J.C. STUART FAMILY NEWSLETTER

November 2026

Message from the Principal
Ms. Sanchez

As we welcome the month of November, we want to take a moment to express our sincere gratitude for each of you. We are thankful for the trust you place in us each day and for allowing us to be part of your child's growth, learning, and development. Your continued support, partnership, and involvement make our school community stronger.

This month, we recognize Veterans Day, a time to honor and thank the brave men and women who have served and continue to serve our country. We are especially grateful to the veterans within our school families and community. Shout out to Ms. Momolu who currently serves. We encourage you to take a moment with your child to discuss the importance of honoring those who serve and protecting our freedoms.

As we approach the season of Thanksgiving, may we continue to celebrate kindness, gratitude, and the importance of family. Thank you for being an essential part of our J.C. Stuart family. We appreciate you more than words can express!

With gratitude,
Nancy Sanchez

Upcoming Events

- 11/2-11/09- Fall Break
- 11/14- End of 1st Marking Period
- 11/17-11/18- Picture Day
- 11/24- Favorite Character Day
- 11/25- Early Dismissal
- 11/26-11/27- No School (Thanksgiving)

November Family Challenge: The Gratitude Jar!

This month, encourage your child to share one thing they are thankful for each day. Write it on a small piece of paper and place it in a jar. At the end of the month, read the notes together!

This is a wonderful way to build gratitude, communication skills, and positive family connections.

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Lead Educator Corner
Ms. White

Building Friendships, Kindness & Preventing Bullying

Dear Parents and Families,
We are helping our scholars learn how to be kind, make friends, and treat others with respect. Even in preschool, friendships and peer relationships can affect how children feel, learn, and grow.

How You Can Help at Home:

- Teach Kindness: Encourage your child to use kind words, share, take turns, and include others.
- Solve Problems Together: Help your child talk about their feelings and use words to work through disagreements.
- Talk Every Day: Ask your child about their day and friendships. Remind them to tell a trusted adult if someone is being hurt or left out.

Remember, disagreements are a normal part of growing up, but repeated hurtful behaviors need attention. Together, we can teach our scholars to be kind, respectful, and caring toward others.

Thank you for partnering with us to help every child feel safe, valued, and ready to learn!

Reminders

- Arrival/doors open at **8:50 a.m.**
- No Early Dismissals after **2:45 p.m**. on regular school days and **12:45 p.m.** on half days
- Our Preschool Students Rest Between **1 p.m. - 2 p.m.** Please refrain from picking up students during that time in order to not disrupt rest time.
- Physical ID is **REQUIRED** to pick up **EVERY child/children** (No Exceptions)
- After 3 consecutive days absent, a doctor's note is **REQUIRED** to return back to school.
- Students will be marked tardy after **9:02 a.m.**

S.E.L.

Helping Little Learners Grow, Feel, and Thrive!

Social-emotional learning is an important part of your child's preschool experience. During these early years, children are learning how to identify their feelings, build friendships, manage big emotions, and develop independence. Here are a few simple ways to support SEL at home!

1. Name Those Feelings! Help your child identify emotions such as happy, sad, angry, frustrated, and excited. Ask, "How are you feeling today?" Remind them that all feelings are okay!
2. Practice Taking Deep Breaths. When your child becomes upset, encourage them to take three slow breaths. Try smelling a flower and blowing out a candle!
3. Encourage Kindness. Practice using kind words such as "please," "thank you," "May I play?" and "Can I have a turn?" Celebrate moments when your child shows kindness.
4. Take Turns and Share. Play simple games that encourage waiting, sharing, and taking turns. These activities help children develop patience and cooperation.
5. Create a Calm-Down Space. Designate a cozy area at home with books, stuffed animals, or a soft pillow where your child can go when they need a quiet moment.
6. Encourage Independence. Allow your child to complete small tasks, such as putting away toys, choosing clothes, or helping clean up. Celebrate their efforts!
7. Talk About Problem-Solving. Instead of immediately solving every problem, ask, "What can we do?" or "How can we fix this?" Help your child think through simple solutions.
8. Read Books About Feelings and Friendship. Choose stories that teach empathy, patience, kindness, and understanding. Talk about how the characters might be feeling.