Lennox School District State Preschool Program

Early Childhood Education Newsletter

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Helping Preschoolers Cope With Separation Anxiety

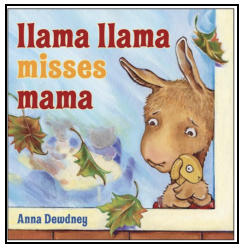
Some children are adapting well to the routine of coming to school while others are struggling with being away from home and loved ones for periods of time. To help parents best support their little one, I am going to share an excerpt from a PBS article by the same title, written by Katie Hurley, LSCW, that provides suggestions to consider.

Confront parental ambivalence. It's perfectly normal for parents to worry about the transition to a new preschool classroom. It's hard to trust a new person or a new school with a little one! Kids will pick up on parental ambivalence. If parents hesitate, kids will feel unsafe.

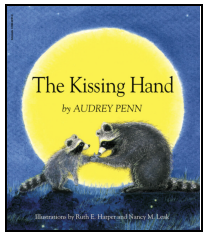
- Talk your feelings out with a friend who knows the drill to get some perspective.
- Plan a coffee date with a friend or your spouse immediately following drop off so that you have support.
- Get to know the school and teacher as much as possible in advance (talking to other parents involved in the school helps!) so that you feel comfortable with the environment.

Create a goodbye ritual. Creating a specific goodbye ritual prior to the first day of preschool can ease some of the anxiety about that final goodbye. Try one (or more) of these ideas:

- Develop a special handshake or special wave.
- Hug, kiss, high five, and goodbye!
- Tuck a transitional object (i.e. a wishing stone, a small photo or a special charm) in your child's plastic bag that stays in his/her cubby..
- Love notes in the lunch box remind kids that mom and dad love them and will return soon.



Read all about it. Preschoolers love to read and there are several great books to help prepare kids for preschool. Anna Dewdney's *Llama Llama Misses Mama* and Audrey Penn's *The Kissing Hand* help ease the transition and normalize the process of separation for little ones.



https://www.lennox.k12.ca.us/

Setting Goals for the 2023-2024 School Year

by **Nellie Ríos-Parra**

Our staff took time at the beginning of the year to plan goals that are in alignment with the Board of Trustees and the Lennox School District so that collectively we can all ensure children are soaring to success. This year we will focus on three overarching goals. We will share more information about the goals we plan to pursue as the school year unfolds.



GOAL #1: ACADEMIC SUCCESS
All students will demonstrate continuous academic growth leading to college, career, and life success.

GOAL #2: FAMILY & COMMUNITY CONNECTIONS
We will enhance learning partnerships by connecting schools, families, and communities to extend learning opportunities and resources.

GOAL #3: RESOURCE EQUITY & EFFICACY
We will make strategic and efficient use of resources to ensure the educational success of our students and the fiscal stability of the District.

https://lsp.lennox.k12.ca.us/

UPCOMING EVENTS

Thursday, August 24th, 5:30-8:00 PM - Welcome Back to School Fundraiser at Shakey's on Arbor Vitae. Order in or to go and let them know you are supporting the Preschool Program.

Friday, August 25, 8:30 - 9:30 AM - How To Support Your Child With Separation Anxiety in the Professional Development Center, 10319 Firmona Avenue. Call 310-680-3500 to reserve a seat.

Follow us on Instagram: @preschool_Lennoxsd

The Lennox School District State Preschool Program is a place where every child can sing, play, learn and thrive.

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