'Class fees start at \$40 for youth and \$50 for adults' and 'Multiple Adult and Sessions Youth Available Options'. At the bottom, it says 'All classes meet for six weeks at the Dean and Barbara White Community Center 6600 Broadway' and 'Call 219.980.5911 for more details'. The Town of Merrillville seal is in the top left and right corners.

Town of Merrillville's DANCE PROGRAM

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Call 219.980.5911 for more details