



Fair Garden News In A Flash



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Please make sure to check our school-wide Dojo, your child's class Dojo, and our school website to stay informed about events that are happening at Fair Garden. Please join our electronic platform: **Fair Garden's**

Twitter: https://twitter.com/fair_garden **Thank you.** 😊



Important Dates:



- 8/31- 9/4- Second staggered week (11:15 dismissal)
- 9/7- **NO SCHOOL**
- 9/8/2020- **First Full Day Of Preschool** (7:10 am-1:15 pm)
- 9/15- Fall Student Individual Pictures
- 9/24- KCS Coupon Book Campaign Begins
- 9/25- Community Day
- 9/28-10/2- Fair Garden Fall Teacher & Parent Conferences
- 9/28- First Family Advisory Council Meeting (SSPB- Great Room at 5:30-5:45)
- 10/6- Fall Picture (Retakes)
- 10/12-10-16- Fall Break **(No School)**
- 10/19- Fall Festival and STEM Night **(Virtual)**
- 10-22- End of coupon book campaign
- 11/1- Daylight Savings Time **(Turn clocks back 1 hour)**
- 11/25-11/27- Thanksgiving Holidays **(No School)**
- 12/18- ½ Day For Students **(11:15 dismissal)**
- 12/21- 1/4- Winter Holidays **(No School)**
- 1/5- Students return from Winter Holidays



A Note From Our Social Worker

Feelings

Feelings in Preschoolers can fluctuate so dramatically. Ask any parent. And while your 4-year-old is enjoyable and funny when he/she is feeling happy, they can just as easily find that “one nerve” you had left when they are feeling overtired, defiant, or over-the-top excited. Preschoolers can’t always identify what they are feeling. They just know they feel. And out of those feelings ... come behaviors.

As a school, we start out each new academic year teaching the children how to identify what they are feeling and then learning to communicate it to those around them. We teach them that ALL feelings are okay BUT it's their job to learn to manage those feelings and the behaviors that come out of them. If a child is feeling angry, we often reflect back to them what they are feeling. “You are feeling angry,” we say. I might add on, “I see that your face is red and your fists are balled up by your sides.” When a child feels that you “see” or acknowledge how they are feeling, then they often will stop going to extremes in their behavior to get you to notice they are unhappy or mad. Our goal is to get our students to say to themselves or to an adult how they feel. As our children progress in their maturity, they now learn that they can self-regulate themselves. If they are angry, then they have 4-5 things they can do that will help them stop feeling angry. This includes a “Calm and Cozy Corner” in each classroom which is a place that they can choose to go to in order to separate themselves and calm down.

Your Preschooler will soon be able to identify the major feelings of happiness, anger, sadness, and fear. We also talk about the variations in feelings, such as frustration, excitement, worry, shyness, and feeling tired. Ask your child about their feelings. Not only should they be able to identify what their feelings “look” like but many of them will soon use “I” statements to say “I feel angry when you take away my toy. Please stop.”

If you're interested in working more with your Preschooler on identifying and managing their emotions, try the “Snappy Kids” app. <https://snappykids.cc/>
Lastly, please remember that while starting out as a 3 or 4 year old in a new school can be anxiety-producing during any given normal year THIS is not a “normal” new school year. Please remember to spend extra time talking, hugging, and spending time playing with your child. Keep your routines and times for eating, sleeping, and playing the same. Consistent routines and extra time and reassurance from adults is going to be the most powerful way for a child to feel safe and secure during this extra-challenging time.

Mrs. Gnage (Fair Garden Social Worker)

A Message from Your Principal

I'm Mrs. Spikes your Fair Garden principal. Thank you for all our families that joined us virtually on our Annual Title 1 Meetings and Parent Orientations. We want each and every family of Fair Garden to feel welcomed to get involved at our school. We look forward to an exceptional year. We want to continuously work together, as a school family to promote success. “TOGETHER everyone achieves more.” Let us let our light shine for good at Fair Garden.



En-lightening News with Nurse Amanda



My name is **Amanda Scheele, RN** and I am the **School Nurse** at Fair Garden Preschool. **My goal is to help keep our students and staff healthy at school!**

Feel free to contact me with any questions or concerns.



Class Dojo amanda.scheele@knoxschools.org (865) 594-1320

***Reminders- Turn in medical and dietary orders as soon as possible. Medications must be checked in by an adult with the nurse Monday-Friday 8:00-1:30. Do not send medication in a student's backpack.**

I want to share a few highlights regarding COVID-19 and how we are working to keep our community safe at Fair Garden.

Symptoms of COVID-19 include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Students or staff with symptoms must be sent home. Before returning to school, they must be fever-free for 24 hours *without use of medication* AND have a "may return to school" note from your health care provider OR have met the criteria to discontinue home isolation (completed 10 day isolation, fever-free without the use of medication, and improved symptoms).

Following guidelines from the Tennessee Department of Health (TDOH), anyone who tests positive for COVID-19 will be required to isolate for 10 days. People who were in close contact with that person (less than 6 feet apart for 10 minutes or longer) will be required to quarantine for 14 days. A representative from the TDOH or the Knox County Health Department (KCHD) will contact you with further instructions.

Knox County Schools and the Knox County Health Department will be working together to implement contact tracing when members of our school communities test positive and will directly notify individuals in our school who have potentially been exposed to the virus.

Please understand that during this time we are taking extra precautions to maintain a healthy environment at our schools. Thank you for your patience and understanding as we work together to protect our students, staff, and community.

Thank you!