



## COMMUNITY EDUCATION CONNECTIONS

*Early Childhood Program News-You-Can-Use-Letter*



### Welcome to the 21-22 School Year!

QUISHA BREILING, M.B.A.

Welcome to preschool. I'm so excited to get this year started and see students in the classrooms. Although there is always an ever growing to-do list at this time of year, I find a new energy when we have students back on campus. They truly are the best part of our day.

We are eager to start building connections with your child and your family. Education is a team effort, and we are here to help your student grow. Please make sure that you read your teacher's newsletters and reach out to them with any questions. Preschoolers are always learning, and we love sparking their curiosity and imagination.

In our back-to-school staff training this year, we focused on **gratitude**. Practicing gratitude daily has proven to improve sleep and self-esteem, create stronger and deeper relationships, and reduce stress and aggression. My goal is for this to not only become a daily practice for staff, but for our young learners as well. When your child points out something amazing about their day, take a moment to show them how to be grateful.

Additionally, I would like to express how **grateful** I am to all of our preschool families. It was so nice to see our parents back in the preschool classrooms and receive support from our families. We appreciate your trust in us as we begin this new year with you and your child.

We look forward to getting to know you and your family. Stay safe and healthy!



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