

August

and

SEPTEMBER

Newsletter



Macfeat Laboratory School

DIRECTOR'S MESSAGE

Hello Families,

What a magnificent start to the school year we have had! We cannot tell you how happy we are to see you inside the school building. That face-to-face contact inside the classrooms is a valuable way for us to establish trust and rapport with one another. Thank you for being so incredibly supportive as we work together to create the very best learning experience for your children. Spending time in the classrooms is a valuable gift and I look forward to watching your children learn and grow this year!

~ Mrs. Sanders

IMPORTANT DATES

Monday, September 4- Labor Day/ No School

Tuesday, September 12th- Vision Screening

Tuesday, September 12th- Macfeat Popsicle Social

Wednesday, September 13th- Picture Day

Thursday, September 21st- First Hearing Screening

Friday, September 29th - Returning Family Application Due



REMINDERS

Just a reminder...



Please remember to send a water bottle that fully closes every day that is labeled with your child's name. Also, make sure only water is in the bottle as children use these all day and other drinks like milk could go bad throughout the day. Thank you!

Please be sure to apply sunscreen and bug spray in the morning before your child comes to school each day. If permission is granted, teachers can re-apply sunscreen but do so on an as needed and/or requested basis.

MEET OUR AFTERSCHOOL CARE COORDINATOR!



This year we created a new position called the Afterschool Care Coordinator as part of our continuous improvement plan to strengthen our afterschool care program. We are SO excited to announce that Sav Siegfried will be serving in this new role this year in addition to working as a teaching assistant in all classrooms. Sav Siegfried previously worked as a Teaching Assistant here at Macfeat in Mrs. Porter's class and brings a wealth of knowledge and teaching experience. With a Bachelor's of Science in Early Childhood Education completed and a Master of Education in Learning Design and Technology almost complete, we are ecstatic to see what creative ideas Siegfried will bring to our afterschool care program!



SCHOOL PICTURES

Save the Date! LillySnaps is coming on **Wednesday, September 13th** to take school pictures! Be on the lookout for more information to be sent home soon.

SAY CHEESE!



VISION AND HEARING SCREENINGS

Vision screenings will be **Tuesday, September 12th** beginning at 8:30am.

Hearing Screenings will occur on the following Thursdays:

September 21st, October 5th, and November 2nd

Additional information regarding these screenings will be sent home closer to the date.



2024-2025

MACFEAT SCHOOL APPLICATION

An email will soon be sent to you by Mrs. Williams regarding the Macfeat application process for the 2024-2025 school year. Applications for families intending to return open up on September 1st. If you wish to have your child enrolled at Macfeat next year, please read this important email and complete the returning family application before **September 29th, 2023**. Beginning October 1st, the application will be open to the public.

Lunch Box Suggestions

To maintain a healthy diet and balanced nutrition, children should eat from the 5 food groups including fruits, vegetables, grains, protein, and dairy. Remember we are a “tree-nut” free school which includes all types of nuts. **With our “nut-free” policy in place**, you may be having a hard time coming up with ideas to include a protein in your child’s lunch. Below are some peanut butter substitutions you may consider trying that are actually quite delicious and have many flavors too!

Click the image to learn more. *Please remember to label the substitution item.*

Sunflower Seed Butter



The Amazing Chickpea



WOWBUTTER



Granola Butter



NUTRITION INFORMATION

MYPLATE GROCERY STORE BINGO

Circle foods you see in the grocery store. If you find 5 in a row, yell MyPlate Bingo!

Fruits	Vegetables	Grains	Protein	Dairy
Apple	Avocado	Bread	Beans	Milk
Blueberries	Broccoli	Cereal	Chicken	Cottage Cheese
Cantaloupe	Corn	Free Space	Eggs	Soy Milk
Grapes	Sweet Potato	Popcorn	Peanut Butter	Cheese
Orange	Tomatoes	Rice	Tuna Fish	Yogurt

ChooseMyPlate.gov/Families



Check out this [Bingo game](#) you can play at the grocery store to keep your child engaged while also providing the opportunity for your child to explore a variety of sights and smells associated with healthy food items. Who knows, maybe they will even be interested in trying a new food!

This Bingo format is recommended for ages 5 and up, but can be adapted to an “I Spy” card for preschool students. Have fun, and happy healthy shopping!

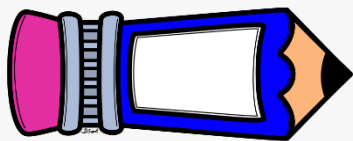


Check out the healthy, kid-friendly recipes for family cooking! Click the image to learn more!

Discover MyPlate: Look and Cook Recipes



NUTRITION INFORMATION



Don't forget to label your child's items including but not limited to their water bottle, lunch box, clothing...

When packing lunches, please be sure to follow the My Plate guidance and avoid sending sweet treats. Also, per DSS regulations, food items should not exceed ½ inch in diameter as this poses a choking hazard. Please be sure to cut hot dogs, grapes, and carrots the long way. Carrot chips are a good alternative and do not require cutting. Popcorn is not permitted for children under the age of 5. Thank you for your help to reduce potential choking risks.



HEALTH and SAFETY

Don't forget to sign your child in and out on the tracking sheet each day at drop off and again at pick up. Thank you!



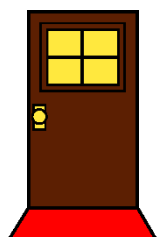
Staying Home from School or Childcare When Your Child is Sick



The “Staying Home from School or Childcare When Your Child is Sick” guide from DHEC provides families with a guide of illnesses for which a child must be kept out of school. We encourage you to utilize this informative resource to help maintain the health and safety of our school community!

Thank you so much for your support in making sure all individuals picking up have their ID ready at dismissal, especially as school begins and we are learning the families.

If you or your emergency pick-up people have not yet had your face scanned, please visit the Macfeat office Monday through Friday between 7:30-3:30pm to be enrolled in the face scanning system.



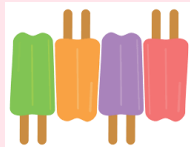
When coming in and out of the school, please follow our safety guidance and do not open doors for others coming in and out. All families should have had their faces scanned and should use the security measures in place to enter our school. I recognize this goes against our natural inclination to be courteous, but helps us maintain safety and security within our institution.

Save the Date:

Tuesday, September 12th
from 3:30-5:30pm

Popsicle Social on the
Macfeat Playground!

More information to come...



MACFEAT ADVISORY BOARD



In the coming weeks, you will receive an email from the Macfeat Advisory Board President, Keri Cauthen, inviting you to join the Macfeat Advisory Board. Please consider joining us! This group provides important guidance for our school

COMMUNITY COLLABORATION

One of the perks of being at a Laboratory School is we are able to participate in some awesome collaborations! One of our curriculum initiatives this year is nutrition and gardening, and we are so excited to team up with Dr. Lopuch and the Call Me MISTERS for this year long project! In addition, we received a grant from the Master Gardeners of York County to help fund the construction of an herb, vegetable, and flower garden on our playground. We will begin this project on Sunday, August 27th with the construction of the structure. We will be moving our rock garden to a shaded area behind one of the trees and use the area where the rock garden was to construct our herb, vegetable, and flower garden.

This initiative will continue throughout the year as we work with the Call Me MISTERS and Master Gardeners of York County to plant, cultivate, and cook with the crops we produce and learn more about healthy eating through a variety of learning experiences. We are incredibly excited for this project as it instills positive experiences with healthy foods and promotes healthy nutrition at an early age!



MACFEAT SCHOOL INFORMATION (cont.)



MACFEAT FOOD PANTRY

As you know, food is VERY expensive, and our college students are experiencing the heavy impact of these increased food costs at a substantial level. In response, we have created a mini Food Pantry at Macfeat for our Student Workers to utilize.

This initiative will continue for the duration of the school year and we invite you to donate food pantry items, toiletry items, and snack items if you would like to contribute. There will be a sign and plastic bin for you to drop off items in next to the kitchen on the preschool side and another bin will be placed in Mrs. Porter's room. Thank you for your support!



MACFEAT OPEN HOUSE

Please help and spread the word in the community that we will have Open House on Saturday, September 23rd from 9:00-9:45am for preschool and 10:00-10:45 for multi-age kindergarten. This is a wonderful opportunity for families who are not enrolled in our program to learn about our remarkable school. Thank you for sharing!



MACFEAT LABORATORY SCHOOL



Open House!

SATURDAY, SEPTEMBER 23RD

Come join us and learn more about our program and tour the school! Two sessions will be offered for each age group. Please sign up using the QR code.



Preschool- 9:00-9:45am

Multi-age kindergarten- 10:00-10:45am

LEARN MORE!



Check out
Facebook and our
website!



LITERACY RESOURCES

Check out this AMAZING resource to promote literacy at home. This [digital family literacy calendar](#) provides a daily menu of activities including a song, video, book with additional related texts, and more! This resource is very user-friendly and can be easily incorporated at home. Enjoy!

DayByDaySC
FAMILY LITERACY CALENDAR