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Diane Martine, Director

SEPTEMBER 2026



Social Development: My Friends, , My Classroom, On the Go

Writing Skills: *Letters: Tt, Oo, Rr Numbers: 3 & 4 Color of the month: Blue Shape: Octagon*

Classroom Rules & Expectations, Responsibility for My Actions, Making Friends, Talking with Friends

Down the Road, Air & Water Transportation, Public Transportation

Seasonal: Labor Day, Grandparent's Day



Welcome to Wee Care

I would like to take this opportunity to welcome everyone to the 2026-2027 school year. Your child will enjoy many new experiences under the supervision of trained childcare professionals. The care and supervision of your child will always be our top priority.

While we strive to offer the very best care possible, we do realize that problems may arise from time to time. I am always available to hear your concerns and will take appropriate action when needed. Please do not hesitate to contact me in person, by phone, or email any time, for any reason.

I am looking forward to another great year at Wee Care!

Diane Martine
Director
858-560-0985
diane@weecarepreschools.com
office hours: 8am – 5pm

Gentle Reminders for a Great New School Year:

- **Label Everything!** Bedding, jackets, extra clothing...all items from home. Even just first and last initials will help!
- Check your Parent Pocket & Email regularly for notices, newsletters, etc. Read these notices and the information posted on the Parent Board to ensure that you do not miss out on any special activities or information.
- Every child, regardless of age, must have at least one full set of clothing for emergencies. This clothing should be in a clear bag (like a Ziplock) with the child's name on the outside.



SEPTEMBER BIRTHDAYS

*** Jahsiah G * Savannah H ***

*** Holly C ***

***Cameron W * Elena R ***

Ms. Mariah



Dear Families,

Good news! This month's Scholastic Reading Club fliers are ready for you to explore with your child. Children read more when they choose their own books, so I encourage you to look at the flyers together. Each flyer is filled with grade-specific, affordable titles and Storia® eBooks. Place your order online at scholastic.com/readingclub or return the order form and payment to me. If you do not receive a flyer, you can still place an order online.

Shop Online: scholastic.com/readingclub

One-Time Class Activation Code: GRVFZ



FOOD FROM HOME...

Please keep in mind a few things if you choose to send food from home to school with your child:

We only eat while seated at the tables in our kitchens. Please do not allow your child to walk into school with food in hand. Food from home should be taken directly to the kitchen.

Breakfast is served until 7:15am. After this time, we will be either playing on the playground or having activities in our classrooms **where we do not allow food**. Breakfast foods brought in after 7:15 should be dropped off in the kitchen where it will be saved until morning snack which begins shortly after 8:00am.

We do not include “desserts” or junk food items on our menus, so we ask that you not send these types of items with your child. ***Chips, cookies, donuts, candy, etc., are all foods that need to be saved for home and will not be served to your child if you send them.***

Food may not be kept in cubbies, as we do not wish to have problems with bugs in our classrooms. All food from home must be clearly labeled with your child’s name and dropped off in our kitchen. Please NO GLASS.

Thank you in advance for your cooperation!



Receipts & Invoices

You can access your account information any time by going to the website: myprocare.com. Use the username and password that you set up in our parent app to log in, and then go to reports. **This information is not available in our parent app.**

SEPTEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 AM: Cinnamon Toast & Milk L: Mac 'N Cheese, mixed veggies, fresh fruit & milk PM: Goldfish Crackers & Raisins	2 AM: Waffles & Bananas L: Chicken corn dogs, green beans, fresh fruit & milk PM: Fresh Fruit & Snack Mix	3 AM: Fig Bars & Milk L: Turkey & Cheese slices, crackers, carrots, fresh fruit & milk PM: Graham Crackers & Fresh Fruit	4 AM: Cheerios & Milk L: Chicken Nuggets, mashed potatoes, mixed veggies & milk PM: String Cheese & Club Crackers
7 	8 AM: English Muffin w/ Jelly & Milk L: Pasta Alfredo, steamed broccoli, fresh fruit & milk PM: Fresh Fruit & Snack Mix	9 AM: Pancakes & Fresh Fruit L: Fish sticks, tator tots, fresh fruit & milk PM: String Cheese & Club Crackers	10 AM: Cereal Bars & Milk L: Grilled cheese sandwiches, carrots, fresh fruit & milk PM: Pretzels & Fresh Fruit	11 AM: French Toast Sticks & Milk L: Cheese pizza, green beans, fresh fruit & milk PM: Graham Crackers & Fresh Fruit
14 AM: Fig Bars & Milk L: Cheese pizza, green beans, fresh fruit & milk Pm: Pita Triangles & Hummus	15 AM: Cinnamon Toast & Milk L: Chicken Noodle Soup, fresh fruit, carrot sticks & milk PM: Snack Mix & Raisins	16 AM: Waffles & Bananas L: Cheese quesadillas, vegetarian refried beans, fresh fruit & milk PM: Pretzels & Cheese sticks	17 AM: Low Fat Yogurt & Graham Crackers L: Pasta w/ marinara sauce, mixed veggies, fresh fruit & milk PM: String Cheese & Club Crackers	18 AM: Cheerios & Milk L: Bean & cheese burrito, fresh fruit & milk PM: Saltines & Fresh Fruit
21 AM: Pancakes & Fresh Fruit L: Turkey hot dog, tater tots, fresh fruit, & milk PM: String Cheese & Pretzels	22 AM: Toasted Bagel & Cream Cheese L: Fish Sticks, tator tots, fresh fruit, & milk PM: Graham Crackers & Fresh Fruit	23 AM: English Muffin w/ Jelly & Milk L: Chicken Taquitos, carrots, fresh fruit, & milk PM: Crackers & Sliced Cheese	24 AM: Cereal Bars & Milk L: Pasta w/ marinara sauce, mixed veggies & milk PM: Ritz Crackers & String Cheese	25 AM: French Toast Sticks & Milk L: Cheese quesadillas, vegetarian refried beans, fresh fruit & milk PM: Graham Crackers & Raisins
28 AM: Cinnamon Toast & Milk L: Cheese pizza, green beans, fresh fruit & milk PM: Pita Triangles & Hummus	29 AM: Cinnamon Toast & Milk L: Bean & cheese burrito, fresh fruit & milk PM: Goldfish Crackers & Raisins	30 AM: Waffles & Bananas L: Chicken Nuggets, mashed potatoes, mixed veggies & milk PM: Graham Crackers & Fresh Fruit		Breakfast is over at 7:15 and we offer milk, cereal, & fresh fruit AM: is mid-morning snack. Times are posted at each classroom

Sitting Does Not Equal Learning

Dear Parent –

Were you expected to sit still – in desks in neat rows – when you were in school? Has that experience caused you to believe that learning can only take place when your child is also sitting still?

During my presentations, I often exclaim, “Children do not exist only from the neck up!” It may seem like a silly statement, but our education decision makers apparently believe that a child’s head/brain is the only thing that matters. If they didn’t, they wouldn’t implement policies that keep kids sitting in school!

I have serious objections to the idea that learning supposedly only comes via the eyes, the ears, and the sea of the pants. Schools – and policymakers – have for too long adopted the belief that learning best occurs while kids are seated (and quiet, of course). The theory may have been understandable back when they didn’t have the research to prove otherwise. But today we do.

Today we have research showing that

- The more senses used in the learning process, the more information we retain.
- The brain is far more active during physical activity than while one is seated.
- The learning brain can only absorb information for a handful of minutes.
- Sitting for more than 10 minutes reduces our awareness of physical and emotional sensations.
- Sitting in a chair *increases fatigue* and *reduces concentration*.

Perhaps you’ve had days where you were forced to sit at a conference, in meetings, or on a plane for endless minutes or hours at a time. And perhaps you’ve wondered at the end of those days why you were so exhausted, when all you did was sit. Imagine if you had been expected to learn something important during those endless minutes or hours. Imagine how impossible it is for the brain to perform optimally under such conditions!

If sitting makes us tired and interferes with concentration, why would we want children to sit *more*?

In the words of teacher Dee Kalman,

“When the bum is numb, the mind is dumb.”

Playfully yours,
rae



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