



# TRUE SUNSHINE

- PRESCHOOL CENTER -

真日光幼童中心

777 Stockton Street. Suite 201. San Francisco. CA 94108



Yoga with Teacher Wendy from YMCA

Dear True Sunshine Community,

Happy Summer!!

Last month children ended their unit with traveling to one of their favorite places. The place they had chosen was San Francisco Zoo. Since we could not get the place reserved early enough in June, we are bringing the children to the Zoo in July. It's been reserved for July 12th. You will see the field trip permission slip in your child's folder soon. Three chaperones from each class are needed. **Please note: To ensure the safety of all children on any field trips, when a child does not behave safely in general, such as: not listening to instructions, running away from groups, screaming/crying, hitting/biting, etc., that child won't be able to join the field trips.**

Right now children are doing Yoga. They learn different poses to calm their body, mind, and strengthen their balance and flexibilities. Talk to your child about what they've learned each day and practice the poses with them at home. After Yoga, children will be learning "Hip Pop" dance as part of cultural awareness. Children will come up their own hip pop dance routine and parents are invited to come and see the performance towards to the end of July.

To ensure we have meaningful events planned for our children and community, we need our parent's support. We need more members to join our Parent Advisory Committee. Let us know if you interested. To make it as part of our children's growing memory, I look forward to a strong team to bring all the fun events together.

Communication brings us together, and it helps parents know what the kids are doing and learning at school. We have look into ways to help you know more about your child's life at TSPC. HEARD is an app that we are testing in communicating with you. We will be adding your email address to the group in the next couple weeks so you will start receiving information about your child/children;s life at TSPC regularly.

Sincerely,  
Diana  
Executive Director

## Special Requests and Announcements (please read)

- Please apply sunscreen lotion for your child before coming to school in the mornings. We will be out a lot, and it is to protect your child from sunburn. If you need a staff to re-apply sunscreen for your child during the day, please bring your own sunscreen lotion in a ziplock bag with your child's name on it. We will have a form for you to sign to authorize one of our staff to apply the sunscreen for your child.
- Please donate recycled boxes (ex. cracker boxes, cookie boxes, candy boxes)
- Please call the school before 10 am if you child is to be absent for the day. Otherwise, your child will be marked for an unexcused absence.
- Upon arrival to the school, please walk your child to the bath and have him/her to wash his/her hands
- Please continue with both electronic and paper sign-in and -out.
- Please sit down with your children as they sign their name
- Please make sure your child does not come to school with any sweets or unhealthy snacks. If they have unfinished food, please have them finish them before entering the school.
- Please remind your child that toys can only be brought to school on Fridays, and children will have the opportunity to share their toys during Show and Tell time.
- Please check with your child about their day at school (what they learned, what their teachers said, the stories they heard, what they ate and etc.)
- Please tidy up your child's cubby by taking home what is in it on Fridays.
- Please check children's fingernails for cleanliness on a weekly basis

## Important Dates

### **Birthdays:**

07/03 Leo  
07/08 Damon Huang  
07/11 Jayden Tran  
07/18 Justin Fang  
07/22 Jackson

### **Others:**

6/25 - 7/6 Yoga Theme  
07/04 No School--Independence Day  
7/9-7/26 Dance and Movement  
07/12 Field Trip San Francisco Zoo  
Other Local Field Trips (TBA)  
7/23 TSPC Dance Performance (by your child/children) 4:30-5:30



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## Special Acknowledgements

- Thank you to all the parents who donated to our school
- Thank you to all the parents who have donated craft materials for the classroom

## Camp Highlight

During the first two weeks of our Summer Program, children learned about cooking. Children had opportunities to eight different cooking activities under the guidance of teacher Julie and teacher Mei Yi. Children also went on two walking field trips locally.

In the first cooking week, teacher Julie taught the children how to make fruit jello, sponge cake, red bean and green bean popsicles and green juice. Prior to making green juice, we took the children to the local farmer's market in the Crocker Galleria, and purchased the ingredients needed to make the green juice on the following day.

In the second week, children learned how to wrap Zhong Zi (Chinese tamales, in celebration of the Dragon Boat Festival), cocoa cookies, fruit salad and crepes with eggs.

As children participated in different cooking activities, children learned the names of the recipes and ingredients used. They learned that each recipe consists of different ingredients and amount needed were also different. The children also learned how to cut using plastic knives, and how to use a blender. They also revisited the sense of touch (feeling the texture of the ingredients) and taste (eating the food).

Throughout the two weeks of cooking, children experienced trial and error, food preparation, following directions and more importantly, tasted their own masterpiece. Children had the chance to taste individual ingredients during preparation and learned that most ingredients on its own are not pleasing to our taste buds. As children tasted their masterpiece, they learned that some dishes taste better when served cold and others taste better when served hot or warm.

## Fundraising

### **Schoola**

- Check out our new Schoola storefront where you can shop to earn funds for True Sunshine!  
[truesunshinepreschool.ashopz.com](http://truesunshinepreschool.ashopz.com)

### **Amazon**

- When making Amazon purchases use the link <http://smile.amazon.com/ch/94-2242733>. True Sunshine will receive 0.5% of all of your purchase.

### **Food4Less**

- Do you shop at Food4Less? If so, please visit [www.food4less.com](http://www.food4less.com). There you may register to donate a portion of your purchases under the community rewards tab.