St. Peter's Preschool Newsletter

September 2025



From the Director's Chair - by Rita Dai Wang

Welcome to the 2025-2026 school year! We are so excited to reconnect with old friends and meet new ones. Each month, I will send home a newsletter home discussing school-wide issues/events. Don't hesitate to reach out if you ever have any questions!

Preschool Board: We are seeking one parent per class to join the St. Peter's Preschool Board. This group meets 3 times over the course of the year (typically evenings in October, February, and June) to discuss school finances, philosophy, and policies. Please see Ms. Rita if you are interested.

Illness Policy: If your child is not feeling well enough to participate fully in school, please keep them at home. We play hard when we're in school, and if kids aren't sleeping/eating well or can't breathe because they're congested or coughing, they would benefit from a rest day at home.

MSDE regulations require a child be free from fever, vomiting or diarrhea without the use of medications for 24 hours to return to school.

Please notify us if your child is sick and will be absent from school. If your child contracts a communicable disease (pink-eye, strep, hand-footmouth, lice, etc.) please alert us ASAP. This allows us to fully disinfect the classroom and materials, be on alert for symptoms in the other children, and inform families and staff who may have been exposed.

Extended Day Program: Extended Day is an optional program open to 3's/4's from 1-3pm on Monday, Wednesday, and Friday. We only have 1 more spot, so let me know ASAP if you are interested. The cost is \$250/mo with a one-time \$30 rest mat fee. This program will start in October.

4's Enrichment Program: This optional program for 4's will run from 1-3 on Tuesdays and Thursdays. Ms. Jen will focus on literacy on Tuesdays while Ms. Eleanor will focus on handwriting/fine motor skills on Thursdays. We only have a few spots left, so let me know if you are interested. The cost is \$250/mo, and the program will start in October. See below for more information.

Pediatric OT with Ms. Eleanor: We are excited to offer a new resource for families this year - in house Pediatric Occupational Therapy! If you would be interested in getting your child evaluated or learning more about this program, see the flyer below. This program will start in October.

Yoga: Yoga for parents/friends of St. Peter's, taught by Ms. Wendy, will also start in October. Come stretch and get strong while sharing in a community that is safe and welcoming. See below for more information.

Dates to Remember

9/1 Labor Day – no school

9/2 2's First day of school (9:30-11:00)

9/2 4's First day of school

9/3 3's First day of school

9/4 2's (9:30-12:00)

9/9 2's (9:30-1:00 here on out)

9/26 Pizza & Popsicle Social -5:30-7:00

Happy Birthday!



9/2 Charles

9/7 Ms. Christine

9/16 Lucy

9/16 Rhodes

9/17 Kelsey

9/19 Ethan





Pizza & Popsicles Social

We are excited to host our first school-wide event on Friday, 9/26 from 5:30-7:00 in our parking lot/playground for all current and former St. Peter's families. Come enjoy pizza and popsicles while reconnecting with old friends and meeting new ones. This is a free event, but we encourage you to bring a donation to the St. Peter's Food Pantry. Feel free to bring picnic blankets, chairs, or your own dinner if you don't like pizza. This is also a BYOB event

(3) More details coming soon.



All About Ms. Rita

I came to St. Peter's as a parent of a 3 year old and fell in love with this gem of a school. That 3 year old is now a senior in high school, so you can do the math on how long I've been here! I have been a teacher in the 2's, 3's, and 4's, and am starting my 8th year as the Director. Before coming to St. Peter's, I taught elementary school for 10 years and was a SAHM for 9 years. I have 3 boys (ages 22, 20, and 17). My oldest graduated from college in May (go Terps!), and it is so gratifying to watch him figure out how to "adult." For those of you who feel like toddlerhood will never end, I can confirm that there is a light at the end of the tunnel! In my spare time, I like to work out, run, play tennis, hike, read, and cook. My goal at St. Peter's is to create a community where everyone is respected and feels like they belong. If there is anything you need, please feel free to reach out to me anytime on my cell - 443-801-3816.

Literacy and Math Enrichment



TUESDAY AFTERNOONS 1-3PM

THIS AFTER SCHOOL PROGRAM WILL SUPPLEMENT ST. PETER'S EXCITING PLAY-BASED CURRICULUM and Stimulate your pre-k child's mind and curiosity toward literacy and math!

Why join this group?

I will build off the curriculum we use during our regular school day to:

- Prepare your child more for the demands of kindergarten academia
 - Strong focus on literacy skills: vocabulary, print motivation and awareness, letter knowledge, sound awareness, and narrative skills
- Strong focus on math skills: categorization, number sense, problem solving, the language of mathematics, estimation, addition and subtraction, comparison...and so much more
 - ...all while having fun with a hands-on approach!

Our program will include:

- A short free play time, rest time, and snack
- Small group focused instruction
- Large group games and activities

Meet the teacher

MS. JEN IS CUPPENTLY THE LEAD TEACHER IN THE 4'S PROBLAM. SHE HAS TAUBHT AND DIRECTED AT ST. PETERS SINCE 2012. SHE IS LOOKING FORWARD TO ENGAGING THE CHILDREN WITH MORE FOCUSED ATTENTION ON THESE CRITICAL SKILLS IN A FUN AND ENGAGING WAY.



BLOOMING WRITERS

Fine motor and writing enrichment group led by a pediatric occupational therapist specifically designed for pre-K students using the Learning Without Tears® Get Set for School program.

What is the Get Set for School® Program?

Get Set For School® was created by an occupational therapist as a developmentally appropriate and multi-sensory pre-k curriculum. Through music, movement, and hands-on activities children explore, learn, and build foundational skills for writing.



Why Join this group?

- Engage in fun, interactive lessons through play-based learning and hands-on tools
- Promote fine motor development and Kindergarten readiness
- Develop functional grasping of writing tools before poor habits are set
- Learn proper formation of letters and numbers leading to more legible and efficient writing
- Foster early literacy through alphabet knowledge and phonemic awareness
- Empower every child to participate in a way that suits their learning style through multisensory activities

GROUP INCLUDES:

- Fine motor warm-up games
- Group instruction using playbased multisensory activities and interactive hands-on materials
- Arts and crafts activities incorporating learning concepts and related fine motor skills
- Weekly summary for parents

SKILLS ADDRESSED:

- Upper Body Strength
- Hand Strength
- Postural Stability
- Fine Motor Skills
- Eye/Hand Coordination
- Functional Grasp
- Proper Letter and Number Formation



Meet the OT

Eleanor is a fellow St. Peter's Preschool parent and a pediatric occupational therapist with 11 years of experience working with children and their families in community settings.



Please note: Children do not need to be receiving occupational therapy to participate in this group. The group is designed for all learners with a variety of emerging skill levels. This group is not direct occupational therapy services designed to focus on individual therapeutic goals therefore, group sessions are not billable to insurance. Therapeutic options are available, please contact Eleanor at TinyBloomsOT@gmail.com if your child needs additional support.







What is Occupational Therapy?

Pediatric occupational therapy empowers children to develop the skills they need to functionally participate in their everyday activities, including self-care, play, learning, and social participation.

Meet the OT-Eleanor Ferrier, MS, OTR/L

Eleanor is a graduate of the University of North Carolina Master's of Science in Occupational Therapy. Following graduation, she worked for 11 years serving children in the community, including treating children in the home as well as Head Start and Early Head Start programs in North Carolina. Eleanor has worked with children from infants to adolescents but specializes in working with toddlers and young children. In addition to understanding child development, Eleanor connects easily with young children and provides compassionate care. Eleanor uses a child-led and family-centered approach to address priorities and determine efficacy of therapy services. Eleanor enjoys working with children of various needs and helping empower children and their families to improve participation in everyday activities.

Through talking with parents and teachers of young children, Eleanor determined a need for accessible OT services in the community. Some children may not meet the threshold to qualify for the state Child Find program but may still need support to functionally participate in their daily routines. Some children may be on waitlists to receive occupational therapy in a clinic setting. To support this need, Eleanor created Tiny Blooms Pediatric Occupational Therapy to help children and their families engage with the world around them to the best of their abilities.

OT Experience with:

- Child Development
- · Self-care skills
- Feeding
- Fine Motor skills
- Gross Motor skills
- Coordination

- Visual Motor Skills
- Visual Perceptual Skills
- · Sensory processing
- Self-regulation
- · Social interaction skills
- · Handwriting concerns

Treatment:

<u>Evaluation</u>: Comprehensive evaluations will include parent and teacher interview, standardized assessment, and clinical observation. An evaluation report will be provided including a consultation to discuss results and to develop a plan of care. If occupational therapy is necessary, goals will be developed in collaboration with families to address family priorities

<u>Therapy sessions</u>: Sessions are typically once a week for 45-60 minutes and are designed to target child's goals and plan of care.

<u>Location</u>: OT services will be provided on Mondays during typical school hours at St. Peter's Episcopal Preschool: 3695 Rogers Ave, Ellicott City, MD 21043

<u>Discharge</u>: Graduation from OT services will occur when either long term goals are met and the child no longer demonstrates a need for occupational therapy OR when the family determines they are able to continue without skilled occupational therapy intervention.

Tiny Blooms Pediatric Occupational Therapy is out of network for all insurances. A monthly superbill will be provided for families to submit to their insurance for reimbursement.

For more information, or if you feel that your child may need occupational therapy, feel free to contact Eleanor Ferrier at:

<u>TinyBloomsOT@gmail.com</u>



Join St. Peter's Preschool Parents' Yoga and Fitness Group









Instructor: Wendy Williams-Abrams Cell: 410-259-0830 Email: WENDY.WA@STPETERSPRESC HOOL.ORG

Certified Yoga instructor, prenatal and postnatal instructor. Teaching experience: 12 years. Former elementary school teacher and mother of 4. Please text, call, or email with any questions!

Come join fellow St. Peter's Preschool and Parish parents for some stretching, strengthtraining, and community!

• Where: St. Peter's Church

• When: Tuesdays from 9:40-10:40

• Who: All St. Peter's Preschool Parents and Friends

• What: Yoga and Group Fitness

• Why: We all need connection, movement, and fun!

• Cost: First class is FREE! After that, it's \$10 per class!

This judgment-free class is an opportunity for parents of all fitness levels to come together to exercise and chat. Babies and toddlers are welcome, too! Equipment will be provided, but you are also welcome to bring your own mat. I can't wait to see you!