

# SEED TO SPROUT PRESCHOOL

● ● ● December 2024 ● ● ●



Happy Holidays! December is a magical time of year at preschool and we're all looking forward to the fun it holds. This month we will hold a holiday program on the last day of school before holiday break. Because our classroom space is limited, each student may bring 2 adult guests. Please limit children to younger siblings who are not in school. More information will come soon!

## Important Dates

December 13  
Registration Begins

December 19  
Holiday Program  
(last 30 minutes of class)

Dec. 24-Jan. 2  
NO SCHOOL  
Winter Recess

## Birthdays

18th Liam K.



## Storytelling

*Cinderella*



# WHY WE PLAY

● ● ● For Mental Health ● ● ●

Over the past 50 years or so, researchers have noticed a sharp decline in the amount of time American children spend in self-directed play. Concurrently, they also noted a substantial increase in psychological and emotional disorders in American youth. Anxiety and depression are among the psychopathologies observed to be on the rise.



Research professor Dr. Peter Gray argues that the connection between the reduction in play and the increase in psychopathology early in life is not just correlation, but actually causation. He notes the move from intrinsic motivation to extrinsic motivation. Free play is purely intrinsically motivated. Children play, explore, pretend, and build because they

are driven by an internal sense of wonder and interest. Children feel a healthy sense of control and power. Conversely, many of the organized activities that have replaced children's free play time are extrinsically controlled, chosen and directed by grown-ups and generally driven by their goals and objectives.

Dr. Gray also shares:

**“Social play makes children happy, and its absence makes them unhappy.”**  
It doesn't take a PhD in psychology to recognize that if one is deprived of that which makes them most happy, an inborn drive and stress-reliever, they will be more vulnerable to the diseases of unhappiness like anxiety and depression.



# 2025-2026 REGISTRATION



Registration for currently enrolled students and their eligible siblings will open on **December 13th at 9 am**. Watch your email that morning for a link to the registration page. I always hold each student's place in their current class (AM or PM) for the first 24 hours of the returning student registration period. If you would like to stay in your current class, please submit your registration form and pay your fee within this 24 hour period. After that point, class availability will be updated and you may lose your spot. If you don't plan on returning, you don't need to do anything and your child's spot will open up to other registrants on day 2.

If you would like to switch classes, you may do so as soon as registration is open. I suggest that you submit your registration for the new class ASAP, as spots typically fill quickly. I will do my best to keep class counts updated so that openings are accurately reflected on the website and if you aren't able to get into your preferred class, keep checking back throughout the day to see if availability has shifted.

You may register siblings any time during the priority registration period for any open spots reflected on the website. Note that siblings will have a different registration link in the email.

A second round of priority registration will open up on December 27th to those on my waitlist. If you plan to return next year, you will want to be registered prior to this date as my waitlist is quite lengthy and there is a high probability that any remaining spots will be filled at that time.

**If your child has a summer birthday and you plan to keep them in preschool for 1 more year, please let me know ASAP if you would like me to hold their spot for the first day of registration.**