

Reporting Child Abuse or Neglect

Loch-Meadow will follow the State Code (Section 63.1-248.3) when reporting certain injuries to children. It states that any teacher who has reason to suspect that a child is an abused or neglected child, shall report the matter immediately to the local department of social services where the child resides. Failure to do so results in a fine.

Custodial Parent's Rights

A custodial parent shall be admitted to our program at any time the child is present in the program.

Special Needs

If your child has special needs, please let the teacher and director know as soon as the needs have been identified. If your child's needs are medical, emotional or educational, please know we will do everything in our power to work with your family to help insure your child's success in school. If your child is working with the public schools and has an I.E.P., please make copies of the plan available to us so we can assist in your child's therapy.



Welcome to Loch-Meadow Kindergarten. We look forward to a happy year with your children. All your questions should be answered by the information in this handbook. If you ever have any questions or concerns, do not hesitate to contact your child's teacher or me.

Sincerely,

Karrah Pope



Philosophy Statement

We believe each child is a unique individual. We are sensitive to their social, emotional, intellectual, and physical needs. We provide developmentally appropriate programs that focus on the process of learning and help children enjoy successful experiences. We encourage not just learning, but the love of learning.

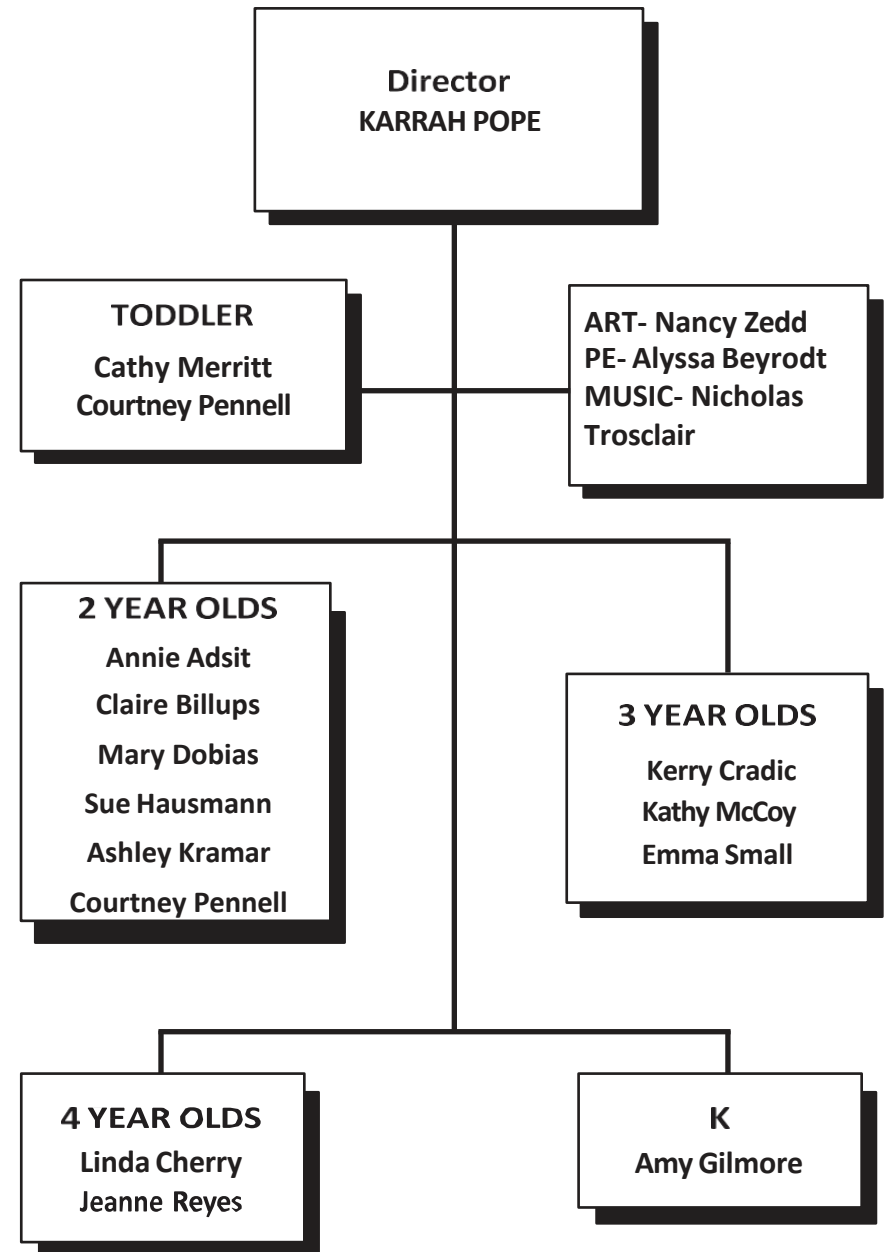
We believe in providing a physical environment that is safe, clean, healthy and oriented to children. Classrooms are arranged to offer challenging play and learning choices at a range of development levels. Activity (learning) centers allow children the opportunity to explore, to experience and most importantly . . . to succeed.

We believe the strength of our program is the dedication of our teaching staff. We support our teachers with training, resources and freedom to create a unique learning experience for children. We provide many opportunities for teachers to share ideas and grow professionally. Our teachers create a caring and nurturing atmosphere and foster each child's creativity and positive self-image.

We believe in positive methods of discipline. We establish consistent, age appropriate limits to help children function in their world. Our program is designed to develop in children a sense of independence and responsibility. We desire to strengthen each child's own cultural identity, while instilling a respect for others who may be different.

We believe parents are the most significant adults in a child's life. We strive to create mutual respect between parents and teachers; a partnership for the benefit of the child. We encourage daily communication between parents and staff. Our doors are open to parents at all times.

Organizational Chart



Kindergarten continued

- develop concepts of number by counting, combining, sorting, comparing sets of objects
- recognize, describe, and create simple repeating patterns
- recognize shapes and sizes of figures and objects
- investigate measurements
- concept of fractions is introduced through sharing experiences . . . and so much more !!

*Daily Schedule posted in Classrooms

Purpose

Our goal at Loch-Meadow is to provide a warm and loving atmosphere in which your child can grow and develop a positive self concept. We are aware that all children do not develop at the same pace. We try to gear our program to meet the needs and interests of each child. We believe that all children learn best through play. We believe that when children are actively involved in the learning process they will not only learn but develop to their own potential. We are anxious to do a good job and appreciate your trust in us.

Religious Affiliation

Loch-Meadow Kindergarten, Inc. is privately owned and operated by Karrah Pope. We are not affiliated with the Church of the Good Shepherd, we are a tenant.

Loch-Meadow Kindergarten does not discriminate by sex, religion, race or age in hiring or enrolling children. Our enrollment is open to children ages 18 months to 6 years old.

Admission Policy

Inquiries for admission are referred to the Director. Registration is accepted when the enrollment form and pre- school physical form along with a deposit (non-refundable) are presented. If space is not available, the child's name is placed on a waiting list.

A Virginia State Immunization and Health form must be on file with the school before the start of school. Children of Kindergarten age must have had the Measles Booster, Chicken Pox vaccine and the HIB shot. Before the start of each subsequent school year, we require a statement that all immunizations are up-to-date.

Tuition Rates for 2025-2026

Class	*Year Tuition	Month Tuition	Materials Fee
Toddler Class-MWF	\$3250	\$325	\$125
2's (2 day)- T/TH	\$2650	\$265	\$125
2's (5 day)	\$4250	\$425	
3's (3 day) - MWF	\$3100	*\$310	\$125
3's (5 day)	\$4100	*\$410	
4's(5day)(9:00am-1:30pm)	\$4800	\$480	\$125
Kindergarten (9:00am-1:30pm)	\$5150	\$515	\$125

*****We ask that all children enrolling in our 3's program be potty trained before the start of school. If your child is not able to potty independently, a \$25/month fee will be added to the tuition until they become potty trained.***

Additional Programs:

Early Drop Off (8:30am) \$5/day
Extended Day (12-1:30pm) **(must be potty trained)** \$14/day

Tuition rates will not be prorated due to school closings and cancellations, student/family vacations, and/or sick days.

Tuition payment plan is payable by the month, biannually or year.

*Materials fee is payable at the beginning of the school year, by September 15, 2025.

Cash, Check or Zelle accepted. Make checks payable to LOCH-MEADOW KINDERGARTEN.

Statements will only be sent if you are in arrears. Please pay promptly. **Payment is due the 1st of the month.** \$25 late fee after the 15th

Parents over 60 days in arrears will be asked to withdraw their child until the account is settled.

LMK requires a 30-day written notice before withdrawing your child. You are responsible for a full month's tuition if your child is withdrawn anytime during the month.

There is a \$35 charge for returned checks.

Extended Day, Early Drop Off and tuition may be combined.

Goals and Objectives For Kindergarten

SOCIAL and EMOTIONAL:

- listen attentively, follow rules, procedures, and directions
- exhibit self-control and resolve conflicts effectively
- be a respectful and contributing citizen in the school community
- work effectively within a group, including leadership skills
- actively participate and offer ideas
- work effectively during independent time, completes work in a timely manner
- use problem solving skills to generate solutions
- put forth best effort when completing work
- persevere even when work is difficult

Our Kindergarten class follows, but is not limited to the Virginia Standards of Learning for Kindergarten for English, Writing, Math, Social Studies, Science and the Arts. Select Language arts and Math goals are listed below:

- build oral communication skills and expand vocabulary
- recognize and print letters of the alphabet
- use the basic phonetic principles of identifying and writing beginning sounds
- write to communicate ideas for a variety of purposes
- demonstrate an understanding that print conveys meaning
- demonstrate comprehension and story elements to fiction and nonfiction books

Four Year Olds continued

INTELLECTUAL:

- develop reading readiness skills (alphabet, sounds, sequencing)
- develop math readiness skills (numerals, patterns, classification)
- speak in complete sentences
- learn days of the week, seasons of the year
- refine large and small motor skills
- discover the world around them

*Daily Schedule posted in Classrooms

Loch-Meadow Kindergarten is open 9:00 am until 12:00pm during the week. Extended days are Monday thru Friday to 1:30 pm

LMK Detailed Calendar 2024-2025

Open House – Toddlers & MWF 3s	Aug. 25
Open House – 2s, 5 Day 3s, 4s, K	Aug. 26
First Day of School	Aug. 27
Labor Day Holiday	Sept. 1- Sept. 3 (no school)
Fall Picture Day – 2s and 4s	Sept. 30
Fall Picture Day – Toddlers, 3s, K	Sept. 29
Fire Safety Week	Oct 5-11
Teacher in-service Day	Oct. 13 (no school for students)
Original Artwork Due	Oct. 15
Fall Conference Day – 2s	Oct. 16 (no school for 2s only)
Fall Conference Day – 3s	Oct. 17 (no school for 3s only)
Fall Festival	Oct. 23
COGS Trunk-or-Treat	Oct. 26
Veterans Day	Nov. 11 (no school)
Trike-a-hon Fundraiser for St. Jude	Nov. 12
COGS Gingerbread & Jazz	Dec. 7
Holiday Musical Program	Dec. 12 (no long day) early dismissal for Toddlers
Winter Break	Dec. 22 – Jan 5
Return from Winter Break	Jan. 6
Teacher in-service day	Jan. 16 (no school for students)
MLK Jr. Day	Jan. 19 (no school)
Mid-Year Conference Day – 2s	Feb. 5 (no school for 2s only)
Mid-Year Conference Day-3s, 4s, K	Feb. 6 (no school for 3s,4s,K)
Presidents’ Day	Feb. 16 (no school)
Read Across America Spirit Week	March 2-6
Teacher in-Service Day	March 20 (no school for students)
March Break	March 23 (no school)
Spring Break	April 3 – April 10 (no school)
Teacher Appreciation Week	May 4- May 8
Spring Picture Day Toddlers, 3s, K	TBD
Spring Picture Day 2s and 4s	TBD
Field Day	May 15 early dismissal for 4s & K 12:15 (no long day)
End-of-year Conferences- 4s & K	May 22 (no school for 4s & K)
Memorial Day	May 25 (no school)
Spring Musical Program	May 28 (no long day)
Last Day of School	June 4
Teacher in-service Day	June 5 (no school for students)

Inclement Weather

In the event of inclement weather, we usually follow Norfolk Public Schools. If they are closed, so are we. If they decide to open one-two hours late, **we will be closed**.* We do not want to run the risk of

accidents with the little ones. School closings are broadcast on tv and radio stations. We do not make up severe weather closing days.

*LMK reserves the right to open school if NPS calls a delay. You will be notified by email.

Parental Involvement

We enjoy having parents share their talents with the class. If you want to help in any way, please let us know. If you are interested in substituting when a teacher is sick, let Karrah Pope know.

We need help with holiday parties. Please let the teacher know if you can help. Thank you in advance.

Art

We have art classes for the 4-year-old and Kindergarten classes once a week. Mrs. Nancy Zedd is providing the classes for us. Fee is included in tuition.

Music

Children will have music once a week. Ages 2 and older will participate. Mrs. Beckie will orchestrate a Winter and Spring program to let parents see what they have learned.

Physical Education

Children will have PE on Friday mornings during school time. They should wear comfortable clothing and appropriate shoes on those days to help with movement. Ages 3 and older will participate.

Goals and Objectives *For Four-Year-Olds*

SOCIAL:

- develop a positive self-image
- develop awareness of self and others, work with a group
- experience sense of responsibility by taking care of classroom and personal needs
- share; experience give and take
- learn to enjoy school and learning
- learning the importance of acceptable behavior

BEHAVIORAL:

- follow oral directions
- accepting responsibility for actions
- establishing good hygiene practices
- learning to wait one's turn
- settling disputes with words instead of actions
- increasing attention span to at least 15 minutes; ability to adjust according to the activity
- develop perseverance - stay with task until completion
- use time wisely

Goals and Objectives

For Three Year Olds

SOCIAL:

- develop trust, alleviate mother separation anxiety
- learn to cooperate within a group
- learn to verbally communicate feelings
- learn acceptable methods of dealing with feelings
- build self-image through successful task completion and group appreciation

BEHAVIORAL:

- foster better understanding of peer behavior (cause/effect)
- learn to interact with authority figures
- increase attention span
- accept responsibility in classroom

INTELLECTUAL:

- improve language skills through experiences
- develop knowledge of math concepts through experience (sorting, counting, measuring, shapes)
- develop fine and gross motor skills
- develop shape, color, number recognition
- develop visual and auditory classification skills
- develop sequencing skills through retelling stories, songs
- recognize and begin to write first name
- develop visual tracking skills (follow dots, etc.)

*Daily Schedule posted in Classrooms

Medication Policy

Children that require emergency and/or prescription medication during the school hours must follow the guidelines below.

1. Medication must be presented to the Director in the original prescription bottle. Dosage must be clear on the label.
2. Medication should not be sent in the backpack. A parent or adult must hand the medicine to the Director.
3. Only those with M.A.T. Training will administer medication.
4. We must have written authorization to administer medication. Forms available from the Director.
5. The Director will record the time and date the medication was administered on the log sheet. The sheet and all medications will be stored in the locked closet. Medications requiring refrigeration will be kept in the kitchen refrigerator.
6. It is the policy of the school for all sunscreen products to be applied at home. No sunscreen products will be applied at school.
7. Insect spray sent from home must be labeled with the child's name and date and must be given to the teacher so that it may be kept in a locked area.
8. Diaper ointment is not provided by the school. Any ointment coming from home must be labeled with the child's name and a medication form will be filled out as to its use. It will be kept in the child's bag, out of reach.

Healthy Snacks for Children

With your help we can adhere to the USDA guidelines for nutritious snacks. **Snacks MUST contain two food groups.**

Fruits and Vegetables - Almost all of the snacks served to children should be fruits or vegetables. Fruit can be served whole, sliced, cut in half, cubed, or in wedges. **Grapes MUST BE CUT lengthwise.** Vegetables can be served with dips like hummus, bean dip, or salad dressing.

Healthy Grains - (whole grains that are low in fats and sugars) - Serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains. (Whole wheat [or other whole grain] should be the first ingredient listed.) Healthy whole grain options can include: English muffins, pitas, or tortillas; breakfast cereal;

crackers; rice cakes; tortilla chips; granola; cereal bars; breadsticks; pretzels and goldfish.

Low-Fat Dairy Foods - To protect children's bones and hearts, make sure all dairy foods are low-fat or fat-free, such as yogurt and low-fat pudding. Choose lower-fat cheeses.

Healthy Beverages – Water only.

Please DO NOT send popcorn, peanuts, or marshmallows.

Parents are responsible for sending in a snack from **two healthy food groups** each day your child attends school. Bento Box - Ice pack.

*You will be notified if there is an allergy in the classroom.

Allergies

We have designated some classrooms as peanut/nut free rooms. This is to insure that no nut products are used in the classrooms or eaten in these classrooms to help make the area safe for children with peanut (life-threatening) allergies. We are extra cautious with these rooms. You can help by reading labels before sending in snacks and especially treats for parties, etc. For example, M & M candies and animal crackers are made in factories that contain peanuts. These will not be allowed in these classrooms. When sending in treats for teachers, make sure they are nut free also. Please keep the school apprised of your child's allergy history.

Extended Day

Interested parents may sign their child up on a first come, first serve basis. Children must be potty trained.

Goals and Objectives ***For Two Year Olds***

SOCIAL:

- learning to be away from parents
- go from isolated playing to playing together as a group
- learning to share and compromise
- develop independence

BEHAVIORAL:

- learn to follow verbal instructions
- distinguish between appropriate and inappropriate behavior
- learn to follow transitions and routines
- learn there are consequences for actions (cause/effect)

INTELLECTUAL:

- develop gross motor skills (through balls, playground, tricycles)
- develop fine motor skills (through clay, coloring, painting)
- develop awareness of color, shapes and textures
- develop understanding of world around him (seasons, holidays, events)
- develop oral language through verbalization and music

*Daily Schedule posted in Classrooms

Emergency Procedures

In the event our building becomes unsafe due to fire, flood, or other emergency, you will be notified where to come and get your child. If the building is deemed hazardous, the children will be taken to the side field of the Church lot on Shirland Avenue and you can pick them up there. Staff members will stay with your children until everyone is safe with a parent. The Director's cell phone number is **(757) 282-1262**.

We practice fire drills monthly and other hazardous drills quarterly. We have emergency supplies on hand to care for the children in case of a national disaster. In the event word goes out that impending disaster is headed our way, please pick up your child **ASAP**. Your child's safety is of supreme importance to us.

Potty Training

We want to encourage parents to work with children at the age of 2 on training. Our goal is to have all 2's trained before entering the 3 yr. old class to enable 3 yr. old teachers to teach and not spend the morning in the bathroom!

Two Year olds- Please provide labeled diapers for changing. If potty training, send a change of clothes in backpack in case of accidents. Label Everything.

Anytime your child outgrows something, we can use for potty accidents, we would appreciate donations! We also need old towels for drying off the playground equipment. Thank you for any donations!

Extended Day will be everyday 12-1:30 pm. The cost is \$12 per day. (i.e. if there are 4 Wednesdays in the month = \$48) payable to Loch-Meadow Kindergarten. Payment can be included in tuition check. Drop in – check with Director.

Please send a separate lunch for the children. **Label with name and date.**

Beginning of year - Sign up on board in the hallway. Midyear - talk with the teachers about vacancies. Black marker = guaranteed, Red marker = drop-in.

Toddler Enrichment Class

This program is for children 18-30 months. The hours are 9-12 Monday, Wednesday, Friday. The children bring a lunch and water and eat about 10:45 am so they are ready for a nap when you pick them up. Please provide diapers. Feel free to send anything your child finds comfort with – blanket, stuffed toy, etc. in the beginning to help ease the transition. **Label ALL belongings.**

Early Drop Off

Children may be dropped off at 8:30am. Cost is \$5 per morning. All children arriving before 8:55am are in Early Drop Off. Sign in sheet is located on the entrance table. You do not need reservations. We are always ready for the children.

Arrival and Dismissal Procedures

ARRIVAL - NO EARLIER THAN 8:55 AM. (unless you sign in for Early Drop Off- 8:30am)

Use door at back of parking lot. Do not leave car engines running in the parking lot. Do not leave car in fire lane.

1. Call 757-489-2008 if you have a problem in the morning.
2. Parents bring children into the building to assist with unpacking, toileting, and washing hands before engaging in play.
3. The doors will be locked at 9:15am. Ring bell for entry.

DISMISSAL –

Please pick-up promptly. There is a fee for late pick-up. If it is 10 after, your child will be taken to Long Day and charged for the day.

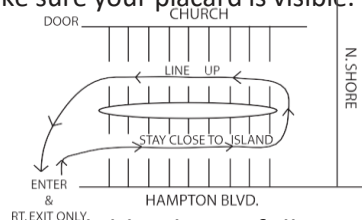
1. **Carpool is a NOISE-FREE Zone. Please refrain from talking on your cell phones during dismissal.**
2. Everyone in the carpool should have a name card for authorized pick up. Display this card in the car windshield. Hang on rear view mirror **EVERY DAY** for us to read.
3. Please send in a note if your child is to be picked up by anyone other than your usual carpool. Verbal messages from the children cannot be accepted.
4. **Children must have a car seat in the car. We cannot put children in cars without a restrain device.**

Line up in cars as shown in diagram. Make sure your placard is visible. We will bring the children to your car.

Please do not get out of your vehicle in the carpool line.

Drive to the nearest parking space to belt the children in.

If you are picking up more than one child, please follow this procedure for safety reasons. Please do not stop on Hampton Blvd. Circle around the neighborhood if backed up and come up North Shore.



***PLEASE DO NOT PARK AND WALK UP TO THE DOOR, IT SLOWS US DOWN AND CREATES CONFUSION. IT CREATES A DANGEROUS SITUATION WITH SO MANY CARS.**

Conferences

Conferences are scheduled twice a year for 2s/3s/4s/K to help you be informed of your child's growth. A cumulative record is kept on each student including health information, educational progress, permission information, and samples of the student's work and drawings. This information is shared with you at parent conferences. If you feel the need to discuss your child's progress at any time, feel free to schedule a conference with the child's teacher. Conferences should not be held during class time or at drop-off. Please keep us informed of things that can be affecting your child's behavior at school. (i.e. Dad is away, medicine child is taking.)

Discipline

At LMK, we believe that clear expectations and positive guidance help children thrive in a safe and nurturing environment. Our school rules are designed to promote a positive preschool experience for every child. We use a positive redirection approach, guiding children toward appropriate behaviors with patience, empathy and encouragement. Our goal is to help children develop self-regulation, problem-solving skills, and respect for others. Our teachers actively model positive behavior by treating children and one another with kindness, patience, and respect. Through daily interactions, they demonstrate how to navigate social situations, express feelings in healthy ways and resolve conflicts peacefully. If a child is in danger, or is putting others at risk, they will be calmly removed from the situation to regroup before returning. In rare cases, if a child consistently exhibits behavior that presents a safety concern and is not manageable within our setting, we may determine that continued enrollment is not in the best interest of the child or the class. Families will typically receive a 2-week notice. However, if there is an immediate safety risk, disenrollment may take effect sooner. **Please be assured that our staff will never use physical punishment, threats or without food as a form of discipline.** We are committed to treating every child with kindness, dignity, and respect.

Toys

With the two year olds, we are flexible about lovie's, etc. needed to help the child feel more secure. With the other ages, we suggest toys be brought from home **only on days specified by the teacher** as in Show & Share days, etc. Toys should be small enough to be carried by the child himself. Teachers cannot accept responsibility for the toy. Children need to understand that the other children may want to play with the toy and be prepared to share. Do not send toys with little parts that can get lost/come off.

Books may be brought at any time. These are not considered toys. Please **label with the child's name**. Items should fit in backpack.

Monthly Calendars

Monthly calendars will come home with your child at the end of the month. Newsletters will be sent to you via email. This will keep you posted on events during the coming month. School closings and special events will be noted. We also will give you clues about what the children are doing that day to help you with following up at home. **Post calendars on the fridge so you won't lose them**. The school has a webpage at www.loch-meadowkindergarten.com and a facebook page Loch-Meadow Kindergarten.

Clothing

Children should wear play clothes to school. We play, paint and do other fun messy things and cannot always prevent stains to clothing. Comfortable tennis shoes are appropriate. Flip flops and open toed shoes are unsafe on the playground.

Please be sure to **label layered clothing**. We go outside every day that the weather is nice. See that your child is dressed appropriately for the weather.

WALKERS - Go to the main door and get children from the teacher at the door.

LATE PICK UP POLICY. Children not picked up by 12:10 pm will be placed in Extended Care. Parents will be charged \$5.00 for each 10 minute interval following 12:10 pm.

For example: 12:11=\$5, 12:21=\$5. **(PAYABLE AT PICKUP TIME.)**

Make sure your child is under your control in the parking lot. **(HOLD THEIR HAND.)**

Policy For After Hours Pick-Up

Loch-Meadow Kindergarten wants to insure the safety of all children in its care. If you are unavoidably late to pick up your child please notify the school as soon as possible. If no one comes to pick up your child we will call the phone numbers you have given to us in the following priority:

- | | |
|--------------------------|------|
| Mother | cell |
| Mother | work |
| Father | cell |
| Father | work |
| Emergency phone number 1 | |
| Emergency phone number 2 | |

In the event we cannot find someone to pick up your child the Director will determine the safest, reassuring method of keeping your child until such time as they are picked up. In the event the Director must take your child home with her, a note will be left on the inside door of the school and messages will be left on answering machines.

Birthday Parties

The children enjoy celebrating their birthday at snack time. You can send in a simple snack, if you choose, and we'll all sing.

If you are having a home party and not inviting the whole class, please MAIL your invitations so no one feels left out. If the whole class is invited, we'll send the invitations home with the children for you.

No - No's

Please **DO NOT** send: *GUM, CANDY, GUNS, VIDEO GAMES, UMBRELLAS* or *RAIN BOOTS* to school. **Breakfast should be eaten at home and will not be permitted in the classrooms.** Children are discouraged from playing guns and war games at school.

Illness

Please keep your child home when he/she has a fever, diarrhea, rash, vomiting, discharge from the eyes or green discharge from the nose or ears. Not only is your child contagious, but his resistance is down and he could get sicker. Child should be **free of symptoms for 24 hours** before returning to school, without medication.

Make sure we have 2 up-to-date emergency numbers.

Children need to be up-to-date on immunizations. A signed health form must be on file for each child.

Contact the school if the child is not coming to school. **(757) 489-2008** Children who become sick at school will be separated from the class and kept comfortable until you pick them up.

We reserve the right to have you take your child home if they exhibit the above mentioned symptoms when entering the classroom.

Book orders

Go to www.scholastic.com. On the left side, select "Parent", then sign in. Set up an account - Add child. The class activation code is GLVBH.

Solicitations

Sometimes during the year, I am asked by different educational companies to send home offers for book clubs or reference materials. When I send this home, you are under no obligation to buy them. In turn for sending them home, the school receives free books or school equipment - too good to pass up!

Staff

All members of our staff are of the highest caliber, both academically and morally. Our teachers have college education and/or years of experience in early childhood education. This knowledge and ability are augmented each year through scheduled workshops, in-service training and conventions. Our staff completes a minimum of 16 hours of Professional Development each year.

All members of our staff must have yearly doctors' certificates stating that they are free from any disease which would prevent them from teaching.

All persons hired in any capacity in our school must be fingerprinted and checked against the National Registry that they have no criminal background, and a check through the Department of Social Services for child abuse convictions.

Book Bags

A NECESSITY!!! It is extremely helpful if each child has his/her own bookbag/backpack in which to carry home treasures. Please check this bag nightly for important news from school. **Label the bag with name.**