

# Al-Rahmah Nursery

## Monthly Newsletter

September 2021

### Director's Message

As-salaamu alaikum,

Welcome to Al-Rahmah Nursery & Childcare Center! We are looking forward to an exciting school year. In our classrooms this week, we will be creating rules and setting routines. Please check the September calendar for this month's activities.

Melissa Dinuri Tauheed

### This Month's Highlights

- **Wednesday, September 1:** Parent Orientation Day (10am - 12pm)
- **Monday, September 6:** Labor Day (**No School**)
- **Tuesday, September 7:** First Day of School
- **Thursday, September 23:** Cooking Day
- **Friday, October 1:** **Red** Color Day! Please do not forget to wear a red outfit this day.

### 4 Tips to Make Daycare Easier

- **Accept that it will be stressful at first:** Daycare maybe difficult at first and you might question your choices. However, it gets easier as you and your child adjust to the routine
- **Communicate:** Do not be afraid to share information with your childcare provider. The more the teacher knows about your child, the better they can support learning and development
- **Establish routine:** Having a good routine at home and letting them engage in the process can be helpful
- **Talk it out:** The more you talk to your child about what is going to happen, the less stressful the transition is.



### This Month's Theme

- Prophet Adam
- Back to School
- All About Me

### Meet Sr. Maheen Admin Assistance & AIQ teacher (2's & 3's)

Assalamualaikum. My name is Maheen Akhtar. I'm very excited to be joining the Al-Rahmah Nursery team. I did my hifzh at a young age and have completed 3 years of the Aalimiyah program in Texas. I love working with kids and look forward to a wonderful year Inshallah.

# TK Class - Learning Focus

## Language Arts:

- Welcome - Introductions
- Use language to express routine and develop friendship with peers
- Reading Books: Brown Bear, A Kissing Hand, ABC Book, Polar Bear

## Math:

- Shapes
- How do I look?
- Sequence
- Count with me

## Science:

- Let's observe
- COVID safety rules

## Cultural/Social

## Studies:

- Introduce children to each other
- Where are you from?
- Class environment

## Quran:

- Surah Fatihah

## Dua:

- Dua before eating
- Dua after eating

## Islamic Studies:

- Prophet Adam

## Arabic:

- Letters Alif

# Pre-K 4 Class - Learning Focus

## Language Arts:

- Welcome - Introductions
- Use language to express routine and develop friendship with peers
- Reading Books: Brown Bear, A Kissing Hand, ABC Book, Polar Bear

## Math:

- Shapes
- How do I look?
- Sequence
- Count with me

## Science:

- Let's observe
- COVID safety rules

## Cultural/Social

## Studies:

- Introduce children to each other
- Where are you from?
- Class environment

## Quran:

- Surah Fatihah

## Dua:

- Dua before eating
- Dua after eating

## Islamic Studies:

- Prophet Adam

## Arabic:

- Letters Alif

# Pre-K 3 Class - Learning Focus

## Language Arts:

- Letters in my name
- Reading books aloud
- Introducing to letters
- Nursery rhymes

## Math:

- Sorting shapes
- Matching shapes
- Counting bears
- Introduce to number 1 & 2

## Science:

- Weather
- Class environment
- Bird watchers

## Cultural/Social

## Studies:

- School is fun
- Getting to know each other
- I love my family

## Quran:

- Surah Fatihah

## Dua:

- Dua before eating

## Islamic Studies:

- Prophet Adam

## Arabic:

- Letters Alif

# Toddler Class - Learning Focus

## Language Arts:

- My name
- Reading books aloud
- Nursery rhymes

## Math:

- Sorting shapes
- Counting shapes
- Introduce to numbers

## Science:

- Weather
- Bird watchers

## Cultural/Social

## Studies:

- School is fun
- Getting to know each other
- My family

## Quran:

- Surah Fatihah

## Dua:

- Dua before eating

## Islamic Studies:

- Prophet Adam

## Arabic:

- Letters Alif

# September Snacks Menu

Week 1: September 1-3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>			Pastry crisp & milk	Whole grain cereal & Milk	<b>NO SCHOOL</b>
<b>PM Snack</b>			Orange & crackers	Nutri-grain bar & milk	
Week 2: September 6-10	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	<b>NO SCHOOL</b>	Whole grain cereal & Milk	Whole wheat bread w/jelly & Milk	Pastry crisp & milk	Whole grain cereal & Milk
<b>PM Snack</b>		Yogurt & raisins	Veggie straws & apple juice	Orange slices & rice crisp crackers	Cucumber & graham crackers
Week 3: September 13-17	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Whole wheat bread w/jelly & Milk	Pastry crisps & milk	Whole grain cereal & Milk	Bagels with cream cheese	Whole grain cereal & Milk
<b>PM Snack</b>	Veggie straws & apple juice	Cucumber & graham crackers	Apple Slices & cheese crackers	Orange slices & rice crisp crackers	Yogurt & raisins
Week 4: September 20-24	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Nutri-grain bar & milk	Whole grain cereal & Milk	Whole wheat bread w/jelly & Milk	Whole grain cereal & Milk	Homestyle waffles & Milk
<b>PM Snack</b>	Carrots & graham crackers	Apple Slices & animal crackers	Yogurt & raisins	Banana & low fat pudding	Orange slices & pretzels
Week 5: September 27-30	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Whole grain cereal & Milk	Homestyle waffles & Milk	Whole wheat bread w/jelly & Milk	Nutri-grain bar & milk	Whole grain cereal & Milk
<b>PM Snack</b>	Yogurt & raisins	Orange slices & pretzels	Carrots & graham crackers	Apple Slices & animal crackers	Banana & low fat pudding