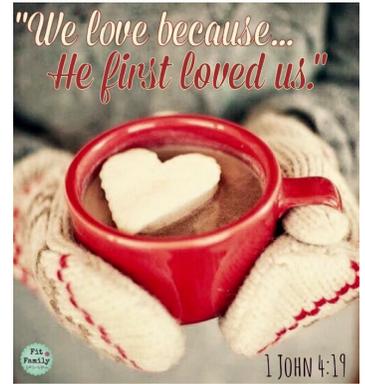


Notes from your preschool director:

February 2018



- * January 30: 6-7 p.m. Early Childhood Family Fitness Night
- * January 31 & February 1: visit from the Nature Center
- * February 2: Family Fun Night
- * February 6: Early enrollment packets due
- * February 12 & 13 : Valentines Parties
- * February 14: Ash Wednesday
- * February 16-19: No school or daycare
- * February 22: 6-7 p.m. Early Childhood Literacy Night
- * February 27: 7 p.m. Kindergarten Open house

Early childhood Family Fun Fitness Night

Preschool-1st graders families

Siblings welcome

January 30, 6:00-7:00 p.m.

Join us for a free, fun, family time

Movement fun in the fellowship hall 6-6:30 p.m.

Play with your child while doing large motor circuits, &

Get ideas for easy affordable activities to do at home.

Yogurt Parfaits in the lunchroom 6:30-7 p.m.

New handouts for take home ideas

Win active play materials to take home

Looking for a Great Kindergarten?

If your child is 5 by August 31st you might be looking for a kindergarten for next year. Holy Cross offers an exceptional kindergarten program in a safe Christ centered environment. Check it out. Mrs. Snow has a blog at <http://k.lovemyschool.net/> Mrs. Snow is also happy to arrange times to have you visit the classroom. Her classroom is in our early childhood wing. Please invite your friends, neighbors, and co-workers to check out our school. Feel free to give them my email. I would love to meet and give them a tour! We have our kindergarten open house February 27 at 7 p.m.

Early Childhood Literacy Event: Bedtime Story Hour February 22, 6-7 p.m.

This event is for children in the Preschool through 1st grade and their families.

Siblings are welcome.

Please join us for an hour of fun storytelling, crafts and snacks.

Children are invited to wear pajamas.

Participants will receive a free book from Holy Cross.

Children must be accompanied by an adult.

The event will start in the lunchroom and travel throughout the school.

Ash Wednesday

Preschoolers will be observing Ash Wednesday, February 14th in Mrs. Newlin's classroom with Pastor Myers. He does a great job of explaining it to the children at their level. It is a hard concept and the small "service" makes it a little less overwhelming.



State Required Preschool Food Guidelines

Cold Lunches

Even if food is sent from home we must make sure that it fit under our state license. We are required to check that all cold lunches include one item from each of the following. **Please make sure foods are cut into bite size, especially grapes and other choking hazards.**

One Protein: meat, poultry, fish, egg, cheese, cooked dried peas or beans or peanut butter

Two serving of any combination of fruits and vegetables

Grain: bread, bread product, or cereal

Dairy/Calcium: milk, cheese or yogurt

Serving size: If you are not sure how much to send for your child, the general guidelines for a preschool age child is a ¼ cup of each food group served.

How to Destroy the teaching Value of Logical Consequences

This list is a good reminder of not-tos while disciplining a child. They take the effect away from teaching/ guiding your child.

- Say, "this will teach you a good lesson."
- Display anger or disgust
- Explain the value of the consequence
- Moralize or threaten
- Talk too much
- Feel sorry and give in
- Contrive a consequence for the purpose of getting even