



November 1, 2025



St Patrick's Preschool

November News 2025

Does your child ever fall apart after school? Do they whine and refuse to cooperate, or act angry and mean to you or a sibling? Well, you are definitely not alone. This state of dis-regulation is referred to as After-School Restraint Collapse, and it is a common occurrence.

After-School Restraint Collapse is when a child has an emotional outburst (like a tantrum or meltdown) after school. When a child is at school they are expected and encouraged to listen, to share, to follow directions, and to be a part of a functioning group. They work hard all day to stay on track and behave in the way that is expected of them. When they get home, or reunite with a parent, sometimes they just

fall apart. This is because they've been working hard all day and finally feel safe to release pent up emotions.

To help, offer a healthy snack and water, provide a calm, quiet space for decompression, and avoid asking too many questions right away. This behavior is normal, a sign of effortful self-regulation, not misbehavior. So take a deep breath and be patient, this behavior will resolve over time!

More great information in the article linked below!

[Navigating After School Restraint Collapse](#)

IMPORTANT

Upcoming Events:

- November 11th - Veteran's Day Holiday **NO SCHOOL**
- November 26-28th - Thanksgiving Break
No Lunch Bunch on Nov 25th
- December 4 - Parent's Night Out (Christmas shopping?) 5:30 p.m.- 8:30 p.m. more info to come!
- December 19th - Christmas Program, parents gather in the sanctuary at 10:45 a.m. (**No Lunch Bunch**)
- December 22nd - January 2nd - Christmas Break **NO SCHOOL**
- January 5th - Back to School 2026!



Reminders:

- Please switch out the extra clothing in your child's backpack so it is weather appropriate.
- **Please do your very best to arrive to school on time.** We have a drop-off window of 25 minutes (8:45 and 9:10) when staff will unload and walk children into the building. When children come in late it disrupts the flow of the classroom and can be stressful for your child (Think about the anxiety you feel when walking into a meeting late).
- Please send your child in layers as the weather gets progressively cooler. Jackets, mittens and hats when appropriate.
- It is very helpful to label outerwear and water bottles with your child's name as many of these items look similar.

