

# **SHORESH PRESCHOOL FAMILY HANDBOOK**

**UPDATED JANUARY 2024**



936 Broad Street  
Bloomfield, NJ 07003  
(973) 338-1500 ext. 116  
[www.nertamid.org/shoresh](http://www.nertamid.org/shoresh)  
email: [shoresh@nertamid.org](mailto:shoresh@nertamid.org)



## SHORESH FAMILY HANDBOOK TABLE OF CONTENTS

### EARLY CHILDHOOD PHILOSOPHY

Page 2

### PROGRAM OVERVIEW

Pages 2-5

Our Program  
Extended Hours  
Curriculum  
Students with Special Needs  
Removal From Program  
Secular Holidays  
Philosophy of Positive  
Child Discipline  
Spirit Days

### HEALTH/ILLNESS

Pages 5-9

Health Requirements  
Immunization Requirements  
Illness Policy  
COVID Policy  
Allergy and Routine  
Medication  
Bathroom/Diapers  
Toilet Training

### DAILY ROUTINE

Pages 9-11

Drop-Off  
Late Arrival  
Morning Enrichments  
Afternoon Enrichments  
Rest Time  
Policy on the Release of  
Children  
Pick-Up  
Alternate Pick-up Person  
Clothing

### FOOD AND CELEBRATIONS

Pages 11-12

Food Policy  
Birthdays

### JUDAISM

Pages 12-13

Jewish Heritage  
Shabbat  
Tzedakah

### FAMILY PARTNERSHIP

Pages 13-14

Parent Involvement  
Parental Notification  
Remini  
Back To School Night  
Parent/Teacher Conferences

### EMERGENCY

#### PROCEDURES

Page 14

Fire and Lockdown Drills  
School Closings

### FINANCIAL

#### RESPONSIBILITIES

Pages 14-15

Registration  
Tuition

### POLICIES

Pages 15-16

Policy on the use of TVs,  
Computers, and iPads  
Policy on Social Media

### BLESSINGS

Page 17

Shabbat  
Snack/Lunch

### SNACK/LUNCH IDEAS

Page 18

### AGE LEVEL OBJECTIVES

Pages 19-24



## Early Childhood Philosophy

Our goal at Shoresh is to instill in each child a sense of self-worth, to give each child a meaningful, happy, and successful experience learning and interacting with peers/teachers. We provide a nurturing and developmentally appropriate environment that reinforces a child's natural curiosity. Each child, as a unique individual, is allowed to progress according to their own rate of development.

Young children learn through play and need the opportunity to explore their environment in a way that feels safe and secure to them. Our teachers provide age-appropriate learning activities that guide the children through the important areas of language, social, emotional, physical, and cognitive growth.

## PROGRAM OVERVIEW

### Our Program

Shoresh Preschool is licensed by the State of New Jersey Department of Children and Families (license# 07SHO0001). Shoresh provides a variety of programs to meet the needs of our families.

Our preschool classes are as follows:

- 👉 Two-year-old classes (for children who are at least 18 months of age by August 31st) meet Monday – Friday or three days from 9am – 1pm or 9am – 3pm.
- 👉 Three-year-old classes (\*children must be 3 by October 1<sup>st</sup>) meet Monday - Friday from 9am – 1pm or 9 – 3pm.
- 👉 Four-year-old classes (\*children must be 4 by October 1<sup>st</sup>) meet Monday - Friday from 9am – 3pm.

\*Our 3- and 4-year-old program class age cutoff date follows local school districts and requires a child to be that age before October 1<sup>st</sup> of the school year.

### Extended Hours

Morning Club is available from 8:00am – 9:00 am, and our Kids' Club is available from 3:00pm – 5:30 pm (4:00pm on Fridays). These are available for an additional fee. If an emergency arises, drop-in to either program is available for a nominal fee.







## Curriculum

Our curriculum is designed to meet the needs of each child through developmentally appropriate activities and to encourage children to become self-confident, independent learners. Each age group has its own unique curriculum created in pursuit of the Educational Objectives found at the end of this handbook and here: [www.nertamid.org/EdObjectives](http://www.nertamid.org/EdObjectives).

The classroom design allows children to learn through play and exploration. Age-appropriate activities in the areas of math, language arts, science, social studies, art exploration, and music are provided in a creative classroom environment. The children are guided through sequential steps to new levels of accomplishment through block building, dramatic play, use of manipulatives, and fine and gross motor activities. We ensure that the children experience a balance in scheduling which includes group activities, independent play, motor activities, and quiet time. The teachers will also take into consideration the unique interests of the children and may plan lessons and activities around those interests.

## Students with Special Needs

If your child has been evaluated and/or diagnosed by:

-  Child Study Team
-  Learning Disabilities Specialist
-  Speech/Language Therapist/OT/PT
-  Pediatric Neurologist

A copy of the IEP/IFSP (if applicable) must be sent to the Shoresh Preschool office so that our staff can plan for your child's individual needs. We may recommend an assessment period of approximately 4-6 weeks to determine our ability to create a successful learning environment for your child. All information will be kept in the strictest confidence.

## Removal from Program

While we are committed to meeting the needs of each child, we cannot overlook the needs of the class. We reserve the right to remove a child from our program if at any time the behavioral/educational needs of an individual child far surpass our ability to meet the socio-emotional or educational goals of our school.

Removal from the program, should it become necessary, is based on the NJ State Expulsion Policy, and evaluations by the teacher and program director.



## Secular Holidays

We respect and welcome all family traditions and customs. Here at Shoresh we do not formally celebrate Halloween, Christmas, Valentine's Day, Easter, or St. Patrick's Day.

## Philosophy of Positive Child Discipline

It is the philosophy of Shoresh Preschool to help children grow emotionally as well as intellectually, to help children succeed to feel good about themselves, and to be able to express their feelings in a positive and constructive manner.

Our policy is that discipline be positive at Shoresh. We train our teachers to use Positive Discipline as created by Dr. Jane Nelsen: [www.positivediscipline.com](http://www.positivediscipline.com).

This approach helps children learn to identify socially acceptable behavior. Punishment teaches children what they should not do; positive discipline tells children what they should do.

Within Shoresh, limits and rules are clearly defined, consistent with and in accordance with the appropriate development and age of each child, and the program in general. We focus strongly on the reinforcement of acceptable behavior and the prevention of undesirable behavior by being consistently responsive to the needs of the children.

Teachers will use various ways of correcting inappropriate behavior. Some examples are:

- 👤 Validating the child's feelings.
- 👤 Changing the focus of a child's behavior by redirection of activities.
- 👤 Helping the child to deal with a particular situation on an individualized basis.
- 👤 Removing a child from the area of activity for a couple of minutes, so that they may have some "think time" (NOT a time-out) and regain self-control (taking a walk, getting a drink of water, etc.).
- 👤 Responding to and reinforcing positive behavior, acknowledging or praising the child when behaving well to let them know that what they are doing is appropriate.
- 👤 Communicating with the Director and the parents when a child's behavior becomes too disruptive in the classroom. The teacher, parents and Director will meet to formulate a plan of action for the child.
- 👤 No child shall be subjected to corporal punishment, emotional neglect, abusive language, ridicule, or any behavior that shall intimidate, shame, frighten, or endanger the child or their self-image.



## Spirit Days

Occasionally, we will have a Spirit Day at Shoresh – pajama day, sports day, crazy hat day, flannel day, character day, and/or favorite color day. Although children are encouraged to participate, it is not mandatory.

## HEALTH/ILLNESS

### Health Requirements

Each child is required by the State and local health departments to submit a completed **Universal Healthcare Form**, exam date must be within 1 year of school start date and renewed every year, as well as a record of the proper immunizations before entering school in September or camp in June. This form is required by the Township of Bloomfield Health Department. Your pediatrician's healthcare form is not acceptable but may be provided until you can have our universal form, filled out, signed, and returned. In the event you wish to forgo the flu vaccine, a special form is required to be filled out at the beginning of the year. Contact the Shoresh office for more information.

### Immunizations Requirements

All students attending Shoresh Preschool must comply with the immunization requirements (including flu vaccine) as specified in the Immunization of Pupils in School Rules, New Jersey Administrative Code (N.J.A.C. 8:57-4).

The current seasonal influenza vaccine is required every year for those children 6 months through 59 months of age. Children who have not received the flu vaccine by December 31 will be excluded (not allowed to attend childcare/preschool) for the duration of influenza season (through March 31), until they receive at least one dose of the influenza vaccine or until they turn 60 months of age. Children entering childcare/preschool after December 31, must provide documentation of receiving the current seasonal flu vaccine. Children entering childcare/preschool after March 31 are not required to receive the flu vaccine; however, flu season may extend until May and therefore getting a flu vaccine even late in the season is still protective.



## Illness Policy

**Signs of illness:** general lethargic/tiredness, pink itchy eyes or excessive discharge, irritability, lack of appetite, verbal acknowledgement of not feeling well, fever (100.4), vomiting and/or diarrhea.

Should your child display signs of illness keep them home for the day to monitor. Should your child develop these symptoms while at school, a parent/caregiver will be notified and if necessary, asked to come pick-up your child.

When To Return:

**Fever** - Your child may return **24-plus hours after the fever has broken** and no fever reducing medication has been given in that 24-hour period.

**Diarrhea and/or vomit** - Your child may return **24-plus hours after the last bout** of either.

Our 24-plus hour policy refers to a full 24 hours plus the rest of the day. For example: fever breaks at 11:00 am on Monday, your child cannot return at 11:00 am on Tuesday. Their return day without fever will be Wednesday.

## COVID Policies

**As of August 31, 2023, our COVID policies are as such:**

- \* All staff are fully vaccinated.
- \* All classrooms are equipped with the highest quality room filters as well as the building's HVAC units having MERV-13 filters.

**When Your Child Tests Positive:** (even if fully vaccinated or had Covid within the past 90 days):

Contact the Shores office as soon as a positive result comes up. Shores will calculate a return date.

There is a 5-day quarantine at home (Day 0 is day of test). On day 6 (or next day of school if day 6 is on weekend) return wearing a mask for days 6 – 10 in school.

Or you may choose to keep your child home for the full 10 days and return on day 11.

If your child is under the age of 2, they must quarantine the full 10 days and return on day 11.



## COVID Policies. Con't...

**Close Contact With a Person That Tests Positive:** (in the presence of a person who tests positive for 15 minutes or more with or without masks in the last 48 hours) OR **Home Exposure:** (living with a family member who tests positive)

Quarantine is no longer recommended for people who are exposed to COVID-19, regardless of vaccination status. However, asymptomatic students and staff who were exposed to COVID-19 should continue to test. Mask wearing for 10 days is recommended. Should symptoms begin, test your child, and see above for positive results.

At any point, Shoresh Preschool reserves the right to change and update these policies, with proper notification, to conform with state and local health department guidance to ensure the safety for the entire community.

## Allergy and Routine Medication

If your child is required to have an emergency allergy medication on site (EpiPen or asthma related), it must be in its original packaging, unopened and not past its expiration date. Your child is required to always have a "Special Care Plan" in the classroom with the medication.

Posters with your child's photo, name, and allergies will be posted in the school office and in the child's classroom to ensure everyone is aware of the allergy. Tags are made for each classroom backpack with the same information. Also, for severe allergies, the families of that class will be asked not to bring in those foods. Teachers will be in touch with parents if this is the case in your class.

In the event your child requires a routine medication (not allergy related or sunscreen) to be administered during the day, you can request the Shoresh office to administer the medication to your child by filling out a "Medication Permission" form with clear instructions written, dated, and signed. Contact the Shoresh office for more information.

## Bathroom/Diapers

Toilet-trained children are taken to use the bathroom facilities several times a day and as needed. Children are always accompanied by an adult.

Diapers will be changed after snack, after lunch and after rest time. Plus, anytime needed throughout the day. Shoresh requires disposable diapers. We are not equipped to accommodate cloth diapers.











## Toilet Training

Toilet training is a huge milestone in a child's life. To make it a success, we ask that you consult with your child's teacher for signs of readiness (see below) during your child's day. When your child is ready for toilet training, we ask that training begins over a long break (Winter, Spring, or Summer). Three- or four-day weekends are not ideal as they do not provide enough time for the child to understand the concept and be ready to use the toilet at school.

Keep in mind that the school environment is different than that of home. While we do take bathroom breaks during the day, the activity level at Shoresh can (and will) distract your child from responding to an urge to use the toilet. Therefore, we recommend break-away pull-ups be used until your child can announce their need to use the bathroom. Parents must provide extra break-away pull-ups, a few extra changes of clothing including socks, and a spare pair of shoes that will be left in school.






To achieve success, we ask that during toilet training, your child be dressed in easy on/off clothing. The best items are pants/shorts/skirts with elastic waist. Easy on/off clothing also makes for a quick change when an accident happens, and a staff member must be away from the classroom to change your child's clothing.

The following list of clothing can prevent your child from reaching the toilet in time. Refrain from sending your child to school in:

-  Tight Clothing
-  Onesies
-  Pants with snaps or zippers
-  Overalls, jumpsuits, or rompers
-  Belts
-  High top lace-up shoes

Soiled clothing will be returned in a plastic bag at the end of the day. Remember to replenish your child's clean back-up clothing as needed.

### Physical and Psychological Signs of Readiness

-  Stays dry for a long period of time (able to "hold" urine and bowels)
-  Can recognize when diaper is wet or soiled.
-  Has bowel movements at regular times.
-  Can undress and pull up their own pants.
-  Wants to be independent.



### Toilet Training, con't...

- 👤 Initiates interest in using toilet and asks to wear underwear.
- 👤 Can follow 3 or 4 step directions.
- 👤 Can communicate their needs clearly.
- 👤 Shows a willingness and is ability to sit on the toilet

**All students entering Pre-K (4s Program) must be toilet trained.**

## DAILY ROUTINE

### Drop-Off

Drop-off takes place 8:50am through 9:10am. Doors will be open with a security guard at the door. Caregivers will walk their child to their classroom, give a kiss goodbye and then exit the building. Doors will be locked at 9:10am.

Morning Club participants should ring the bell and a teacher will meet you at the door to bring your child into Morning Club.

### Late Arrival

If you arrive later than 9:10 AM, use the “call” button and a teacher will come to get your child at the door. At this time the children and teachers are engaged in the day’s activities. Late arrivals can cause disruption, so we ask parents not to enter the building after 9:10 AM.

### All School Morning Enrichments

Shoresh has a music teacher on staff who sees the children every week. She exposes them to a variety of traditional songs, and holiday songs. Our nature specialist helps our students explore the seasons and manages our community garden. Our Hebrew Movement teacher provides an immersive program. While moving their bodies, students are learning new Hebrew words.

### Afternoon Enrichments for 3 and 4 Year Olds

From 1pm – 3pm our 3’s and 4’s classes are either enjoying quiet time or are exploring various areas of skill in our enrichment classes such as Amazing Athletes, Yoga or Hebrew. This is an important time for our students to develop their gross motor skills as well as social emotional skills together with their friends.



## Rest Time

All students who stay in school from 1pm – 3pm are required by the State of NJ to rest. Teachers will provide a calming environment with soft music or age-appropriate sleep stories. We will supply each child with a rest mat or cot. **Parents are required to provide a crib size sheet and small lightweight blanket (a small lovey is acceptable to bring as well).**

Our 2-year-olds will begin rest time at approximately 1:15 pm and will be woken up approximately 2:30 pm to get ready for pick up or Kids' Club.

Our 3- and 4-year-olds have a state mandated 30-minute rest time. After these 30 minutes, the teachers will provide your child with quiet activities in the classroom or attend an afternoon enrichment class.

## Policy on the Release of Children

Each child may be released only to the child's parent(s) or caregiver(s) authorized by the parent(s) to take the child and to assume responsibility for the child in an emergency if the parent(s) cannot be reached. We will use the name/s provided on the Enrollment Form you filled out in September.

As per State Policy 10:122-6.5 Policy on the release of children, if the authorized individual(s) fails to pick up a child at the time of the school's closing and staff members have attempted to contact those individuals authorized by the parents and an hour has passed, the preschool will call the Division's 24 hour Child Abuse Hotline to seek assistance in caring for the child until the parent or person authorized by the child's parent is able to pick up the child.

**Important Note:** Should a staff member determine that a parent (or authorized person) appears to be physically and/or emotionally impaired to the extent that, in the judgment of the director and/or staff member, the child would be placed at risk of harm if released to such an individual, the same procedure as above would apply.

## Pick-Up

Pick-up takes place at 1:00pm or 3:00pm and everyone is required to come into the building to pick-up their child. Upstairs classes are dismissed from their classrooms. Downstairs classes are dismissed from the upstairs lobby unless otherwise notified.

Kids' Club ends at 5:30 pm Monday through Thursday and 4:00 pm on Fridays. Caregivers must ring the bell and a teacher will bring your child out to you.



### Alternate Pick-Up Person

Should you send an alternate person to pick up your child, Shores Preschool must have advance notification in writing. The person must have a current ID with them.

### Clothing

**Clothing must ALL BE LABELED.** Clothing should be selected for its durability, comfort, and convenience in play. Overalls might present a problem with toileting because of the straps.

Sneakers with Velcro straps are required for daily use. No open back shoes or slippers are permitted. Open toe shoes/sandals are only acceptable for summer waterplay and must have a back strap.

## FOOD POLICY AND CELEBRATIONS

### Food Policy

Shores has a Kosher, dairy-style food policy. All food brought in or served at school must be dairy or parve. Parve foods include all non-dairy items such as fruits, vegetables, eggs, or non-shellfish fish. See page 18 for a list of snack/lunch ideas.

Shores is a **NUT-FREE** school. Any item sent in that contains nuts will not be served and an appropriate substitute item from the office will replace it.

Every child must bring a daily labeled morning snack, lunch, and a Kids' Club snack (if applicable). Lunches should be clearly **labeled on the outside** with your child's name. Include a cold pack with perishable foods. We are not able to refrigerate or microwave food. Thermos style containers can be used to keep foods warm.

All grapes, cherry tomatoes and thick baby carrots should be sliced in half lengthwise as they pose a **choking hazard when left whole**.

Candy will not be served at school. Do not send in for snack or lunch.

Every child must have a filled and **labeled non-spill refillable water bottle** for snack(s) and lunch. We will refill as needed with filtered water.



## Birthdays

We love celebrating birthdays in school. If you elect to celebrate in school, make sure that any treat brought into school is store bought and **NUT FREE**. We cannot have homemade items. All pre-packaged food must have a clearly legible ingredient label so that we can screen for potential allergens. Families are invited to join in the celebration. Arrangements should be made with your child's teacher in advance of the day.

Birthday party invitations may be given out in school **only if the entire class is invited**; otherwise, we ask that you send the invitations by mail or email to avoid any hurt feelings.

## JUDAISM

### Jewish Heritage

Our multi-cultural program is integrated into the curriculum. We hope to instill in each child a sense of Jewish history, a love of Jewish culture, and create many Jewish memories. We celebrate Shabbat every week, recite a blessing before snack and lunch, and learn about the holidays through cooking, art projects, songs, and stories. Every year, our school enjoys a Purim celebration, "trip to Israel", shofar blowing, lulav shaking in the Sukkah, and community Hanukkah celebration. Additionally, teachers are encouraged to use Hebrew words in the classroom such as Boker Tov (good morning), Toda (thank you), Yalla (let's go), and more!

Temple Ner Tamid offers two parent-attended programs for young families once a month: Tot Shabbat at 5:30pm, and Wake-Up Shabbat at 10:30am. Tot Services are also held for Rosh Hashanah and Yom Kippur. All Shores families are welcome to attend!

See page 18 for snack, lunch, and Shabbat blessings.

### Shabbat

Friday mornings are special when all Shores classes join with our clergy to sing Shabbat songs, dance, and recite the Shabbat blessings.

Each week starting in November (3s and 4s families) or January (2s families), parents will have the opportunity to sign up for their child to be the Shabbat Star when parents and family members are welcome to join for our Shabbat celebration. After Shabbat in the sanctuary each Shabbat Star family is invited back to their child's classroom. We ask each family to bring a snack (allergy appropriate) and favorite book to read to their class.









## **Tzedakah**

Tzedakah (“righteousness” or “charitable giving”) is an important part of our program. Sharing and caring for others who are less fortunate is a valuable learning experience for children. Children will create their very own tzedakah box in January which will be kept at home for coin collection until spring. At the end of the year all the money will be collected in a culminating Tzedakah Day celebration. The amount collected is sent to a variety of charitable organizations, which the children help to select.

## **FAMILY PARTNERSHIP**

### **Parent Involvement**

Involvement in Shoresh by parents is welcome. There are several ways to be involved:

-  Become a pizza day fruit cutter
-  Sign-up for a Shabbat Star date
-  Volunteer to help at our parent fundraiser and/or Art Show
-  Attend our family holiday events
-  Volunteer at our children’s holiday events
-  Come in to share a special talent that you have

Your children are the beneficiaries of a strong partnership between home and school, and so we strongly encourage that connection. Throughout the year we provide opportunities for parents and families to participate in school functions, social events, and celebrations.

### **Parental Notification**

It is the policy of Shoresh Preschool to maintain open lines of communication with our families. Important announcements, reminders, alerts, as well as routine communications are generally sent home through a combination of emails, Remini, text messages, and/or printed flyers in your child’s backpack.

If your child is sick or we need to reach you quickly, we will call and/or text the phone number you listed as the main number on your child’s registration. If there is no answer, we will then try any additional numbers you listed. In the event of an emergency, we will call the numbers on your emergency contact card until we reach someone.

### **Remini**

Shoresh uses the school messaging app Remini for parent communication. Remini is a secure app that allows for photos, videos, and messaging to families. The private messaging system allows for communications between parents, teacher, and administration.



## Back To School Night

In September, parents are invited into the classrooms to see the classrooms, hear about the school day, and participate in conversation with other parents in the class.

## Parent/Teacher Conferences

You will have the opportunity to meet with your child's teacher during a scheduled conference in January of the school year. If you have any questions or concerns before then, please do not hesitate to speak to the director or to your child's teacher. Open communication is key!

## EMERGENCY PROCEDURES

### Fire and Lockdown Drills

Shoresh is required by the state to perform monthly fire drills and bi-annual lockdown drills. These drills will be coordinated by school administration in conjunction with the security teams from TNT and the Jewish Federation of Greater MetroWest. Teachers and parents will not be given advanced notice of a drill. Notification will be sent after the drill.

These drills are VERY important for helping to engrain emergency procedures into your student's routine so that in the event of an actual emergency, getting the school to safety is a matter of habit.

### School Closings

In the event of inclement weather or when it is considered hazardous to open school, you will be notified by text message and email. Additionally, Shoresh will not be in session when the Bloomfield schools are closed because of snow or another emergency. We will consider the procedures of the Montclair and Glen Ridge school systems as well.

## FINANCIAL RESPONSIBILITY

### Registration

Registration for the school year (September through June) will take place in January of that year. A **non-refundable** registration fee paid at the time of registration will ensure your child's placement in the program.



## Tuition

Tuition is billed monthly (September through May) on the 15<sup>th</sup> of the previous month. Payment is due on the first of the month with a 10-day grace period. A late fee will be assessed on the 11<sup>th</sup> of the month if not paid.

Payment can be made through your Shul Cloud account on our website, [www.nertamid.org](http://www.nertamid.org) with a credit card, covering the 3% processing fee, or through an ACH direct debit account for no fees. If you have any issues logging in, reach out to the Shores office.

Or you can mail a hard copy check to our accounting firm at:  
Shores Preschool at Temple Ner Tamid  
PO Box 418  
Montvale, NJ 07645

Should you choose to pay in full or prefer auto-payment each month, contact the Shores office to discuss and set-up.

Due to our NJ State ratio regulations, registered days cannot be switched or made up if school is closed or the student is absent for any reason. No refunds of tuition will be granted for holidays, vacations, emergency closures, or brief illness. Schedule changes mid-month will not be pro-rated, the **full month's tuition will be due**.

## POLICIES

### Policy on the Use of TVs, Computers, and iPads

The staff at Shores believe strongly in play as a learning tool. For this reason, Shores does not use "screen time" on any regular basis. iPads or phones may be used occasionally to research a question that arises during classroom discussion or to take photos of the children and their work. Teachers may also use cell phones to text or call parents with questions or concerns, particularly in the event that a child feels ill during the school day.

Should electronics be used in the daily curriculum at some point in the future, children will be engaged for no longer than 20 minutes consecutively and teachers will track each child's use of the equipment. All use of this equipment will be under the guidance and supervision of a teacher.





## Policy on Social Media

This social media policy applies to parents and other guardians, members of staff, students, committee members, and volunteers at Shores Preschool. This policy includes (but is not limited to) the following social media and content sites including Facebook, Twitter, Instagram, Snapchat, YouTube, as well as the Shores/Temple website and/or Shores PR materials.

As part of our duty to safeguard children it is essential to maintain the privacy and security of all our families. We therefore require that:

- 👤 No photographs taken within the preschool setting or at a preschool special event or outing with the children are to be posted for public viewing, except for those of your own child(ren). Parents are advised that they do not have a right to photograph anyone else's child or to upload photos of anyone else's children. This excludes pictures taken by staff for which we have a signed release.



### Policy on Social Media, con't...

- 👤 No public discussions are to be held or comments made on social media sites regarding the preschool children, staff, or committee business (except appropriate use of marketing for fundraising events) or that could be construed to have any impact on the preschool's reputation or that would likely offend any member of staff or parent attending the preschool.
- 👤 Teachers are discouraged from engaging directly with parents on social media until a time when children are no longer the students of the teacher.



## BLESSINGS

### Daily Blessings

#### Snack

ברוך אתה יהוה אלהינו מלך העולם

*Barukh ata Adonai Eloheinu melekh ha'olam borei minei mezonot.*

Blessed are You, Lord our God, Ruler of the universe, who creates varieties of nourishment.

#### Lunch

ברוך אתה ה' אלהינו מלך העולם המוציא לחם מן הארץ

*Baruch ata Adonai Eloheinu melech ha'olam hamotzi lechem min ha'aretz.*

Blessed are you, Lord our God, ruler of the universe who brings forth bread from the earth.

### Shabbat Blessings

#### Shabbat Candle Blessing

ברוך אתה, יי אלהינו, מלך העולם, אשר קדשנו במצותיו, וצונו להדליק נר של שבת

*Baruch Atah Adonai, Eloheinu Melech Haolam asher kid'shanu b'mitzvotav v'zivanu l'hadlik ner shel Shabbat*

Blessed are You, Eternal our God, Sovereign of time and space. You hallow us with Your mitzvot and command us to kindle the lights of Shabbat.

#### Shabbat Wine Blessing

ברוך אתה יי אלהינו מלך העולם בורא פרי הגפן

*Baruch atah A-donay, Elo-heinu Melech Ha'Olam borei pri hagafen.*

Blessed are You, L-rd our G-d, King of the universe, who creates the fruit of the vine.

#### Hamotzi Blessing/Shabbat Challah Blessing

ברוך אתה ה' אלהינו מלך העולם המוציא לחם מן הארץ

*Baruch ata Adonai Eloheinu melech ha'olam hamotzi lechem min ha'aretz.*

Blessed are you, Lord our God, ruler of the universe who brings forth bread from the earth.



# SNACK TIME LUNCH TIME

All food at Shoresh must be dairy (no meat or shellfish) and peanut/nut free. Here is a handy guide to help you figure out what to pack in your child's lunchbox and send in for snack.

Remember to pack an ice pack in lunch box

Lunches will NOT be warmed up

## YUMMY!

### DO PACK THESE:

- Crackers
- Raw or Cooked Veggies
- Tuna Fish, Salmon, Fish Sticks
- Waffles/Pancakes
- Pasta or Rice
- Tofu/Veggie Nuggets
- Fruit (fresh or cups)/Dried Fruit
- Applesauce/Yogurt
- Cheese
- Grilled Cheese Sandwich
- Meatless Soup
- Soy Butters (WOW brand) & Jelly
- Beans
- Pizza Bites
- Hummus

### DO NOT PACK THESE:

- Peanut/Nut Butters
- Any Meat
- Shellfish
- Popcorn

# Shores Preschool Educational Objectives

## 2 Year Olds

### **Social and Emotional Development**

- Being in a nurturing environment where each child can develop a secure and comfortable relationship with the teachers
- Developing trust for people other than family members
- Becoming familiar with surroundings and daily routines
- Using words to express emotions

### **Self-Awareness and Awareness of Others**

- Learning to share and to take turns
- Joining in play with others
- Cooperating in clean-up activities
- Participating in small and large group activities

### **Gross Motor Skills**

- Use of climbing equipment
- Climbing stairs
- Running, hopping and jumping
- Kicking a ball
- Throwing a ball or beanbag
- Riding wheeled toys

### **Fine Motor Skills**

- Use of crayons and markers, paintbrush and other objects for painting
- Use of playdough
- Sand/rice table activities
- Manipulating puzzles and blocks
- Drinking from a cup and using eating utensils

# Shores Preschool Educational Objectives

## 2 Year Olds

### **Cognitive Skills**

- Observing, exploring and making discoveries
- Identifying a variety of colors and basic shapes
- Identifying and naming familiar objects
- Knowing own name and beginning to know names of others
- Beginning to count
- Beginning to understand one-to-one correspondence
- Identifying own belongings
- Singing simple songs
- Understanding basic concepts

### **Language Development**

- Following one or two step directions
- Using words to communicate ideas and feelings
- Responding appropriately to questions
- Listening to stories
- Repeating songs and finger plays
- Speaking in sentences

### **Judaic Knowledge**

- Celebrating Shabbat each week
- Becoming aware of blessings for different foods
- Singing songs
- Learning to recognize Jewish symbols
- Listening to stories with Jewish themes
- Participating in the celebration of Jewish holidays

# Shoresh Preschool Educational Objectives

## 3 Year Olds

### **Social and Emotional Development**

- Relates to other children
- Uses words to describe feelings and actions
- Takes turns and shares
- Participates in group activities
- Exhibits self control
- Accepts teacher direction
- Helps with clean-up time
- Shows concern for others

### **Gross Motor Skills**

- Able to climb apparatus
- Plays games with beanbags, balls, hoops and parachutes
- Uses riding toys
- Can run, hop, jump and skip
- Catches a ball
- Builds with blocks

### **Fine Motor Skills**

- Uses playdough to create various objects
- Colors with crayons and markers
- Paints with brushes
- Completes puzzles and works with small manipulatives
- Plays at the sensory table
- Uses scissors
- Begins to use zippers and snaps

## **Math Skills**

- Number recognition 1-10
- Can count to 10
- Understands one to one correspondence
- Sorts objects into given categories
- Understands concepts such as big/little, tall/short
- Knows shapes



## **Self-Help Skills**

- Use the bathroom independently
- Wash and dry hands
- Clean up after playtime and after eating
- Can put on his/her own coat

## **Questioning and Critical Thinking Skills**

- Science activities
- Circle time discussions
- Hands-on activities that promote discovery and exploration
- Concept building activities

## **Language Development**

- Engages in conversation
- Speaks in complete sentences
- Recalls stories and events
- Enjoys books and stories
- Follows teacher's directions
- Recall of songs and fingerplays
- Recognition of letters

## **Judaic Knowledge**

- Celebrate Shabbat and Jewish holidays
- Recognize Jewish symbols
- Learn blessings and songs
- Understand Tzedakah and the importance of sharing and caring for others



# Shores Preschool Educational Objectives

## 4 Year Olds

### **Social Development**

- Participate in group activities
- Play cooperatively
- Seek playmates
- Share and take turns
- Interact with adults and accept adult intervention
- Respect others and use discussion to resolve conflicts
- Learn constructive ways to solve problems
- Follow directions
- Sit with group at circle time

### **Emotional Development**

- Show concern for feelings of others
- Express feelings in a positive way
- Take pride in accomplishments
- Understand consequences of their actions
- Display self-confidence

### **Gross Motor Skills**

- Walk, run hop, jump, and gallop with confidence
- Bounce, catch, throw and kick a ball
- Climb stairs
- Move around obstacles
- Clime playground equipment

### **Fine Motor Skills**

- Able to use and control writing tools- write and trace
- Begin to zip, button and snap
- Manipulate puzzle pieces in order to complete puzzle
- Can draw simple objects
- Can string beads
- Dress him/herself



## **Math Skills**

- Recognize numbers 1-20
- Count objects
- Use of daily calendar to strengthen counting and awareness of numbers
- Understand number concepts such as large, small and more, less
- Sort and count objects
- Understand numerical values and one to one correspondence

## **Reading Readiness**

- Recognize and write own name
- Recognize names of others
- Identify colors and shapes
- Recognize rhyming words and opposites.
- Identify letters of the alphabet
- Recognize sight words
- Understand sequencing and patterning
- Recognize beginning consonant sounds

## **Creativity and Imagination Development**

- Dramatic play
- Participation in musical activities
- Block building
- Art experiences such as easel painting
- Hands on experiences where children can explore and make their own conclusions
- Science experiments

## **Language Development**

- Speak to others and use words to communicate ideas and feelings
- Participate in group discussions
- Enjoy books and listening to stories
- Tell a story
- Sing songs
- Verbalize needs

## **Judaic Knowledge**

- Develop positive Jewish identity
- Learn blessings and recognize Jewish symbols
- Celebrate Jewish holidays and Shabbat
- Understand Tzedakah and the importance of helping others