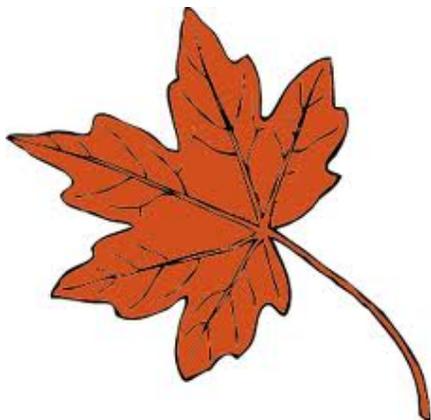


PALMER LIFEWAYS NEWSLETTER



Fall 2022

Yellow the bracken
Golden the sheaves
Rosy the apples
Crimson the leaves
Mist on the hillside
Clouds gray and white
Autumn good morning
Summer good night!

New and Old Faces at LifeWays

One of the requests we have received this fall is for an introduction to staff. Many of you have already met most of our staff, but we do have a few new faces this fall at LifeWays. Here is who you can expect to see in the classrooms.

Infant Room:

Ms. Mara will still be with us in the mornings but will not be our main opener. Ms. Mara has been with LifeWays for over 2 years. She is currently a full-time student at UAA and will be working with us part-time.

Ms. Brittney is filling in for Ms. Marissa (while she is on maternity leave). She is here T-F in the mornings. Ms. Brittney worked at LifeWays for 7 years prior to taking a year off after having her daughter Danielle.

Ms. Anne-Marie will be working with both our toddlers and infants. She will be our main infant teacher in the afternoons until Ms. Marissa returns. Ms. Anne-Marie is the mother of Atticus. She started in July 2022. She is a great person to check in with in the afternoons.

Ms. Marissa had her baby girl, Taya, last week. Baby and family are doing well. She said she would be by to visit once baby is old enough and she misses us. This is her 8th year with LifeWays.

Toddler Room:

Ms. Amber will be one of our lead teachers in the toddler room. Ms. Amber is in her 4th year with us here at LifeWays.

Ms. Jasmine is our other lead teacher in the toddler room. She will be starting her 3rd year with us in December. Ms. Jasmine is one of our main openers and is often here until closing M-TH. If you have questions about your child's day, Ms. Jasmine is a great one to ask as she has been with your child most of the day. She is a graduate of Birchtree Charter School (BTC)

Ms. Lily is our assistant with the toddlers. She is starting her 2nd year with us in September. She is a graduate of (BTC)

Building Preschool:

Ms. Amy is our lead teacher in our preschool located in the building. She is also one of our main people opening in the mornings. This will be her 4th year teaching preschool at LifeWays.

Ms. Melanie is our building preschool assistant. She is a grandmother of children at BTC and has been one of their best volunteers. This is her first year with us.

Ms. Sammie is also a building preschool assistant T-F. You will see her here in the afternoons until closing. This is Ms. Sammie's 9th year with LifeWays.

Yurt Preschool:

Ms. Maria is our lead teacher in the Yurt Preschool and one of our main openers in the mornings. Ms. Maria has been with LifeWays for the last 6 years and is starting her 7th year. She has worked in all classrooms.

Ms. Lori S. is the Yurt Preschool assistant. She is starting her 3rd year with LifeWays. She is the mother of Lily, Ava, Asher, and Berkley. All graduates of BTC.

Fill-In and Afternoon Staff:

Mr. Craig is one of our main fill-in teachers for the preschools and will be with the preschool and older children in the afternoons M-TH. He is also our main driver for the van to and from BTC. Mr. Craig is starting his 8th year with us in October. Prior to being at LifeWays, he was a preschool assistant and aftercare director at Anchorage Waldorf School.

Ms. Camryn is one of our high-school students who will be closing with other staff. She started this summer and works with both the toddlers/infants and preschool/older kids.

Mr. Asher is another high-school student who will be working with older staff closing in the afternoons. Like Camryn, he will be where we need him. He is a graduate of BTC.

Ms. Lina is one of our Associates who closes in the afternoons. She also helps Lori B. with files and paperwork. You may find her asking you for missing paperwork as she goes through files. She has been with us for one year.

Ms. Mary-Claire is a fill-in caregiver. She can work in all classrooms. Currently she is working Monday mornings in the preschool and Friday afternoons in the Yurt.

Fruit and Veggies Preschool

Please remember to bring your 2 pieces of fruit and a veggie in each week. Soup and Bread day will be every Wednesday starting September 21st, 2022.

Time for Mittens and Hats

The air has shifted, especially in the mornings. We go out early each morning when it is still chilly. Please make sure your child has a pair of mittens and hat available in their cubby for morning play. We ask you to not send the finger gloves unless they are able to put them on without assistance.

Cubby Items Preschool

- ❖ 3 Extra set of clothes
- ❖ Fleece jacket or sweater
- ❖ Rain Jacket (seasonal)
- ❖ Rain Pants (seasonal)
- ❖ Rain/Winter boots (seasonal)
- ❖ Winter Gear (seasonal)

Please make sure shoes provided are shoes your child can get on/off easily unless you feel they are ready to learn to tie their own shoes. This is usually around ages 5-6.

If your preschool child is staying after 12:30 please make sure they bring a blanket, small pillow, toothbrush and toothpaste. All morning students should bring lunch.

Cubby/Drawer Items Baby/Toddler Room

Please be sure to bring all items for their cubby:

- ❖ Extra set of clothes
- ❖ Indoor shoes
- ❖ Fleece jacket or sweater
- ❖ Indoor shoes
- ❖ Rain Jacket (seasonal)
- ❖ Rain Pants (seasonal)
- ❖ Rain boots (seasonal)
- ❖ Winter Gear (seasonal)
- ❖ Lunch (Lunch is served @ 11:45 daily)
- ❖ Blanket/Small Pillow (If staying for quiet time)
- ❖ Toothbrush/toothpaste (If staying after 1:00)

Please check weekly to see if these items need to be replenished

- Diapers
- Wipes
- Extra clothes

Preschool/Older Child Schedule

7:00-8:00 Arrival/Inside Play
8:00-8:40 Outside Play
8:40-9:00 Nature Walk
9:00-9:15 Circle
9:30-9:45 Head Inside
9:45-10:00 Story
10:00-10:20 Self-Care/Fruit
Snack
10:20-11:00 Activity/Inside Play
11:00-12:00 Outside Play
12:00-12:40 Lunch
12:40-1:00 Self-Care
1:00-3:00 Cozy Time
3:00-Close Outside Play

Preschool Arrival Times

Please remember that you must arrive by 8:30am with your preschool child or wait with them until the next transition. Children eating breakfast at Palmer LifeWays will need to arrive by 7:45 so they can join us outside by 8:10.

Toddler Schedule

7:00-8:00 Arrival/Inside Play
8:00-9:00 Outside Play
9:00-9:20 Circle/Story
9:30-9:45 Fruit
9:45-10:30 Activity/Personal
Care/Inside Play
10:30-10:50 Grain
10:50-11:30 Outside Play
11:30-12:00 Lunch
12:00-12:20 Personal Care/Pat Down
12:20-2:30 Cozy Time
(Snack and Personal Care when
waking up)
2:30-4:00 Outside Play
4:00-4:30 Personal Care/Snack
4:30-Close Free Play Inside

Payment Options

We do not accept Credit Cards. Payments can be made using checks or Direct Deposit. Direct Deposits are made through AKUSA FCU.

Account: Palmer LifeWays LLC
Number: 1552175

Payment Reminder

Tuition is billed on a monthly basis on the 1st of the month. Families are required to pay at the beginning of the month unless a different plan has been arranged. If no payment is received by the 10th of the month, and no other arrangement has been made with the Administrator, a \$10.00 late payment fee will be added to your bill.

Please refer to the handbook for more billing questions.

Parents of Palmer LifeWays FB Page

We have a private FB page where parents can ask questions and staff shares information and articles related to Waldorf Education. Please join us at <https://www.facebook.com/groups/526921314896461>

Label all items

Please make sure your child's items (including clothes, lunch containers and water bottles) are labeled with their name.

Thank You

The staff at LifeWays would like to thank you for entrusting us with your beautiful children. We all love our jobs and are grateful to have your family in our lives. Please let Ms. Lori B. know if you have any concerns, suggestions, or questions. You can call her at 907 315 4030 or email her at PlamerlifeWays@gmail.com.

If you have general questions or want to let us know if your child is absent or there is a shift to your schedule, please call our main number at 907 746 0077.

Preschool Parents... please be sure to fill out the questionnaire that was provided during roll-in. Copies can be found next to the sign-in. Remember to add your child's name.

Happy Autumn!