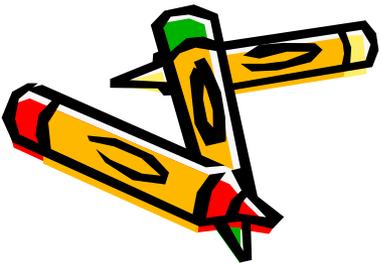
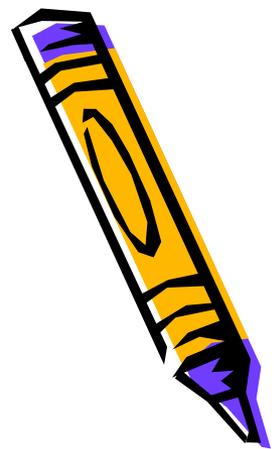


Welcome  
to  
Salem  
Preschool!



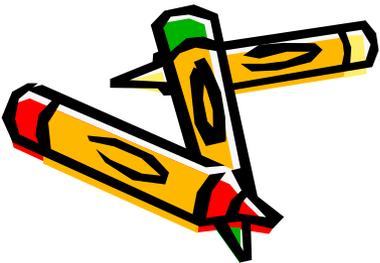
# Welcome, Parents!

Thank you for choosing Salem  
Preschool for your child's preschool  
experience! We look forward to  
working together with you to make  
this year a wonderful year of learning  
for your child!



# Our Preschool Curriculum

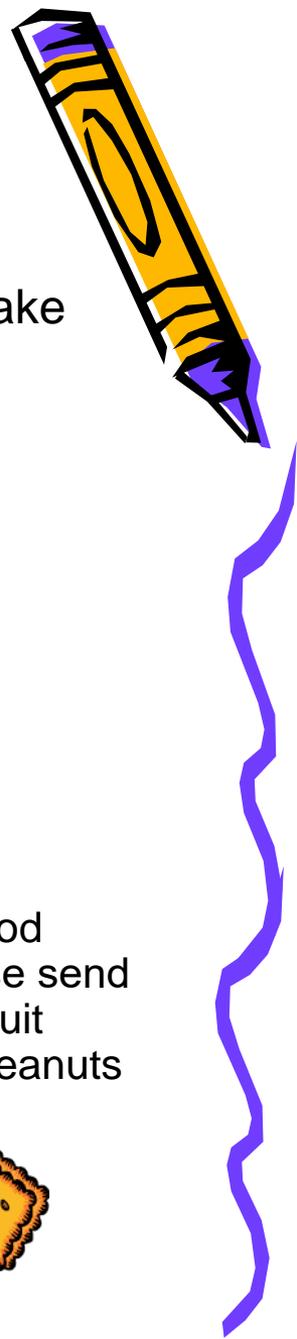
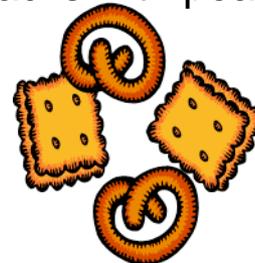
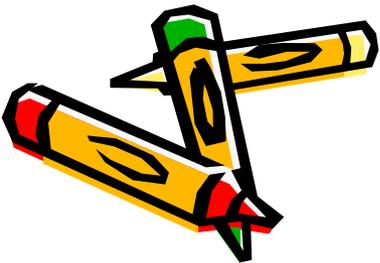
- Each week the activities, stories, songs and projects will revolve around a theme, such as Fall or Fairy Tales.
- Social skills, such as sharing and taking turns, and learning how to function in a school setting, will be the main focus in the three year old classes. Academic skills will be “sprinkled” throughout the day.
- In the four year old classes, work on social skills continue. In addition to these skills, Kindergarten readiness skills, such as letter names and sounds, counting and numeral identification will be introduced.
- Our goal is to help three, four and five-year olds grow cognitively but, most importantly, socially, emotionally, physically and spiritually so they can enter kindergarten with the skills and self confidence that allows them to learn. We want them to understand that they are loved by God and that they, in turn, should love and respect others in God’s world.
- All of our curriculum is taught through a Christian perspective.



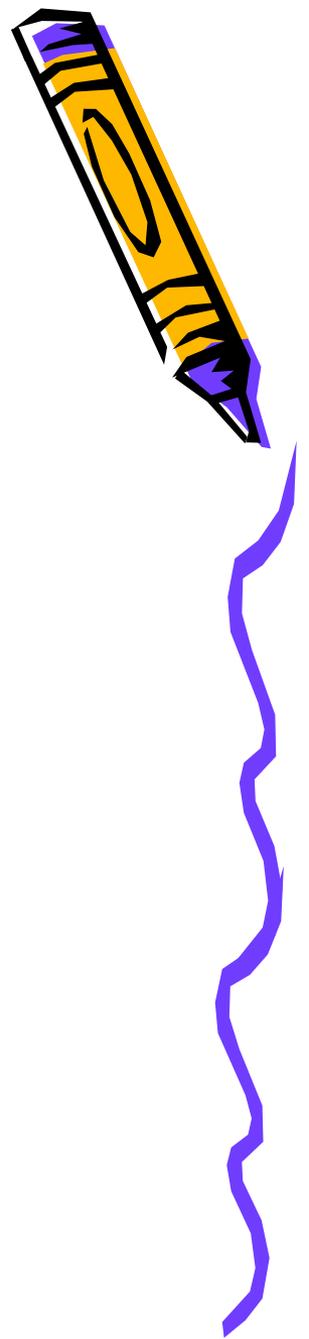
# Our Preschool Schedule

- Free Play/Project - During play time each child will make a project to take home
- Clean up – All students will help with clean up
- Circle time – Calendar, Weather, Literacy and Math Activities
- Bathroom Break/Snack time\* **We will thank God for our food before we eat.**
- Discussion, activities and stories for theme of the week
- Music and Movement
- Large Motor Activities – Climber room, gym, outside
- Story and Dismissal

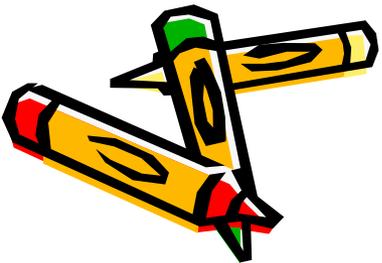
\*Each child should bring a healthy snack from home that contains food from two food groups along with a water bottle. Please put your child's name on the bottle. Please send a snack that is not messy or difficult to eat. We suggest cheese sticks, crackers, fruit snacks, granola bars, an apple, a banana, grapes, etc. Please avoid snacks with peanuts or tree nuts.



# Purple Class Afternoon Schedule



- **Lunch - Students will bring a healthy lunch and a beverage to have at school.**
- **Project and fine motor activities**
- **Music, Movement, Games**
- **Snack**
- **Large Motor Activities - Climber room, gym, outside**
- **Dismissal**



# Sharing Bag

Every few weeks your child will bring home the sharing bag. He/she may bring one item to share with the class.

## Birthdays

Birthdays will be celebrated at preschool! If you would like to send a treat for the class, we ask you send a non edible item such as a sticker or pencil.



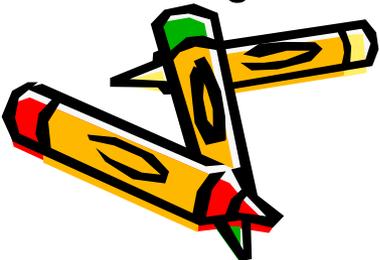
## Keep at home

Toys, gum, candy or excessive jewelry are discouraged at school as they interfere with the learning process.

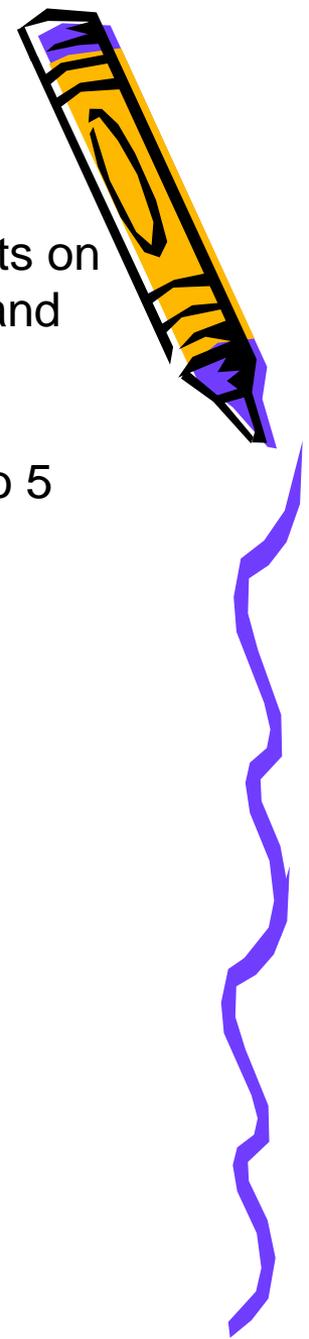


## Shoes/Clothing

Please have your child wear tennis shoes each day and comfortable clothing. Please avoid sandals and crocks, as they are not safe for playing on large motor equipment



# Monday Extended Day Enrichment Classes



Throughout the year, we will offer enrichment classes for the students on Mondays from 11:30 – 1:00. Students will bring a lunch from home and then participate in the class activities. This is an opportunity for the students to experience eating lunch at school, participating in fun activities and staying for an extended day. Classes will run for a 4 to 5 week session. Watch for more information coming to your email.

## **Movement Mondays**

October 25- November 15 (4 weeks)

Cost: \$40

## **Music Mondays**

November

## **Spanish Mondays**

January



# Communication

## School Bag

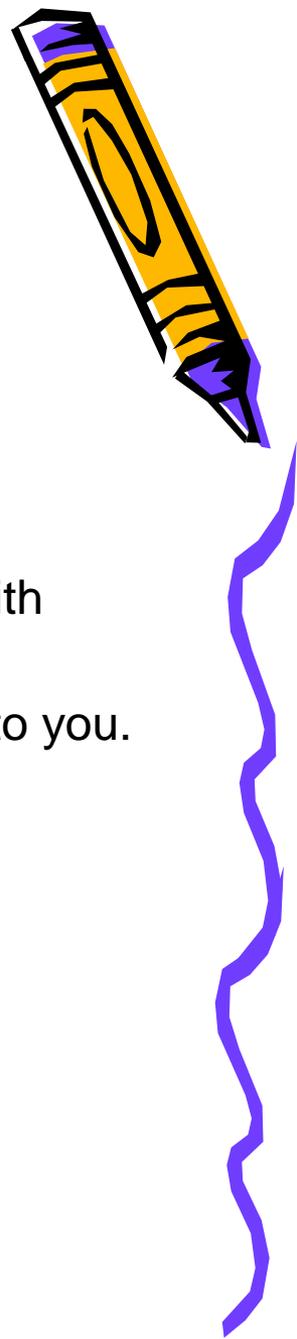
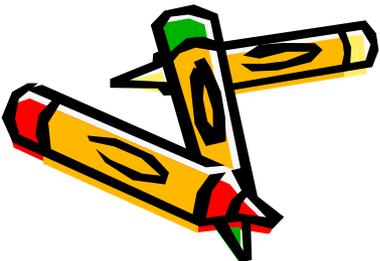
- Bring to school each day.
- Check bag for art work and important papers

## Email Updates:

- Each week a newsletter will be emailed to you by the teachers with information about the theme and activities for the week.
- Monthly newsletters from the Preschool Director will be emailed to you. A paper copy is available upon request.

Website: [salemcovpreschool.com](http://salemcovpreschool.com)

Salem Preschool Facebook Page

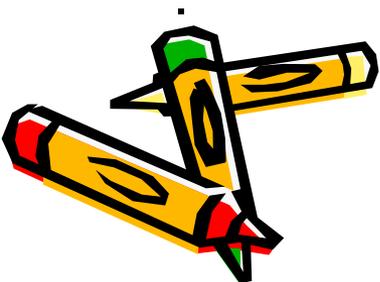


# Drop Off/Pick Up



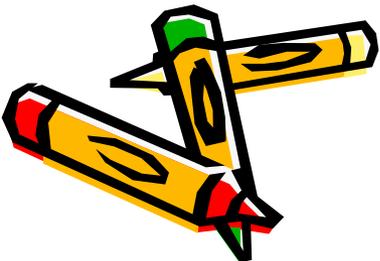
**Please have your child use the bathroom before you leave home or daycare!**

- Park in the east parking lot, not along the curb.
- Walk your child to the check in table by the Preschool entrance.
- Initial your child's name. Your initials verify you have screened your child for COVID and he/she is free of COVID symptoms.
- Find the line for your child's teacher and wait with your child until teacher takes students in the door.
- Please do not leave children unattended in car.
- If you arrive after students have entered the building, please ring the door bell on the wall next to the door and a staff member will open the door for you.
- Pick up your child at the preschool entrance. Teachers will walk their students out to parents. Please socially distance from others.

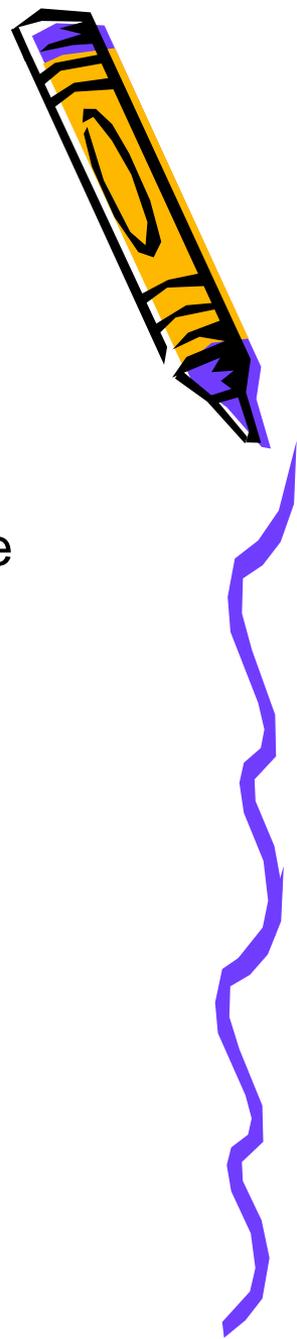


# Tuition

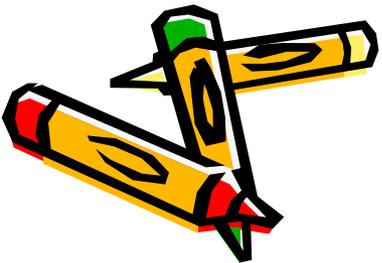
- Tuition is due the first day of the month except for September when it is due on September 20th. An email reminder will be sent a week prior to the due date. If tuition is not received by the 15<sup>th</sup> of the month, a \$5 late charge will be added.
- Tuition can be paid online by texting *salemcov* to 833-608-6888 or by going to [saalem-covenant.church](http://saalem-covenant.church) and clicking on the *give/serve* tab on the top right side. Then click on *donate now* and on *preschool tuition* from the drop down menu. Reoccurring payments can also be set up to pay your tuition each month.
- If you prefer, you may write a check to Salem Preschool and either mail it to 2655 - 5<sup>th</sup> St. NW, New Brighton, MN 55112. or give it to your child's teacher.
- Families who have two children enrolled at Salem Preschool and Salem Covenant Church members will receive a 10% discount.
- Please direct any tuition questions or concerns to Shannyn Stoffel, Preschool Director, at [sstoffel@saalem-covenant.church](mailto:ssstoffel@saalem-covenant.church).



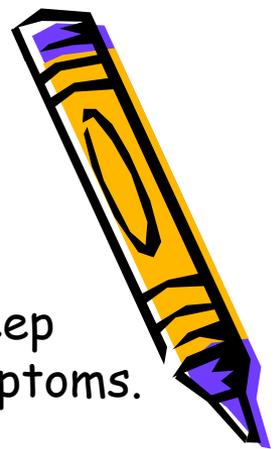
# Salem Preschool COVID Plan



Salem Preschool has developed a COVID19 Plan in accordance with the Minnesota Department of Health and the Center of Disease Control's Covid guidelines. Our plan was emailed to you a few weeks ago. Please review it so you are familiar with how we are implementing the guidelines to keep our staff, students and families safe.



# Salem's Preschool Covid Plan

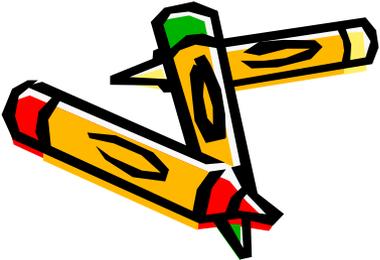


1. Parents will be required to monitor their children for any Covid symptoms before their child comes to preschool by answering the questions below. If any question is answered "yes", parents are to keep their child at home. Staff will also monitor themselves for Covid symptoms.

- Does your child have a new fever (100.4° F or higher), or a sense of having a fever?
- Does your child have a new cough that you cannot attribute to another health condition?
- Does your child have a new shortness of breath that you cannot attribute to another health condition?
- Does your child have a new sore throat that you cannot attribute to another health condition?
- Does your child have any new muscle aches that you cannot attribute to another health condition, or that may have been caused by a specific activity (such as physical exercise)

2. Students or teachers who have been exposed to Covid will quarantine for the recommended amount of time.

3. Parents will drop off and pick up their children outside of the preschool entrance.



4. Per the Salem Covenant Church's masking policy below, it is **strongly recommended students wear a mask while they are in the building.** Teachers will wear masks when working with students. (All our teachers are fully vaccinated.)

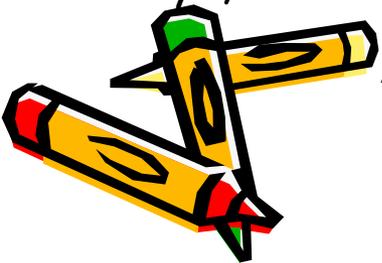
*Following the guidelines of the Center for Disease Control and the Minnesota Department of Health, we recommend that all people (age two and older), both fully vaccinated and unvaccinated wear a face mask while indoors or when social distancing cannot be maintained. To protect our youngest and most vulnerable we ask that our staff and volunteers wear a mask when working with children.*

5. Students will frequently wash hands or use hand sanitizer during their class time, including upon arrival and before snack and lunch.

6. Students will be in a class of no more than 20 children with two teachers. The students and teachers will remain consistent and classes will not mix with other classes.

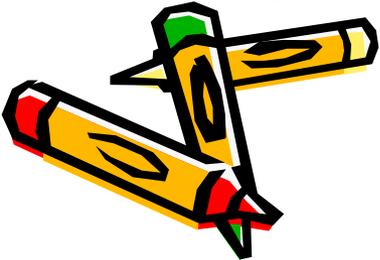
7. Toys, materials and supplies will be cleaned and disinfected daily.

\*This Covid Plan is subject to change as the Covid situation changes.



# Emergency Procedures

- In the event of an emergency or in the case of school closing due to weather parents will receive a text on their phone giving details about the situation. We will follow the Mounds View School District's decision for school closings.
- Fire, tornado and lockdown drills will be practiced several times during the school year.
- Fire – students in rooms 1-4 will follow teacher up the stairs and out the preschool door. Students in rooms 5-6 will follow the teacher out the door near the middle stairs. The students and teachers will go to the designated emergency tree in the back of the church. Teachers will count students to make sure all are out safely. If going out the door is not possible, students may be directed to go out through a window.
- Tornado – students will go into rooms 10-11. A weather radio, blankets and snacks are stored in these rooms, in the event they are needed.
- Lockdown – students will go into rooms 10-11 or will exit the classroom through a window and run into the woods. (The preschool door will be locked while school is in session. It will only be open during arrival and dismissal times. Cameras monitor inside and outside of the building.)



# Head Trauma (Shaken Baby Syndrome)

We are required by the state to give parents information about Head Trauma.  
(Information from the Mayo Clinic Website)

## Overview

Shaken baby syndrome — also known as abusive head trauma, shaken impact syndrome, inflicted head injury or whiplash shake syndrome — is a serious brain injury resulting from forcefully shaking an infant or toddler.

Shaken baby syndrome destroys a child's brain cells and prevents his or her brain from getting enough oxygen. Shaken baby syndrome is a form of child abuse that can result in permanent brain damage or death.

Shaken baby syndrome is preventable. Help is available for parents who are at risk of harming a child. Parents also can educate other caregivers about the dangers of shaken baby syndrome.



# Symptoms

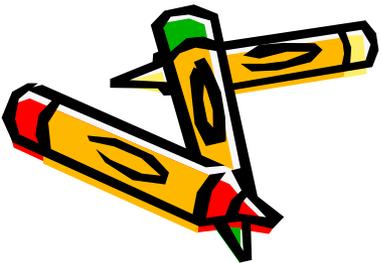
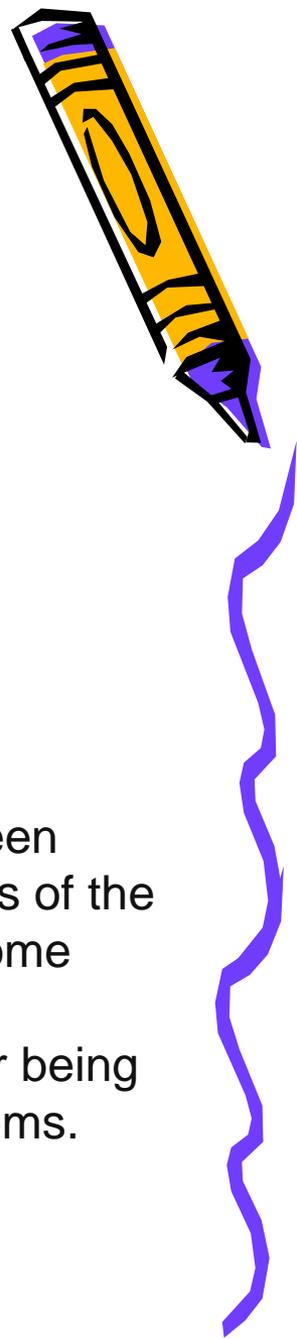
Shaken baby syndrome symptoms and signs include:

- Extreme fussiness or irritability
- Difficulty staying awake
- Breathing problems
- Poor eating
- Vomiting
- Pale or bluish skin
- Seizures
- Paralysis
- Coma

You may not see any signs of physical injury to the child's outer body.

Sometimes, the face is bruised. Injuries that might not be immediately seen include bleeding in the brain and eyes, spinal cord damage, and fractures of the ribs, skull, legs and other bones. Many children with shaken baby syndrome show signs and symptoms of prior child abuse.

In mild cases of shaken baby syndrome, a child may appear normal after being shaken, but over time he or she may develop health or behavioral problems.



# When to see a doctor

Seek immediate help if you suspect your child has been injured by violent shaking. Contact your child's doctor or take your child to the nearest emergency room. Getting medical care right away may save your child's life or prevent serious health problems.

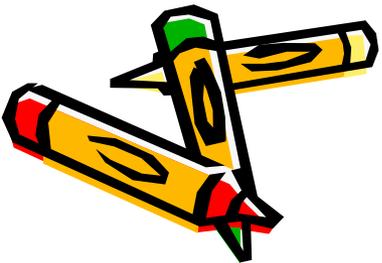
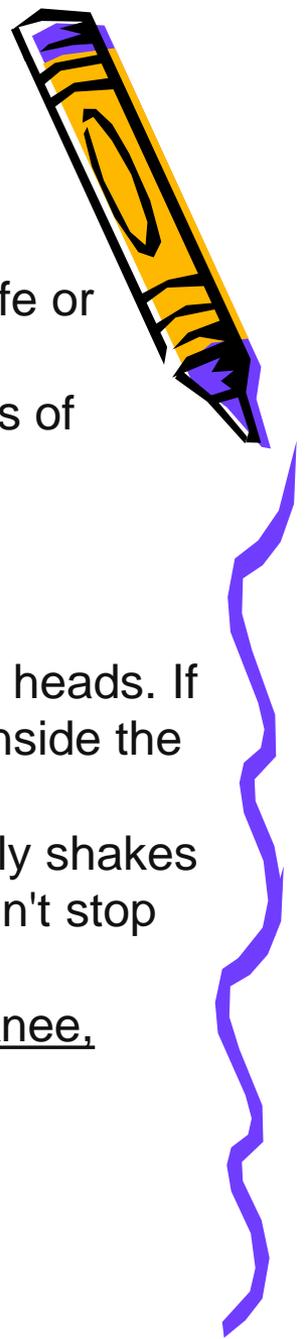
Health care professionals are legally required to report all suspected cases of child abuse to state authorities.

## Causes

Babies have weak neck muscles and often struggle to support their heavy heads. If a baby is forcefully shaken, his or her fragile brain moves back and forth inside the skull. This causes bruising, swelling and bleeding.

Shaken baby syndrome usually occurs when a parent or caregiver severely shakes a baby or toddler due to frustration or anger — often because the child won't stop crying.

Shaken baby syndrome isn't usually caused by bouncing a child on your knee, minor falls or even rough play.

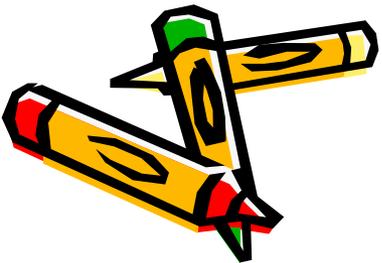
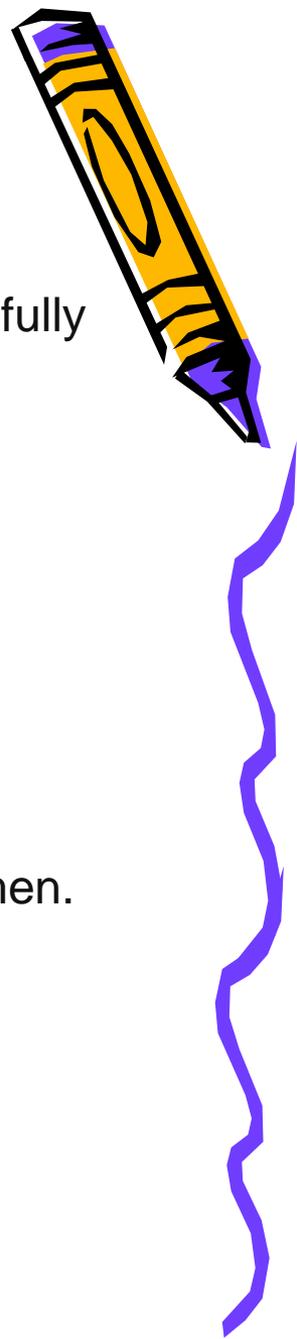


# Risk factors

The following things may make parents or caregivers more likely to forcefully shake a baby and cause shaken baby syndrome:

- Unrealistic expectations of babies
- Young or single parenthood
- Stress
- Domestic violence
- Alcohol or substance abuse
- Unstable family situations
- Depression
- A history of mistreatment as a child

Also, men are more likely to cause shaken baby syndrome than are women.

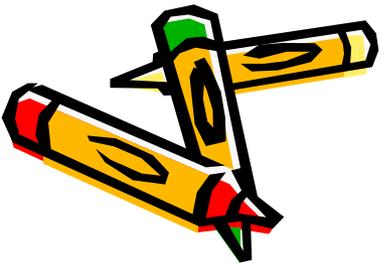
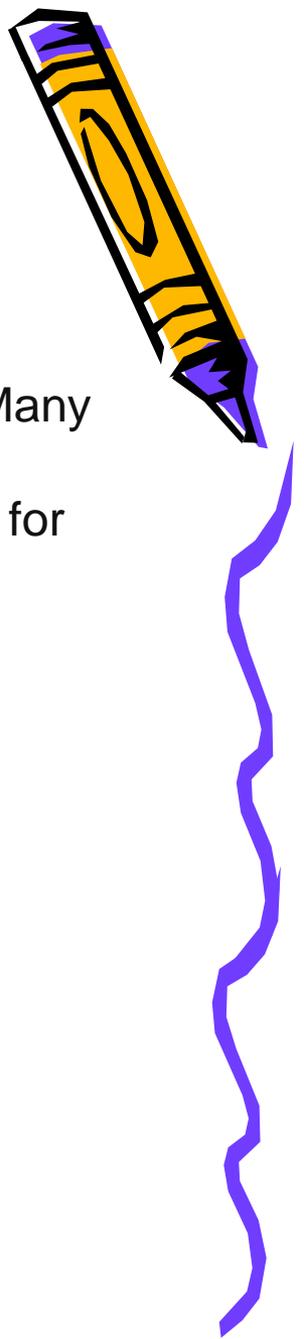


# Complications

Even brief shaking of an infant can cause irreversible brain damage. Many children affected by shaken baby syndrome die.

Survivors of shaken baby syndrome may require lifelong medical care for conditions such as:

- Partial or total blindness
- Developmental delays, learning problems or behavior issues
- Intellectual disability
- Seizure disorders
- Cerebral palsy



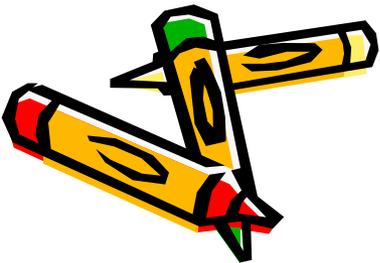
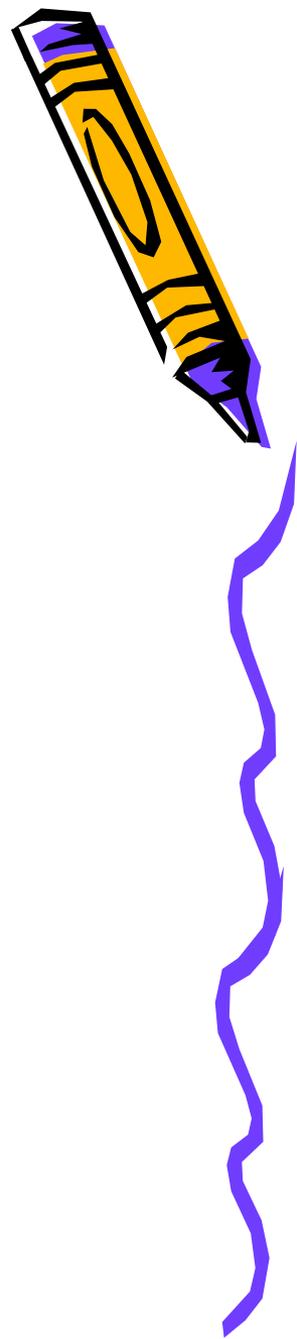
## Prevention

New parent education classes can help parents better understand the dangers of violent shaking and may provide tips to soothe a crying baby and manage stress.

When your crying baby can't be calmed, you may be tempted to try anything to get the tears to stop — but it's important to always treat your child gently. Nothing justifies shaking a child.

If you're having trouble managing your emotions or the stress of parenthood, seek help. Your child's doctor may offer a referral to a counselor or other mental health provider.

If other people help take care of your child — whether a hired caregiver, sibling or grandparent — make sure they know the dangers of shaken baby syndrome.



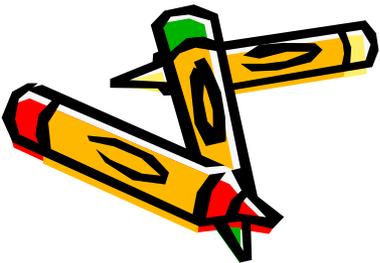
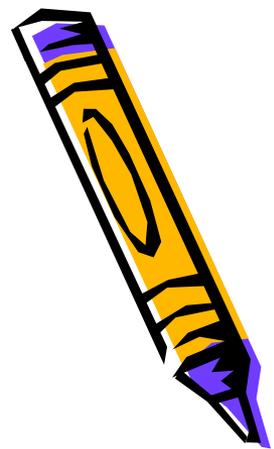
We're looking forward to a  
Great Year!





# Questions?

Please email  
Shannyn Stoffel at  
[ssstoffel@salemcovenant.church](mailto:ssstoffel@salemcovenant.church)



# Health Screening

- Does your child have a **new fever (100.4° F or higher)**, or a sense of having a fever?
- Does your child have a **new cough** that you cannot attribute to another health condition?
- Does your child have a **new shortness of breath** that you cannot attribute to another health condition?
- Does your child have a **new sore throat** that you cannot attribute to another health condition?
- Does your child have any **new muscle aches** that you cannot attribute to another health condition, or that may have been caused by a specific activity (such as physical exercise)?
- Has your child had **diarrhea or vomited** in the past 24 hours?

The answer must be “No” to all questions before your child can come to preschool. **If any question is answered “Yes” parents must keep their child at home and monitor symptoms, in accordance with CDC guidelines.** If a parent determines that their child should not be at preschool, they are to notify their child’s teacher.

