DECEMBER 2025

LAKESIDE NEWSLETTER

THE OFFICIAL NEWSLETTER OF LAKESIDE PRESBYTERIAN PRESCHOOL

FROM THE DIRECTOR

November really flew by and now we are getting ready for the holiday season. Christmas is right around the corner and we are gearing up for the year 2026. We have a lot of fun activities happening in December and are getting ready to celebrate. We will be having our Christmas games in the gym on December 18 and 19 more information will be in this newsletter. All of the classes will be traveling to Bethlehem in December for songs and stories. We will be having registration in January for the 2026-27 school year, more information will be coming soon. If you know someone that is interested please have them contact me.

We again want to thank everyone for their continued support of all of our activities, for your generosity with our food drive and volunteering. We hope that you all have a very Merry Christmas and a safe and healthy new year.

Cindy

IMPORTANT DATES

Christmas Break - Dec. 22- Jan 2
MWF and M-F return - Jan. 5
T/th return - Jan. 6
Martin Luther King Day closed - Jan. 19
President's Day closed - Feb. 16
Spring Break - March 30 - April 3
Grandparents Week - February 23 - 27
Two and Three Year Old Programs - Week of April 20

REGISTRATION FOR THE 2026-27 SCHOOL YEAR

Registration will be in January of 2026. Additional information will be coming out the first of January. If you have any questions regarding your child's placement for next year please let Cindy know. If you know of anyone that is interested in registering for the 2026-27 school year please have them contact Cindy.

CHRISTMAS PARTIES

We are going to have the games again in the gym for the Christmas parties on December 18 and 19. Below are the links to sign up to volunteer for gym games. There is a separate one for all MWF including Monday through Friday classes and T/Th.
We are excited to be able to have parent volunteers. There will be a link for a sign up genius in this newsletter so that you can sign up. We can't wait to see you there. All signups can be found on the school website under events

ILLNESSES

Unfortunately, there are a lot of illnesses going around at this time. If your child has a fever, stomach virus, etc. they must be symptom free for 24 hours without medication to return to school. We are trying to keep everyone as healthy as possible during the winter months. Thank you again for all of your support and cooperation.

AFTERNOON PICKUP

Just a reminder, please make sure that you have your car tag with you or a picture of it on your phone for pick up each day as there could be someone different calling numbers at the end of the day. Also, if you have another person picking your child up please make sure that they have a copy of your car tag and identification. Also, please procare a message to school if your pick up information has changed for that day. Safety comes first, thank you.

PRESCHOOL TIDBITS

For preschoolers aged 2 to 5 years, major health organizations recommend limiting recreational screen time to no more than one hour per day of high-quality, educational content. This time should ideally be shared with a parent or caregiver to maximize learning and mitigate negative effects.

Key Guidelines for Preschoolers (Ages 2-5)

- Time Limit: No more than one hour of routine or sedentary screen time per day.
- Content Quality: Choose age-appropriate, high-quality educational programs and apps, as not all content marketed as "educational" is effective and connect it to real-life experiences (e.g., "We watched a show about baking a cake, let's bake one this weekend!"). This interaction is crucial for learning transfer and social development.
- Avoid Using as a Pacifier: Resist using screens to calm a child or stop a tantrum, as this can hinder their development of self-regulation skills.
- Establish Screen-Free Zones/Times: Prohibit screens in bedrooms and during family meals, as these are prime opportunities for social interaction and healthy development.
- Prioritize Alternatives: Ensure plenty of time for unstructured, creative, and physical play outdoors. Young children learn best through hands-on, real-world interactions with people and their environment.
- Model Healthy Habits: Children often mirror their parents' behavior. Minimize your own screen use, especially during family time.

Potential Risks of Excessive Screen Time

Exceeding recommended screen time can have various negative impacts on a preschooler's development:

- Language Delays: Excessive screen time is strongly correlated with lower language skills due to reduced parent-child interaction and conversation.
- Sleep Problems: The blue light from screens and the stimulating content can interfere with natural sleep patterns and melatonin production, leading to less and poorer quality sleep.
- Behavioral Issues: Links have been found between high screen time and attention problems, hyperactivity, and emotional regulation difficulties.
- Physical Health: Increased sedentary time is associated with a higher risk of obesity and less physical activity.
- Social Skill Impairment: Reliance on screens can hinder the development of essential social skills like patience, sharing, and interpreting social cues from face-to-face interactions.