

BRIGHT BEGINNINGS PRESCHOOL 2025 - 2026 PARENT HANDBOOK



FUHSD Adult School
FREMONT UNION HIGH SCHOOL DISTRICT
572 Dunholme Way Sunnyvale 94087
408-716-0552

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Welcome to Bright Beginnings Preschool

Please read this material carefully.

If you have any questions, please ask your teacher or the program director.
Parents and Teachers working together make our program strong.
In order to assure the most positive experience all students must agree to abide by the school guidelines as stated in this Handbook.

PHILOSOPHY

Bright Beginnings is a parent-participation preschool. Our goal is the development of the whole child: emotional, physical, intellectual, and social. Parent education meetings, plus a dynamic preschool program make Bright Beginnings a well-rounded experience for both parent and child.

Our school is designed for your child to learn through exploration and play. Engaging in activities that interest them allows for children to experience feelings of control, success, and competence. Adults are partners in this process, providing many opportunities for children to make choices, take initiative, and lead activities. We emphasize foundational skills needed for later school success: self-regulation, social skills, creativity, original thinking, oral language development, eye-hand coordination, literacy, math skills, and problem solving.

Bright Beginnings teachers are experienced in developing curriculum for both the adults and children in our programs. Through the combination of classroom participation, observation, and parent discussion, adults develop skills needed to be effective parents and school volunteers. This training is designed to support your child's future school success.

ADULT COMMITMENT (Preschool Level 4 – 10)

- ❖ All adults are required to attend an orientation. (In person or Virtual) Adult attendance is **mandatory** on workday.
- ❖ Multi-day classes: The participating adult must provide a substitute if absent on their workday.
- ❖ **English is spoken in the classroom.**
- ❖ Sign in and wear your nametag.
- ❖ Wear and follow your work card.
- ❖ Arrive and Pick-up on time. Fees are assessed for late pick up. (See page 4)
- ❖ Provide a nutritious snack & water bottle for your child. (Label the water bottle.)
- ❖ Attend and participate in field trips, Parent meetings, and complete Schoology assignments.
- ❖ Participate actively with all classroom members and help wherever needed.
- ❖ Communicate concerns to your teacher.
- ❖ Support Parent Board activities. (Information on page 18)
- ❖ RECEIPTS: Receipts for all classes taken can be printed from your online account.

FUNDING

- ❖ Registration Fee, Quarterly Tuition, Fund Raising: We are a Non-Profit organization.
- ❖ School costs and staffing continue even when you are absent, therefore you will be charged for the space reserved for you whether you attend or not. There are no tuition/fee adjustments for illness, vacations, or extended absences. Class fees for Level 4 - 10 are Non-Refundable.
- ❖ State Funding is based on **ADULT ATTENDANCE, participation in parent education meetings, and completion of Schoology assignments. To qualify for this funding registered adults are required to complete a student learning survey when requested.**
- ❖ Fund Raising
- ❖ We are a Non-Profit Organization

SCHOOL POLICIES & INFORMATION

PARTICIPATION & ATTENDANCE: Bright Beginnings is a Parent participation school. Registered adults are required to attend on their assigned workday.

Siblings: Class participation is reserved for Parent and enrolled child. No siblings may attend. You are expected to provide your own childcare for siblings. This includes older siblings who are not in school due to Staff Learning Days, holidays or sickness. Field trips may allow siblings, please check with your teacher. Newborn babies (0-9 months) are an exception. When bringing a baby, they must be in a carrier or sling and not interfere with your class duties.

Dropping Off & Picking Up from preschool: Classes begin and end on time. **Late pick-ups will result in a \$20 assessment/5 minutes.**

Please leave campus at the end of your class. Gates are locked at 2:15PM. Stocklmeir is a closed campus between 6AM and 4PM. Preschoolers are not permitted on their play structures until after 4 PM.

FEES: The Preschool program is thirty-two (32) weeks of instruction. Classes begin in August and continue through May. The school year is divided into 4, 8-week sessions.

Registration Fee: A \$100 Registration Fee is assessed once each school year (August- May) for all Level 7 - Level 10 Preschool classes.

Preschool 1-Day classes, Gym Kids and Specialty classes do not pay a registration fee.

Tuition: Tuition is paid by session. No partial registrations are accepted. Once enrolled, your preschool class is reserved for you for the FULL school year. Continuing registration for Session 2, 3 and 4 is done by paying your fee prior to the open registration period. Payment due dates are listed on page 17. Payments can be made in person in the office or by phone.

ALL Fees & Tuition for Level 4 - 10 Are Non-Refundable. (See page 3 FUNDING)

SAFETY: Specific safety procedures can be found on page 16.

Gates: Keep gates closed and latched after entering and exiting.

Parking: Always hold your child's hand when walking to and from your car.

Walking/Biking: Hold your child's hand and follow the posted 'safe walking route.'

Cell Phones: No Cellphone use in the classroom or on the playground. Set phones on vibrate and take Emergency calls in the Learning Center. Focus on the children to ensure safety at school.

Biting: Many children bite when frustrated. The following procedures help children learn not to bite: Children in Level 4 - 7 classes will be given 1 warning if they bite at school and sent home if they bite a second time. Children in Level 8 - 10 are sent home immediately if they bite.

HEALTH REQUIREMENTS: Find forms and additional information at fuhsdadultschool.com

Child Immunizations: State law mandates that all children in preschool have up-to-date immunizations on file. NO child can attend unless this requirement is met, and tuition and registration fees will be forfeited.

Adult TB Test: State law requires that all adults working in a preschool classroom must furnish proof that they do not have TB. Submit results from a Mantoux (PPD) test, QuantiFERON TB Blood Screen or X-ray. Tests must be less than 4 years old and include the date given and the reaction. If your skin test is positive, you will need a blood test or chest x-ray.

Masks: Masks are not required.

Other State Health Requirements: As a program operating under state law, we are obligated to follow all state mandated requirements. In joining this program, students agree to comply with all applicable state requirements.

Medicine: Keep all medicine at home. No medicines, pills, vitamins, etc. are permitted at school.

SCHEDULING A TOUR: Come visit our school and learn about our programs. Please call the office, 408-716-0552, to schedule a tour.

THE TYPICAL PRESCHOOL DAY

When you observe the classroom, you'll see a lot of activity that looks like the children are "just playing", but there is much learning going on!

"Play is the highest form of research." Albert Einstein

What is Play Based Preschool?

Below is a list of daily preschool activities and a short description of the learning that is stimulated through these activities. Each preschool class will have its own daily schedule. All preschool classes will include the following:

FREE PLAY / EXPLORATION TIME

Children are encouraged to explore the environment. This is your child's opportunity to choose their own activity. Please allow them to do so. They may explore inside or outside. Activities are designed to develop fine motor, gross motor, as well as cognitive, and social skills. They may include, but are not limited to art, play dough, easel painting, block play, water play, manipulatives (puzzles, games, etc.), wheel toys, sand play, mud play, and dramatic play.

Manipulatives

- ◆ Blocks: Children learn to follow a mental plan and problem solve. They develop logical, sequential thinking that is needed for math and writing.
- ◆ Puzzles: Children develop spatial skills, eye/hand coordination, and fine motor skills.
- ◆ Sorting: Children develop classification skills and pattern knowledge.

Dramatic Play

- ◆ Dress-up: Children develop mobility of thought, practice cooperation, and life skills.
- ◆ Acting Out Stories: Children develop story sequencing skills, comprehension, and more elaborate language.

Outdoor Play

- ◆ Bikes/Riding Toys: Children increase their body awareness, learn to take turns, and develop gross motor skills.
- ◆ Jumping Rope/Climbing: Children develop eye/foot coordination, and balance.
- ◆ Water Table/Sand/Mud Play: Children learn about measurement, develop counting sense, problem-solving strategies, and generalize about the properties of various materials.

CIRCLE TIME

This is a 'large group' activity usually held inside on the rug. Activities may include, but are not limited to songs, finger-plays, flannel board stories, counting games, rhyming, dramatic play, and music.

Circle Time Activities Build Learning Skills

- ◆ Singing and Rhymes: Children develop oral motor skills, and memory skills. They develop phonemic awareness, language, and literacy skills.
- ◆ Counting Games: Children learn one-to-one correspondence, identify basic shapes and colors, develop language, grouping skills, and thinking skills.
- ◆ Dancing/Movement: Children develop gross motor skills, spatial awareness, and rhythm.
- ◆ Finger Plays: Children develop sensory motor, and memory skills.
- ◆ Stories: Children develop a sense of written language, community, and cultural awareness.
- ◆ Working in a group helps children learn to listen, follow verbal instructions, and take turns.

ART EXPLORATION

Each day your child will have an opportunity to explore different art materials. **IT IS IMPORTANT THAT ADULTS LEARN TO STAND BACK AND LET CHILDREN EXPERIENCE AND CREATE ON THEIR OWN.**

Art

- ◆ Painting & Gluing – Children learn about color, shape, balance, form, and concrete properties of the objects they are using. In addition, working independently develops self-esteem.
- ◆ Drawing & Coloring – Children develop eye/hand coordination and organize their conceptual world.
- ◆ Cutting/Pasting – Children develop fine motor and eye/hand skills.

MOTOR DEVELOPMENT

Motor development is an important part of our curriculum. All children are encouraged to improve their motor skills. Much of this motor development is provided in the open play period and at circle time.

CLEAN-UP TIME

Adults help to tidy the classroom, clean and put away toys at the end of class. To foster self-help skills, children are included in clean up time. It is important that toys are sorted and returned to their proper containers or to the counter area for cleaning. Please inform the teacher or aide if you find a broken toy.

ADULT EDUCATION: OBSERVATION AND DISCUSSION PERIOD

Participation in the Parent Education meeting is required. During the preschool day, adults will be observing the children while following their work-card. Directed observations are related to child development. Through observation, parents will learn to identify their child's learning style, and develop useful strategies for working with children. Adults attend the Parent Ed meetings held either in person or on Zoom. The Schoology platform is provided for each class. Handouts, class information, field trip information, weekly readings, and surveys are stored there. Each student will receive a school email that is used to access Schoology. Online surveys and rubrics are used to assess adult learning and fulfill state funding requirements.

Examples of Typical Discussion Topics

Effective Parenting Techniques
Building Self Esteem
Setting Limits
Nutrition
Literacy

Basics of Child Development
Age Related Behaviors
Learning Styles
Other Parent / Child Issues
Safety

FIELD TRIPS

Field trips are an important part of our program and your attendance is required. They help both children and adults become active members in this diverse community. Your teacher will post Field Trip information, maps, and directions in Schoology.

Examples of Typical Field Trips

Farm
Fire Station

Nature Hike
Train Ride

Grocery Store
Science Museum

Library
Pumpkin Patch

PRESCHOOL PATHWAY & CLASSES OFFERED

Year 0 - 1	Year 1 - 2	Year 2 - 3	Year 3 - 4	Year 4 - 5
	Level 4 Level 6 Preschool	Level 5 Level 6 Level 7	Level 7 Level 8 Level 9	Level 9 Level 10
GymKids 9 - 18 months	Dance & Music Fun GymKids Art Adventures	Math & Literacy Dance & Music GymKids Art Adventures Level 9 Science STEAM	Math & Literacy Dance & Music GymKids Art Adventures Level 9 Science STEAM	Math & Literacy Dance & Music GymKids Art Adventures Level 9 Science STEAM

School year program runs from mid-August through May
 Children are placed in appropriate Level based on their Date of Birth
 Age requirements are consistent with the public-school Kindergarten and Transitional Kindergarten
 entrance dates in California.

PRESCHOOL CLASSES OFFERED

These classes include Parent Education meetings either in person or on zoom.

***Adults enrolled in these classes may qualify for tuition free Early Childhood Education classes
 through Foothill and De Anza College and the FUHSD Dual Enrollment Program***

***Email school counsellor Desirie Torres for Dual Enrollment information at
 desirie_torres@fuhd.org***

Register for Preschool classes Online, by phone, or in the office.

PARENT AND CHILD LEVEL 4

For children 12 - 24 months
 Wednesday 9:00 AM - 11:30 AM
 Thursday 9:00 AM - 11:30 AM

PARENT AND CHILD LEVEL 6

For children 1 - 5 years
 Wednesday 12:00 PM - 2:00 PM

PARENT AND CHILD LEVEL 8

For children 3 years by 12/2/25
 Tuesday, Thursday, Friday 9:00 AM - 1:00 PM

PARENT AND CHILD LEVEL 10

For children 3.5 years by 9/2/25
 Mon, Tues, Wed, Thurs, Fri 9:00 AM - 2:00 PM

PARENT AND CHILD LEVEL 5

For children 2 by 9/2/25
 Monday 9:30 AM - 12:00 PM
 Wednesday 9:30 AM - 12:00 PM

PARENT AND CHILD LEVEL 7

For children 3 by 4/30/26
 Friday 9:30 - 1:00 PM
 Monday & Wednesday 9:00 AM - 9:00 AM - 1:00 PM
 Tuesday & Thursday 9:30 AM - 1:30 PM

PARENT AND CHILD LEVEL 9 - Science

For children 3 - 8 years
 Wednesday 4:00 PM - 6:00 PM

SNACK TIME PROCEDURES

Each family is responsible for providing a nutritious snack for their child.

Please follow the SNACK GUIDELINES listed below.

Remember that children eat snack at the designated time and while sitting at the snack table ONLY.

Snack time is an opportunity to try new things and learn new skills.

At snack time children WILL:

Feed themselves

Help with the clean up

Decide for themselves whether to eat or not*

***When at school, children should not be hand-fed or forced to eat.**

ALLOWING YOUR CHILD TO MAKE DECISIONS AT THE SNACK TABLE HELPS THEM TO BUILD INDEPENDENCE AND SELF-HELP SKILLS.

HEALTHY SNACK GUIDELINES

A complete snack should include a fruit or vegetable, a protein and a grain/starch.

- ◆ **FRUITS:** bananas, oranges, grapes (cut in half for younger children), apple slices, strawberries, melon, other fresh fruit. (Please do not send fruit pouches or fruit leather.)
- ◆ **VEGETABLES:** carrot sticks, broccoli, cauliflower, sliced bell peppers, sliced cucumbers, halved cherry tomatoes, celery, etc.
- ◆ **PROTEIN/DAIRY:** meat, cheese (cubes or slices), string cheese, hummus, yogurt (low sugar), hard-boiled eggs, beans, etc.
- ◆ **STARCHES (whole grain only):** whole wheat or other whole grain bread, bread sticks, pretzels, rice, rice cakes, mini bagels, cheerios, sweet potatoes, cooked pasta, etc.
- ◆ **NEVER SEND: Food in Squeeze Pouches, Juice, Candy, Chocolate, Tree Nuts, Peanuts, Peanut Butter, Cookies, Chips, Cakes, Sweetened Cereals, or Anything with Excess Sugar.**
- ◆ **CHILDREN WILL EACH BRING THEIR OWN WATER BOTTLE.**

Please label all containers and water bottles with your child's name.

Allergies: All classes will maintain lists of children who have specific food allergies.

Please list all food allergies / restrictions on your Emergency form and on the classroom allergy list.

Reminder: We do not allow children to share snacks.

Check with your teacher or the program director if you have questions about the snack guidelines.

ADULT SNACK

- ◆ Adults may bring a snack or lunch for themselves. Please follow the healthy snack guidelines.

GENERAL INFORMATION FOR PARTICIPATING ADULTS DAILY & CLASSROOM PROCEDURES

SAFETY

- ◆ **SUPERVISE all children at all times.** Leave no child unattended.
- ◆ **ALL GATES in the preschool area are kept closed and latched.**

PARKING LOT: ALWAYS hold your child's hand when walking to and from your car.

HOT BEVERAGES: Bring only in closed containers and drink away from the children.

ATTENDANCE

Your attendance and participation are the keys to a successful program. You are required to attend on your assigned workday. Attendance is recorded daily.

Multi-day classes: It is your responsibility to find a substitute if you are unable to attend on your workday. **A substitute must be provided for all planned absences (vacations, doctor's appointments, prolonged illness, etc.)**

Please inform your teacher about all absences.

Anyone not fulfilling attendance requirements may be dropped from the program without refund.

BE ON TIME

For our classes to run safely and effectively, you must be on time. **You are your child's first teacher.** Model being organized, responsible and prompt to give your child the maximum time to participate.

SIGN-IN

Everyone staying at school is required to sign the daily attendance sheet.

Sign out only if you are leaving early.

WORKCARDS

All parents wear work cards when assigned. These help us to provide a safe and stimulating school environment. Card assignments are posted. When it is your workday, **WEAR YOUR WORKCARD AND MAKE SURE ALL DUTIES ARE COMPLETED.**

ILLNESS: WHEN IN DOUBT, STAY HOME & REST

We understand that illnesses occur. **Please do not come to school if you or your child is sick. Call the school (408-716-0552) and inform the teacher that you are ill.** For lengthy illnesses, substitutes should be arranged, or special arrangements made with your teacher. Please follow these guidelines when deciding if you are well enough to come to school.

Our Preschool follows all FUHSD and Santa Clara County protocols for safe school in-person classes.

- ◆ **Colds:** A child should stay home during the first three days of a cold. They may return if they are feeling well and have not had any fever in 24 hours.
- ◆ **Flu & Fever:** Please do not come to school unless you have been free from fever and other symptoms for 24 hours.
- ◆ **Communicable Diseases:** **Notify school immediately (408-716-0552).**
- ◆ **Allergies:** Please list any allergies that your child has on the Emergency Form and tell your teacher.

INFORMATION & COMMUNICATION

Discuss any concerns you have with your teacher. If after talking with your teacher you still have concerns, contact Susan Robertson, Program Coordinator at 408-716-0572 / susan_robertson@fuhd.org.

Read all Email, handouts, newsletters, and field trip information that your teacher provides.

Check your class Schoology webpage weekly for important information and updates.

To ensure all class members feel included, speak English in the classroom. All directions and class information will be given in English.

CLASSROOM PROCEDURES

ARTS & CRAFT PROJECTS: CHILDREN'S PROJECTS ARE CHILDREN'S WORK.

Art is offered for exploration (the process) rather than for the finished project. **PLEASE don't do the project for any child** this is hurtful to their development. Do help with set-up and clean up.

CELL PHONES & ADULT CONVERSATION: Set Cell phones on vibrate & use only for emergencies.

Cell phone use is not permitted in the classroom, playground, or gym. In an emergency use your phone in the open Learning Center outside your classroom. State law now prohibits use of phones in public school rooms. Always keep adult voices low at school. Model appropriate behavior at circle-time: sing, dance, and follow teacher directions. Speak English in the classroom.

CLASSROOM ORDER

Help children keep activity materials in the designated place, i.e., play dough on the table. Indoor toys stay inside, and outdoor toys stay outside. Maintaining a safe and orderly environment is important to learning.

CHILD'S PARTICIPATION

Don't worry if your child doesn't participate especially at circle time. They will participate when they are ready. **WATCHING IS A FORM OF PARTICIPATION.**

Children are encouraged to participate but never forced to participate.

COMMUNITY BUILDING

Actively participate in class activities. **Respect each class member as an individual and help them to feel welcome.** Working as a team builds our school community.

DIAPERS / BATHROOM / EXTRA CLOTHES

Diapers must be changed in the bathroom and deposited in the outside trash can.

One-day classes: adults attend to their own child's bathroom needs.

Multi-day classes: Bathroom helper is a designated work-card. All children who are not potty trained should wear disposable diapers for easy changing.

Always send a change of clothes with your child. Preschool is fun and messy, and children often get wet.

DRESS CODE

Dress yourself and your child in washable play clothes. Preschool can be messy! **Put spare pants/shorts, shirt, underwear and socks in your child's bag.** Children should wear sturdy running shoes or sneakers to school; sandals and dress shoes are not good footwear for playground play and climbing.

PREP CART: **For safety reasons, children** should not touch materials on the classroom prep cart.

NURSING / PACIFIERS / SIPPY CUPS / BOTTLES: Use of baby bottles, pacifiers, and sippy cups is not permitted in the preschool classroom. **Registered children Level 5 and older should not be nursed during class time.** Each child brings a water bottle which is stored in their cubby. (Label with their name.)

SEPARATION ANXIETY

It is not unusual to have some separation anxiety in a new setting. Please be assured that the teachers are trained in dealing with separation anxiety. To minimize separation anxiety, we suggest that you try not to show excessive concern regarding the separation. Briefly tell your child what you are doing and assure him/her that you will return. Concentrate on the fun things that can be done while you are away. **DO NOT PROLONG THE ACT OF SEPARATING.** You will be called if your child is excessively anxious.

SPECIAL EVENTS / BIRTHDAYS / CELEBRATIONS

Your teacher will acknowledge your child's birthday in class. Each teacher has her own special, teacher directed birthday routine. **NO CAKES, TREATS, OR PRESENTS AT SCHOOL.**

All level 4 – 10 preschool classes receive CAEP State funding based on the Parent Education portion of the program. This funding has been applied to your tuition. Parents participate in meetings with their teacher and may have an opportunity to attend evening or Saturday workshops related to child development. To assess student learning and maintain State funding, enrolled adults are required to complete a survey and/or written assignments each session. These are found in Schoology. **Students in CAEP classes may qualify for tuition free Early Childhood Education classes through Foothill and De Anza colleges.** Contact school counsellor Desirie Torres, desirie_torres@fuhd.org for information.

SPECIFIC INFORMATION FOR LEVEL 4, 5, and 6

Level 4, 5, and 6 are designed as introductory preschool classes. All are 1 day classes and you may choose to take one or more based on your child’s age. These classes encourage your child to try new things and learn at their own pace. They provide a balance of pre-academic and social skill opportunities. Activities are designed to be hands-on and developmentally appropriate. Children learn to be self-sufficient problem solvers and thinkers. Parents learn techniques that promote learning. All classes are held on site. Age requirements are listed on Page 7 and below.

71.4110.11	Level 4	Wednesday	9:00 – 11:30 AM	Teacher Caroline	12 – 24 months
71.4110.12	Level 4	Thursday	9:00 – 11:30 AM	Teacher Caroline	12 – 24 months
71.5110.11	Level 5	Monday	9:30 – 12:00 PM	Teacher Lakshmi	2 yrs. by 9/2/25
71.5110.12	Level 5	Wednesday	9:30 – 12:00 PM	Teacher Lakshmi	2 yrs. By 9/2/25
71.6110.11	Level 6	Wednesday	12:00 – 2:00 PM	Teacher Lakshmi	1 – 5 years

Core Curriculum: Based on California State Preschool Guidelines

- Small group and large group learning opportunities daily.
- Math and number concepts including beginning counting and shapes.
- Pre-literacy skills developed through songs, games, rhyming, and directional words.
- Hands-on science activity stream woven into quarterly curriculum.
- Large and small motor skill activities daily.
- Development of listening and speaking skills through circle time activities.
- Exploration time where each child can choose their activity and play area (inside & outside).
- Music, art, directional games, and dramatic play opportunities daily.
- Daily snack time to foster self-help and healthy eating habits.
- Community Field Trip each session may be scheduled.

Parent Participation: Parents are an integral part of the preschool program.

- Participate together with your child at preschool.
- Wear a work card and supervise children at play, and at learning centers.
- Work cooperatively to complete all tasks as directed.
- Provide a healthy snack and water bottle for your child using the school nutritional guidelines.
- Be prepared and participate actively in the classroom and during quarterly parent meetings.
- Participate in class/school activities designed to support parents and build community.
- Use Schoology to complete assigned reading, homework and survey assessments as directed.
- Arrive and Leave on time.

These classes qualify for reduced fees through California Adult Education Program (CAEP) funding based on active parent participation and survey assessments described above.

SPECIFIC INFORMATION FOR LEVEL 7

Level 7 is designed to build your child’s independence and self-confidence. Children in Level 7 choose between several different activities each day while they learn to follow the schedule and make decisions. Level 7 provides a balance of foundational academic and social skills for young three-year-olds. Children learn to be self-sufficient problem solvers and thinkers. Parents learn participation techniques that support learning. Parents of Level 7 children are required to help in the classroom 1 day each week and may drop off their child on their non-helper day. Parents may stay on both days until their child adjusts to the school environment and is ready to be at school on their own. Potty Training is not required for this class.

71.7210.11	Level 7	Friday	9:30 – 12:00 PM	Teacher Lakshmi.	3 years by 4/26
71.7210.12	Level 7	Mon + Wed	9:00 – 11:45 AM	Teacher Verna	3 years by 4/26
71.7210.13	Level 7	Tues + Thurs	9:30 – 12:00 PM	Teacher Lakshmi.	3 years by 4/26

Core Curriculum: Based on California State Preschool Guidelines

- Small group and large group learning options daily.
- Math and number concepts including beginning counting, sorting, sequencing, and shapes.
- Pre-literacy skill development through songs and games including rhyming, opposites, and directional words.
- Science activity stream woven into the quarterly curriculum.
- Large and small motor skill activities daily.
- Development of listening and speaking skills through circle time activities.
- Exploration time where each child can choose their activity and play area (inside & outside.)
- Music, art, directional games, and dramatic play opportunities daily.
- Daily snack time that builds independence and healthy eating habits.
- Community Field Trip each session may be scheduled

Parent Participation: Parents are an integral part of the preschool program.

- Participate once each week in your child’s classroom and provide a substitute for any absence.
- Wear a work card and supervise children at play, and at learning centers.
- Complete all tasks as directed.
- Provide a healthy snack and water bottle for your child following the school nutritional guidelines.
- Be prepared and participate actively in the classroom and during quarterly parent meetings.
- Participate in class/school activities designed to support parents and build community.
- Use Schoology to complete assigned reading, homework, projects, and survey assessments as directed
- Arrive and Leave on time.

These classes qualify for reduced fees through California Adult Education Program (CAEP) funding based on active parent participation and survey assessments described above.

SPECIFIC INFORMATION FOR LEVEL 8

LEVEL 8: Children 3 years old by September 2, 2022

71.8310.11 Level 8 Tu/Th/Fr 9:00 – 1:30 PM Teacher Rindala 3 years by 12/2/25

Level 8 is designed to build your child's independence and self-confidence by coming to school 3 or 4 days each week. Children in Level 8 choose between several different activities each day while they learn to follow the schedule and make decisions. Level 8 provides a balance of academic and social skills, independent and group learning opportunities for children. In Level 8, projects become more involved and circle time becomes longer. Parents of Level 8 children help in the classroom once each week on their helper day. Children may be dropped off on the other days. Parents work with their teacher to determine their helper day schedule.

Core Curriculum: Based on California State Preschool Guidelines

- Small group and large group learning options daily.
- Math and number concepts including beginning counting, sorting, simple addition & subtraction, sequencing, and shapes through large and small group instruction.
- Focus on Pre-reading, literacy, and writing skills.
- Language concepts: rhyming, opposites, and directional words.
- Bi-weekly small group science activity.
- Large and small motor development activities.
- Weekly fine motor small group learning center (scissor skills, letter writing, etc.)
- Development of listening and speaking skills through circle time activities and show & tell.
- Focus on developing social skills, conflict resolution, and creative thinking.
- Exploration time where each child can choose their activity and play area (inside & outside).
- Music, art, directional games, and dramatic play activities daily. 3-4 cooking projects each quarter.
- Daily health education including nutrition and exercise
- Community Field Trip each session may be scheduled

Parent Participation: Parents are an integral part of the preschool program.

- Participate in your child's classroom once each week. Provide a sub for any absence.
- Wear a work card and supervise children at play, and at learning centers.
- Complete all tasks as directed.
- Provide a healthy snack and water bottle for your child following the school nutritional guidelines.
- Be prepared and participate actively in the classroom and at quarterly parent meetings.
- Participate in class activities designed to support parents and build community.
- Use Schoology to complete assigned reading, homework, projects, and survey assessments as directed.
- Arrive and Leave on time.

These classes qualify for reduced fees through California Adult Education Program (CAEP) funding based on active parent participation and survey assessments described above.

SPECIFIC INFORMATION FOR LEVEL 9

71.9412.11	Level 9	Wednesday	4:00 – 6:00 PM	Teacher Rindala	3 - 8 years
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Level 9 is a weekly preschool class with a science focus. It is designed to introduce children to the amazing world of science. This class helps them to see that science is part of their everyday life. In addition to traditional activities each class includes a specific science concept and 2 to 3 hands-on projects that illustrate and reinforce that concept. Children are eager learners and natural scientists.

Level 9 can be taken individually or together with other preschool classes.

Core Curriculum: Based on California State Guidelines.

- Small group and large group learning options daily.
- Math and number concepts as they relate to science activities
- Language concepts: scientific language, and directional words.
- Daily hands-on science projects.
- Large and small motor development activities.
- Development of listening and speaking skills through circle time and question and answer activities.
- Indoor and outdoor exploration time.
- Daily, music and story time.
- Daily health education including nutrition and exercise.

Parent Participation: Parents are an integral part of the program.

- Participate in your child's classroom each week.
- Assist at science stations.
- Supervise children at play, and at learning centers.
- Complete all tasks as directed.
- Provide a healthy snack and water bottle for your child following the school nutritional guidelines.
- Be prepared and participate actively in the classroom and in quarterly parent meeting.
- Use Schoology to complete assigned reading, homework, and surveys as directed.
- Arrive and Leave on time.

SPECIFIC INFORMATION FOR LEVEL 10

LEVEL 10 Full Day: Children 4 years old by December 2024

71.0410.11 Level 10 M Tu W Th F 9:00 – 2:00 PM Teacher Gloria 3.5 years by 9/2/25

Level 10 is designed to prepare your child to enter Kindergarten or Transitional Kindergarten in one year. Parents in these classes participate once each week on their work day and drop off children on the other days.

Core Curriculum: Based on California State Guidelines for Transitional Kindergarten

- Small group and large group learning centers: math (including number concepts: counting, simple addition & subtraction, sequencing, and shapes), science, literacy, writing, and scissor skills.
- Upper and lowercase letter recognition and introduction to phonics.
- Weekly alphabet unit.
- Large and small motor activities
- Development of listening and speaking skills through circle time activities and show & tell.
- Exploration time where each child can choose their activity and play area (inside & outside.)
- Music, art, directional games, and dramatic play activities daily.
- Bi-weekly cooking and science projects,
- Daily health education including nutrition and exercise.
- Up to 3 community Field Trips each session.

Parent Participation: Parents are an integral part of the preschool program.

- Participate in your child's classroom once each week. **Provide a sub for any absence.**
- Wear a work card and supervise children at play, and at learning centers.
- Complete all tasks as directed.
- Provide a healthy snack and water bottle for your child following the school nutritional guidelines.
- Be prepared and participate actively in the classroom and in the quarterly parent meetings.
- Participate in class/school activities designed to support parents and build community.
- Use Schoology to complete assigned reading, homework, and surveys as directed.
- Arrive and Leave on time.

These classes qualify for reduced fees through California Adult Education Program (CAEP) funding based on active parent participation and survey assessments described above.

GUIDELINES FOR WORKING WITH CHILDREN

- ◆ **Preschool is fun. Enjoy yourself.**
- ◆ If you need to speak to a child for any reason, it is your job to move to the child. Do not shout across the room. **Provide a calm, quiet example.**
- ◆ **Listen closely** to the child's comments and questions, getting down to his or her eye level. Answer questions simply or by asking a question so that the child develops problem-solving skills.
- ◆ Always address each child by name. **Get the child's attention and eye contact before speaking.**
- ◆ Give a choice to children only when you want them to make a decision and you are willing to abide by their answer. When there is no choice, state what they need to do. For example: "Let's go in for story time."
- ◆ **Let the children do as much as they can by themselves.** Independence is a building block for self-esteem.
- ◆ As you **follow your work-card**, your child may linger near you if he or she chooses. Please remember that we are here to work with all the children. Whether you are observing your child from a distance or interacting directly, enjoy this time with your child and all the children at school. Sharing the preschool experience is what Parent Participation Preschool is all about.

DISCIPLINE GUIDELINES

- ◆ **Positive Behavior techniques** are used to guide children at Bright Beginnings. Children are encouraged to use their words to state the problem and then guided to acceptable solutions. Teachers and parents help facilitate this process by reflecting what the child is saying and modeling appropriate behavior.
- ◆ **SPANKING, YELLING, OR ROUGH HANDLING OF ANY CHILD IS NOT PERMITTED.** If you cannot handle a problem or find yourself getting angry in a situation, call the teacher. Be present and attentive to the children and do not problem-solve for them. The goal is to help children learn how to handle conflict.
- ◆ When disciplining a child, always focus on the behavior that needs to change. Label the action, not the child. Threatening, punishing or moralistic words such as "You are bad!" are unacceptable. State limits and use a positive approach to redirect the child.
- ◆ An important aspect of any preschool program is **teaching respect** for one another. We, as adults, are the role models for our children. If we want them to be respectful, we need to act respectfully. Keep this in mind as you interact with the children, other adults, and your teachers.

SAFETY RULES

- ◆ **CHILDREN MUST BE SUPERVISED AT ALL TIMES.**
- ◆ Escort children to the classroom. **HOLD HANDS.**
Sign the sign-in sheet and make sure your child has a nametag before you leave.
- ◆ **PLAYGROUND GATES MUST BE CLOSED AND LATCHED AT ALL TIMES.**
- ◆ Wheel toys are to be ridden safely, no crashing.
- ◆ Sand is to be kept in the sand area. Teach children to keep the sand low.
- ◆ Children must walk and use inside voices in the classroom.
- ◆ Children eat snack while sitting at a snack table and only during the designated snack time.
- ◆ All areas must be properly supervised, take the initiative to move where the children are playing.
- ◆ Carpentry tools stay at the worktable and are only used under **DIRECT ADULT** supervision.
- ◆ Children should climb on playground equipment. Fences, gates, tables, and counters are not for climbing.
- ◆ Use adult scissors, paper cutters, etc. away from children.
- ◆ **Report any and all accidents immediately to your teacher.**
- ◆ All classes will practice safety drills (earthquake, fire, etc.).
- ◆ Weapons or toys that fire projectiles or darts are not allowed at school.
- ◆ **All students should stay in their own designated play areas unless they are with the teacher.** Use of the playground before or after class is not permitted.

PLAYGROUND USE RULES

Preschool playground is for use by enrolled preschool students only, and only when their class is in session. Gym Kid students may not use the preschool playground.

Preschool gates are locked by 2:15 PM each day.

The Stocklmeir playground is off limits between 6:00 AM – 4:30 PM Monday – Friday.

SCHOOL USE RULES

- ◆ **ALWAYS HOLD YOUR CHILD'S HAND TO AND FROM YOUR CAR.**
- ◆ **KEEP YOUR CHILD WITH YOU AND WATCH THEM AT ALL TIMES.**
- ◆ Help children travel on the sidewalk when walking to and from school.
- ◆ Walk bikes and scooters on school grounds. Follow the posted safe pathway.
- ◆ Enter and Leave Campus through your designated gate or the main door (BB-2) and go immediately to your car.
- ◆ Park in the designated Bright Beginnings parking lot or on the streets by school. All parking directly in front of Stocklmeir under the solar panels is reserved for Stocklmeir staff.
- ◆ **No access to other areas of the Stocklmeir campus is allowed during regular school hours.**

IMPORTANT PRESCHOOL DATES

1st Session (August 25 – October 17)

Sept. 16 - 20 Current preschool students register for Session 2

2nd Session (October 20 – December 18)

Nov. 12 - 18 Current preschool students register for Session 3

3rd Session (January 12 – March 16)

Feb 10 - 16 Current preschool students register for Session 4

4th Session (March 23 – May 22)

Summer Session (6-week summer session June 8 - July 17)

Priority Registration date for current students TBD

PARENT BOARD INFORMATION

We invite you to join the Parent Board. Each year, interested parents come together with teachers and staff to address concerns, suggest improvements to the facility, plan all-school activities, and community service projects.

Meetings: Once per month (Dates to be determined)

September	Elect officers. Discuss & Plan activities for International Day & the school year.
October	Plan community service activities & assess school needs.
November	Begin Book Fair planning.
January	Plan / Develop school projects.
February	Review all plans / projects.
March	Complete book fair plans / plan teacher appreciation activity.
April	Review book fair / complete teacher appreciation activities.
May	Teacher / classroom requests reviewed.

SPECIAL FAMILY ACTIVITIES sponsored by the Parent Board

International Day	Saturday, September 27, 2025	10:00 AM – 01:00 PM
Book Fair	April 6 – April 10, 2026	During School Hours
Reading Under the Stars	Tuesday, April 7, 2026	6:00 PM – 7:30 PM

FUHSD ADULT SCHOOL MISSION

Prepare students to achieve educational, career, and personal goals.

SCHOOL-WIDE LEARNING OUTCOMES

1. Demonstrate an increased ability to communicate in both collaborative and independent settings.
2. Participate in opportunities to become active and responsible members of our diverse community.
3. Demonstrate critical thinking and problem solving.
4. Demonstrate effective self-management and interpersonal skills. Set and pursue goals.
5. Use resources and technology.