

### **Overview of a 2 or 3 Day Class**

9:00 - 9:20 Greetings and Free Play

9:20 - 9:45 Circle Time: Songs, reading books, show and tell, calendar, etc.

9:45 - 10:00 Chapel and/or music, songs, and dance

10:00 – 10:45 Bathroom, snack time, recess, physical education

10:45 – 11:15 Theme based activity: art, cooking, science, or math

11:15 – 11:45 Choice time with theme related centers

11:45 – 12:00 Clean up and good byes

### **Overview of a 4 Day Class**

9:00-9:20 Greetings and Free Play

9:20-9:50 Circle Time: reading books, show and tell, calendar, number review, monthly words, songs, music, etc.

9:50-10:15 Writing, letter and sound practice, journals

10:15-11:00 Bathroom, snack time, recess, physical education

11:00-11:25 Theme based activity: art, cooking, science, or math

11:25-11:50 Small group/individualized instruction with theme related centers and Chapel once a week

11:50-12:00 Clean up and good byes

### **Lunch Bunch offered for all classes from 12:00-1:00**

#### **Yearly Overview**

(General overview- some themes will be modified depending on the age/class and others may be added/deleted)

September: Get acquainted, self identity, families, colors, sorting, letters (C, O)

October: Fall/Harvest, shapes, numbers (0, 1, 2, 3), letters (G, A, D)

November: Thankfulness, Pilgrims, transportation, counting, numbers (4, 5, 6), letters (S, L, I)

December: Christmas, ordering, letters (T, E)

January: Winter, arctic animals, Community helpers, numbers (7, 8, 9), letters (H, R, B, P)

February: Love and Friendship, patterns, body and health, nutrition, letters (M, N, V)

March: Spring and weather, opposites, same/different, dinosaurs, letters (J, K, Y)

April: Easter, rhyming, animals/farm, letters (Q, Z)

May: Magnets, life cycles, plants, Mother's Day, letters (W, X, U)

June: Ocean, Father's Day, letter (U), review, end of year festivities

### **3-4 Tuesday/Thursday Class**

The main goal of this class is to address the social and emotional needs of a young child. This is done by creative play time, directed activities, small group interaction, one on one adult interaction, and choice time. We follow weekly and monthly themes that are interesting and meaningful to them. Children are introduced to letters, numbers, patterning, shapes, colors, and more through the weekly topics. We work on sharing, playing with others, communication skills, problem solving, and both fine and gross motor skills. This is designed as a beginning preschool class.

### **3+-5 Monday/Wednesday/Friday**

The main goal of this class is to build on the goals mentioned above and begin focusing more on academics while still developing their social and emotional needs. We work on calendar, circle time, music, problem solving, letters and sounds, numbers and number sense, following directions, making good choices, and taking care of their own needs. This class is designed for the older 3's and young 4's and will prepare them for kindergarten or a pre-k class.

### **4-5 Mon/Tues/Thurs/Fri Pre-K Class**

The main goal of this class is to meet the academic and social needs of the older student. We will work on letters, sounds, basic writing skills, life skills, sight words, taking responsibility, self direction, communication, and catching them up on any gross/fine motor skill areas where they need additional support. Students spend time in many types of groupings such as: small leveled groupings, whole group directed activities, and individual one on one instruction. This class is designed for the older 4's and prepares them for kindergarten.

### **Kindergarten Readiness is:**

- \*A child who can take care of their own needs: bathroom, gets drink when thirsty, puts on coat when cold, uses their voice, washes hands, covers coughs and sneezes
- \*A child who can tell you their full name, phone number, parents names
- \*A child who can share and wait their turn
- \*A child who knows their feelings are valid when upset and can calm themselves down
- \*A child who can follow simple directions
- \*A child who can find adults when they need help
- \*A child who can run, jump, throw a ball, cut with scissors, color with crayons, button shirt, tie a knot
- \*A child who can write their name

## Our Staff

**Teacher/Director Aimee Heimbigner:** I grew up in Anaheim, California as the third daughter of four children. I spent most of my teen years either babysitting or riding horses. I earned my BA in Liberal Studies at Cal State Fullerton and continued on to get my teaching degree and MA in Curriculum and Instruction at Chapman University. During my college years I married my high school sweetheart and had two beautiful children, Emily (7) and Nicholas (5). Before moving to Washington in 2005, I taught elementary school for eight years in grades ranging from kindergarten through 4<sup>th</sup> grade. Kindergarten was my favorite and I spent the last four years in that grade. Our family moved to Washington to start our own sewer business and became members of Living Hope in 2006. When I am not at school, I enjoy helping in my children's classrooms, gardening, traveling, and just about anything involving the great outdoors. I have enjoyed the last three years teaching/directing at Living Hope and I am truly looking forward to working with your little ones as they experience a new chapter in their life.

**Teacher Mrs. Jessica Pitts** – I grew up in Phoenix, AZ, as the daughter of two teachers, spent much of my spare time around preschools and grade schools, helping my parents with the prep work for their classes. In junior high and high school I volunteered to help teach Sunday School and Vacation Bible School classes, normally teaching the younger (3-5 year old) classes. I went to the University of Arizona and obtained a Bachelor of Science Degree in Nursing, and am currently licensed as a Registered Nurse in both Arizona and Washington. During nursing school, I learned the skills necessary to interact with and care for the health of all people, from birth onward. My husband Jake and I moved to the Seattle area five years ago, and have had lots of fun exploring the many things to do here, like hiking and kayaking. I have had a great time teaching the 3 and 4 year olds the last two years. I see it as a great opportunity for me to be able to use the knowledge I have about early childhood development - physical, cognitive, and psychosocial – to help these young children learn and grow, and to make their first schooling experience a fun and positive one.

**Aide Laura Chaban--** I grew up in Palo Alto, California in a very suburban college-town atmosphere. My mother is a Registered Nurse and had a profound affect on the choices I have made in my career path as well. Growing up I belonged to Camp Fire Girls and was active in choir and youth group at church, both activities providing many opportunities for community service. I ended up working as a manager at a restaurant for 10 years and putting myself through college, graduating with a B.S. in Nutrition and Food Science from San Jose State University and became a Registered Dietitian. Along the way I met my husband and we have three beautiful sons, ranging in age from 7 years old to 17 years old. I have worked as an Assistant Preschool Teacher at Our Savior Lutheran Preschool in Livermore, California where we lived for eight years prior to moving to Woodinville. We have lived here in Woodinville, Washington for six years and are members of Living Hope Lutheran Church. I am excited for this opportunity to help these little ones along their journey through the growing years.

**Aide Joylyn Phelan** - When I was in grade school, I lined up my desks (old-fashioned, connected schoolhouse models) in our playroom, dragged in the neighborhood kids and my little sister and "played school." Most of my subsequent life has also been spent in school-like venues: teaching Sunday School, vacation Bible school, women's Bible study, grades K-12, educational therapy, and teaching other teachers at the University of Washington and St Martin's in Lacey. My mission is to work together with my students to help them learn and develop their gifts so they can do well at whatever God has planned for them. I always expect to learn from each child/student I meet, and that he/she can gain from what I have to pass on to him/her as well.

My husband of 35 years and I enjoy a daughter who now has two sons and a step daughter of her own. I have the rare treat of working with my daughter doing what we both love here at Living Hope Preschool. We also have a son in college at SPU studying psychology and sociology in preparation for his goal of being a police officer, following in the footsteps of his dad who is a retired Bellevue officer.

Living Hope has been my home church since its inception almost 20 years ago. Now that we have a building of our own, I see Living Hope Preschool as the tangible evidence of our church community reaching out to support the families in our neighborhood, and I am very pleased to be able to take part in it.

My credentials include a **BA**.Ed. from Seattle Pacific, an M.Ed. with an emphasis in Learning Disabilities from the U.W. and several levels of training in Educational Therapy from NILD (National Institute of Learning Disabilities).

### **Aide Erin Lyons**

I am a native of Woodinville and come from a family of teachers. My mother, who also works at Living Hope Preschool, is a retired teacher of 32 years from Bellevue School District and she is also an educational therapist. After my father's retirement from the Bellevue Police Department, he went back to school to get his master's degree in theology and is currently the head of childhood education at his church. When I was 13 years old the Lord blessed my family with my brother whom is now 19 and attends Seattle Pacific University.

I grew up in the WELS church and went to Calvary Lutheran School through 8th grade; from there I attended Eastside Catholic High School, and as a senior year I was accepted by the Running Start program at Bellevue College and have since studied early childhood education on the collegiate level.

My love for children and watching their eyes light up when they play, learn and grow was evident at an early age. At 11, I took my first babysitting class and I don't think I have slowed down since. I taught Vacation Bible School and Sunday School, worked as a nanny, taught at a daycare centers and continue to volunteer much of my time at my children's schools.

With my two amazing sons (4th and 6th grade) and ingenious husband of 11 years, I attend Living Hope Lutheran Church. My animal-loving step-daughter is currently studying to be a veterinarian at WSU. My boys and husband are VERY active and keep me on my toes. My family and I share a love of cars and motorcycles. We are currently finishing the restoration of my 1965 Mustang and a vintage dirt bike for the boys. When we are not at the park playing football or

riding bikes or driving remote controlled trucks, we enjoy exploring the Northwest back roads.

I feel so privileged to be working alongside such a marvelous group of people at Living Hope Preschool. What a blessing it is to be able to share God's love with your children. What an honor it is to encourage and teach them as their gifts unfold.