



CLASS OF
2036

Campbell Early Childhood Center | SEPTEMBER – 2022

Welcome to September!

Campbell ECC has welcomed over 120 pre-kindergarten students through its doors. We are overjoyed to continue building our school family. ☺



COUNSELOR CONNECTION

Connect with Mrs. Valis at 417-523-3260 or kmvalis@spsmail.org

Congratulations on helping your student through their first week of school! They are learning new routines and systems and how to be away from home for a full day. Some students (and parents) struggle with the morning routine and being ready to separate at school time and that's okay.

Here are a few tips to help get up and go in the mornings. Routines and preparation are essential for smooth transitions to school. Saying goodbye to mom and dad is tough for some kids, but they are braver when parents are positive about school.

1. Have regular bed times and routines. **Preschoolers need between 10-12 hours of sleep a night** to be their best the next day. Make bedtime a calm time with routines such as reading a story or singing a song.
2. Have clothes picked out the night before to avoid fights and confusion in the morning.
3. Have backpacks and lunches packed the night before and ready by the door to pick up as children head out to school.
4. Encourage your child that they are going to have a great day and that you will be together again after school. Rituals such as hugs, kisses, special handshakes or sayings are helpful when your student is dropped off.



I am a Safe-Keeper. I am a Helper. I am a Problem Solver.

Conscious Discipline Corner

Composure is one's ability to regulate your internal state from upset to calm. It is a skill that BOTH adults and kids need.

Composure Strategies:

- Your job description:
Adults- "My job is to keep you safe."
Kids- "My job is to help keep it safe."
- Use calming techniques like a STAR breath or other deep breaths
- Use clear assertive language:
State exactly what you want the child to do by painting a verbal picture



Be a S.T.A.R.

S mile
T ake a deep breath
A nd
R elax

Upcoming Dates

Monday, September 5th

Labor Day- No School

Tuesday, September 13th

SPS University & Open House

5:00 pm - 7:00 pm

Wednesday, September 28th

Picture Day

Thursday, September 29th

Campbell Pride Day

Wear your Campbell Shirt or Blue & Gold

Pack Your Backpack!

Every day your child's backpack should include a change of clothes.

Note from the Nurse

Contact the school nurse if you would like to be referred to the PTA Clothing Bank.

417-523-3230



Website:
www.sps.org/campbell



Contact:
417-523-3200



Social Media:
[@CampbellEarlyC1](https://www.instagram.com/CampbellEarlyC1)

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