

24 June 2009



Dear New Early Childhood Parents,

On behalf of the Early Childhood staff and myself, I would like to welcome you to your new school! We are looking forward to meeting you and your family in August.

The first days of school can be exciting, but also stressful for young children. For this reason, I am offering some suggestions on how to make this transition an easier one for your child and family.

One of the most important factors in helping your child learn to enjoy his/her new school will be your feelings about the change. Children pick up their parents' uncertainties and so it will be helpful if you understand the rules and routines of the school and our EC program. We have planned a parent/teacher meeting on August 24th at 8:10 a.m. in your child's classroom. (Class lists will be posted as of Aug. 21th outside the EC gate.) The first day of classes for EC students is August 25, 2009.

Because the school day will present many changes for your child, it is crucial that s/he is as well prepared as possible. Healthy habits such as an early bedtime and eating breakfast will give your child an advantage when starting school. A reasonable bedtime for a preschooler is between 7:30 and 8:00 p.m. Please ease into a new bedtime at least a week before classes. Eating a healthy breakfast is also essential for a preschooler. Plan to wake up early enough to not have to rush through the morning routines.

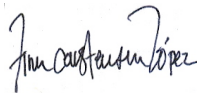
For the first week of school, parents should plan to accompany their child to the classroom. It is necessary that students arrive to school before 8:00 a.m. so that they are given the opportunity to adjust to being at school and so that they do not miss the first half hour of group instruction, which is essential in helping our students understand the day's plans. We will offer supervision in our Early Childhood section as of 7:30 a.m. onward.

Many children do not have difficulties adjusting to their new school setting, but there will be some children who may cry and become frightened. This is perfectly normal and our staff plans activities the first days of school that allow us to dedicate extra time to these children. If you think that your child may have a hard time adjusting to school, we recommend that you be honest with your child and explain that it is fine to cry when you miss someone. Remind your child that you will be reunited every day and that s/he will gradually make new friends and not miss you as much but will be happy to come to school. Instead of asking your child whether s/he will be okay, let your child know that you are confident that s/he will be fine. Children should not be punished or threatened about crying but good-byes should be kept short, sweet, warm, and firm. Let the teacher or teacher assistant know when you are ready to leave, and we will stay with your child if s/he is crying. Parents are welcome

to sit on our benches outside the EC office to wait for a little while and the EC secretary or I will be happy to go and check on your child to see if s/he has stopped crying. You can also ask to be phoned when your child is no longer crying. There are a few children who will have a difficult adjustment and we may ask those parents to spend a few days or several hours in the classroom helping the child gain the confidence needed to stay alone. Those cases will be discussed with parents on an individual basis. But trust us, we have been helping children adjust to our school for years and we have been very successful. We take pride in the way that our students love their school and how they grow from accepting new experiences.

Once again, welcome to The American School Foundation of Guadalajara. Please do not hesitate to schedule a meeting with me at anytime in the year if you should have a question or concern about the program.

Sincerely,

A handwritten signature in black ink, reading "Tina Carstensen Lopez". The signature is written in a cursive style with a large initial 'T'.

Tina Carstensen Lopez
Early Childhood Principal