



REFLEX
DISCOVER

The Pearland Gymnastics Academy
Active Learning Program

****REFLEX Discover is a licensing-exempted gymnastics skills program.
We are NOT a state licensed program or facility. ****

DISCOVER TUITION

Monday/Wednesday - \$180/month

Registration Fee - \$95

(Tuition includes instructional gymnastics)

REFLEX DISCOVER PROGRAM

PLAY LEARNING PROGRAM (Monday)

9:00 a.m. – Arrival/Social play/Restroom

9:30 a.m. – Circle time (Songs/Calendar/Pledge)

9:55 a.m. – Fine motor skills

10:20 a.m. – Active learning stations

10:40 a.m. – Snack from home/Restroom

11:00 a.m. – Science center

11:45 a.m. – Lunch from home/Restroom

12:35 p.m. – Feelings/Emotions

1:15 p.m. – Instructional gymnastics

1:50 p.m. – Backpacks/Water bottles/Folders

2:00 p.m. – Time to go home!

PLAY LEARNING PROGRAM (Wednesday)

9:00 a.m. – Arrival/Social play/Restroom

9:30 a.m. – Circle time (Songs/Calendar/Pledge)

9:55 a.m. – Fine motor skills

10:20 a.m. – Active learning stations

10:40 a.m. – Snack from home/Restroom

11:00 a.m. – Active play (drama/skits) Cooperative play (working together) Imaginative play (acting out experiences)

11:45 a.m. – Lunch from home/Restroom

12:35 p.m. – Music/Spanish

1:05 p.m. – Centers/Logic & Reasoning

1:35 p.m. – Story/Reading

1:50 p.m. – Backpacks/Water bottles/Folders

2:00 p.m. – Time to go home!

REFLEX DISCOVER PROGRAM

SCHOOL SUPPLY LIST

Below is a list of school supplies each child needs to bring the first day of school or to OPEN HOUSE would be great!

- 1 Pencil Box
- 24ct – Box of crayons
- 1pr – Preschool scissors (round blunt edge)
- 1bx – Primary pencils (for beginners)
- 2pkg – Assorted colored construction paper
- 10ct – Box washable markers
- 1bx – Tissues
- 2 – Two pocket folders with prongs
- 1 – 3 ring 1” binder
- 2 – Primary handwriting tablets (Pre-K/Kindergarten)

We also happily accept donations of dress-up clothes and other toys or educational items to be used in our class!

Thank you so much and we are so excited to meet NEW friends and see OLD friends that will be joining our class again!

REFLEX DISCOVER PROGRAM

PARENT ORIENTATION

CALENDARS – Every month on the first day of school for that month, we will post the monthly calendar on the board right outside the class room (PARENTS CORNER). If any changes need to be made during the month the calendar will be updated on the board and an email will be sent out. A “WEEKLY” curriculum for (Tues/Thurs) classes and (Mon/Wed) classes will also be posted at the “Parents Corner”!

STUDENT FOLDERS – Each student will have a folder that will consist of all the work done for the day and/or any school information being sent home. PLEASE REVIEW AND EMPTY YOUR CHILD’S FOLDER ON A REGULAR BASIS. These folders need to be put in your child’s backpack and returned on your child’s next school day.

SPECIAL EVENTS – Special events are noted on your monthly calendars (as well as on your “monthly themes” information). We will also put your information about these days on our board and verbally touch base with parents during drop-off and pick-up. If changes are made to the date of special events, we will email the change to you and send home letters.

BIRTHDAYS – Birthdays are a magical thing in pre-school! On a student’s birthday, you may bring cookies or cupcakes to help celebrate your child’s special day!

ENCLEMENT WEATHER – In the event of unforeseen extreme weather we may choose to cancel class or ask you to pick your child up early. Your child’s safety is our main concern also the safety of our teachers. The weather alerts/closings will be posted on our website. We will always try and give you as much notice as possible!

WATER BOTTLES – All students are to bring reusable sport-like closeable water bottle to school every day. We will refill their water bottles as needed. They will use this water bottle during snack time and throughout the day. Please make sure and have student’s name on their water bottle.

SNACK – All students are to bring a nutritious snack to school every day.

LUNCH – All students are to bring a lunch to school every day. This needs to be a lunch that doesn’t need refrigerated or heated up in the microwave. We do stress to the children that a good portion of their lunch needs to be finished first before eating their dessert. We are a NUT-FREE environment, please refrain from putting any nut products in your child’s lunches!

EMERGENCY PROCEDURES – During the year the children will be performing safety drills in the event of a fire, tornado or a security lockdown. Parents will be notified as soon as possible by email or cell should the situation ever occur.

DROP-OFF/PICK-UP – The classroom will not open for drop-off until 9:00 a.m. This allows time to properly prepare the room for the day. You may enter through the gate and your child may hang up their backpack and unpack their water bottle and wait WITH AN ADULT until the door opens at 9:00 a.m. Please do not drop off your child unattended. If for some reason you need to drop-off early let us know as we will be more than happy to help you out! A sign-in/sign-out sheet will be available when you drop-off and pick-up your child. If someone else is picking up your child you must notify the front desk and have them give us the information. If it is someone that we are not familiar with we will ask to see that person's ID for proper identification.

BRINGING TOYS – We will have special days throughout the year to bring things from home. Please refrain from bringing toys from home unless requested!

CHILDREN'S ATTIRE – Gymnastics is a part of your child's curriculum along with sports play. Please remember when dressing your child (girl) if wearing a dress that she wears shorts under it. Zippers and buckles are not comfortable to the children while doing gymnastics – plain elastic shorts or pants are great! Children will be taking shoes off/on throughout the day...flip flops, slip-ons, Velcro-fastener shoes are much easier for the children to take off and put back on!

RESTROOM BREAKS – Several restroom breaks are scheduled during the day. Children must be fully potty trained to participate in the Sprouts program, but we do understand an occasional accident. Please make sure an extra set of clothes remain in your child's backpack for the entire school year!

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THEMED MONTHS

Below is a list of the themes for each month. Also provided are dates for special events, parties and days we do not have school.

<u>September:</u>	<u>Back – to – school/All about me</u>
<u>October:</u>	<u>Fall/Harvest/Pumpkins</u>
Oct. 25	Fall Party
<u>November:</u>	<u>Family/Thankful/Thanksgiving</u>
Nov. 15	Thanksgiving Feast @ 11:00 a.m./Early dismissal
Nov. 19 - 23	Thanksgiving Break (NO SCHOOL)
<u>December:</u>	<u>Winter/Jesus/Christmas</u>
Dec. 20	Christmas Skit/Party @ 11:00 a.m./Early dismissal
Dec. 24 - Jan. 4	Christmas Break (NO SCHOOL)
<u>January:</u>	<u>“I can”/Health & Hygiene/Foods</u>
<u>February:</u>	<u>Feelings/Emotions/Valentines</u>
Feb. 14	Valentine’s Day Party
<u>March:</u>	<u>Texas/Rodeo</u>
March 7	REFLEX Sprouts Rodeo (Lunch provided)
March 11-15	Spring Break (NO SCHOOL)
<u>April:</u>	<u>Flowers/Spring/Easter</u>
April 18	Easter Egg Hunt
<u>May:</u>	<u>Summer Time/Year End Program</u>
May 23	Awards & Graduation Day @ 10:00 a.m.

Over all purpose of Discover program:

Gymnastics facilities need additional structured daytime programs that incorporate gymnastics instruction in order to thrive financially and also the supplemental programs help feed into our overall gymnastics recreational program. It allows us to be lucrative in an usual “down time” in typical gymnastics centers while focusing on our main service.