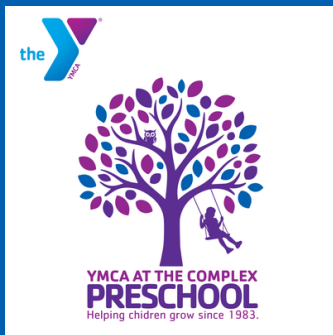




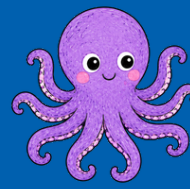
September 2026 News



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Welcome to YMCA Preschool at the Complex!

Summer is winding down, and we are so thrilled to have your families join our community here at Preschool. Our room is coming together with lots of fun learning activities to help our little ones engage, explore, and create. We cannot wait to see all the little unique talents that your four-year-olds share with our class. Here at The Complex, we use books, stories, activities, crafts, and nature-based lessons to help children connect with the world around them.

During the first half of September, our little friends will be able to share their worlds with us. We will focus on family, friends, and those who play an important role in our lives.

During the second half of September, and as fall quickly approaches, our themes will include "Sights and Sounds of Fall". We will also dig deeper in exploring our five senses during the end of the month. We're eager to explore all the wonderful, natural beauty of the fall season. This includes a wonderful little unit on Fall.

Please refer to your class calendars regularly to see up-to-date themes, student-leaders of the week, and important dates. You will also notice that our class calendar includes "Letter of the Week". Learning to write letters and being able to identify their sounds is an important part of our week. We would like to encourage you to work with your child on the letters as they are introduced.

The children will participate in our fitness program called All Stars with Amy. On Fridays they will swim! Please remember children should wear swimsuits under their clothing, pack a bath-size towel (beach towels are too big) and a pair of underwear in a plastic bag. Please do not send in anything else. Please dress in easy-on/easy-off clothes and shoes, as children will be dressing themselves.

We cannot wait to welcome your family into our community. We are excited for a wonderful school year and getting to know every little personality that we are lucky enough to have in our room. Thank you for joining us!

Important Dates

Monday, August 31st – First Day of Preschool for our friends

Monday, September 7th – CLOSED for the Labor Day Holiday

All Stars with Amy– More information about this fitness enrichment class coming soon!

Thursday, September 10th – Please send in a 4x6 Family Photo

Friday, September 11th, 18th, 25th – Our first day to participate in the weekly water play sessions.

Please remember children should wear swimsuits under clothing, pack a bath size towel, and pair of underwear in a plastic bag. Please do not send in anything else. Please dress in easy-on/easy-off clothes and shoes as children will be dressing themselves.



Monday, September 28th – The Lunch Crew (TLC)

Sign-up to stay until 2:00pm today. The children will have lunch, play outdoors, and enjoy each other's company. It's a fun time! This is optional and costs an additional \$10.00. Participants must sign up for TLC at the front of the Complex or [online](#).



Wednesday, September 9th, 16th, September 23rd, and September 30th– FUNdamentals

This 3-week program will teach kids, ages 3-5, the basics of sports and general health and fitness. This is optional and costs an additional \$30.00. Pickup on FUNdamental days will be 1:30pm. Participants must sign up for this program at the front of the Complex or [online](#).

If you choose not to participate in TLC or FUNdamentals, please pick your child up at the normal dismissal time.

We would like to share a few reminders for the year:

- Please make sure that your child comes to school with an extra pair of clothes, in a zip-lock bag, in their backpack. These clothes will remain in their backpacks just in case they have a little accident, or forget an item of clothing while dressing after swim. Please check these bags regularly to make sure a complete outfit (including socks and underwear) are stocked and that everything is labeled with your child's name.
- Please be sure to dress your child in clothes that enable them to run and play, and that may get dirty from time to time.
- We ask that kids wear closed-toe and closed-heel shoes, preferably ones that mulch can't get stuck inside of. This will help them to have the best possible time while playing on our playground, or walking the trails of our beautiful woods.

Our classroom snacks will be brought in each day by our student leader of the day. This helps to give everyone a rotating schedule to bring in class snacks and helps to ensure that they are healthy, and peanut/tree nut-free. A great resource for looking up common allergy-friendly foods is SnackSafely.com. Teachers will be checking ingredients of all snack products that come into our classroom. For birthday celebrations, please make sure that treats are also free from nuts. As a suggestion, Walmart sells premade cupcakes that advertise being allergy friendly. Please do not send in water bottles, we will provide water to students regularly throughout the day.

Our [website](http://www.preschoolatthecomplex.com) (www.preschoolatthecomplex.com) is full of information including our calendars, important dates and closings, newsletters, important documents, our handbook, and more. If you have any questions or concerns, please feel free to contact us through GroupMe, send us an email (rwild@ymcaup.org), or call us at 803-547-1064.