



Notes from your preschool director: March 2018

Early Childhood Literacy Event: Bedtime Story Hour : March 8, 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.

The Book fair will be open.

Upcoming Dates:

March 8

Family Literacy Night

March 16:

Grandparents' Day

March 19-23:

Spring Break no school

Grandparents (Loved One's) Day, Friday, March 16

It is for all students regardless of what day/time they normally attend. It's a morning that grandparents will not want to miss! The morning will begin with a breakfast snack and fellowship time for grandparents and students at 8:15 in the gym. Next, grandparents and grandchildren will travel around the school as one family unit participating in classroom games and activities. The morning will conclude with a devotion in the sanctuary. Preschool children will be singing two songs at the service. Dismissal will be at 11 a.m. There will be no daycare or lunch at school after this time.

DON'T FORGET TO
SPRING FORWARD
Sunday at 2 am.

Tips
to help your body adjust to daylight saving time

1. **Don't change your schedule**
Stick to regular waking, eating, sleeping and exercise times.
2. **Have a nighttime routine**
Prepare your body for sleep by engaging in a few relaxing activities
3. **Avoid long naps**
Keep naps _____ to avoid disrupting your sleep schedule.
4. **Get some natural sunlight**
Sunlight helps regulate your body's internal clock.

March is National Nutrition Month

Small Steps Create Long-Last Change

Adapted from an article By Sherron French,

Experts tell us it takes 21 days to form a new habit; small steps done consistently over a long period of time result in permanent change. Keep in mind that change is a process not an event; results will come over a period of time!

1. Try one new food each week with the children. Think color, texture and nutrition!
2. Add 15 more minutes of outdoor time. Fresh air is healthy for the children and adults!
3. Drink 8 oz of water more than you normally do. Water helps your body's immune system as well as boosts alertness. Adults and children should primarily drink water throughout the day.
4. Go to bed 15 minutes earlier. Sleep is when your body recovers from the stress of the day and it is also vital for healthy growth. Lack of sleep can cause illness and irritability. Preschoolers are recommended 10-13 hours a night.
5. Adults: take one hour per week to do what you love to do! Explore a hobby, recreational sport or get together with a friend.
6. Quiet time for everyone in your family. Adults: every day take 15 minutes to rest your mind and body. Closing your eyes and allowing your body and mind to relax increases energy levels and eases stress. Children: have quiet book or puzzle time.
7. Rotate one quarter of your toys once a month. Children's brains seek novelty; toy rotation is an inexpensive way to keep things exciting!
8. For your Spiritual health: pray and have family devotions daily. (Added by Jen Myers)

Harmful Effects of Excess Refined Sugar

For the complete article with wonderful research go to: <http://www.askdrsears.com/topics/feeding-eating/family-nutrition/sugar/harmful-effects-excess-sugar>

- Excess simple sugar suppress the body's immune responses.
- Sugar sours behavior, attention, and learning.
- Sugar promotes sugar highs. Research suggests that children are more sugar sensitive than adults, and the effects are more pronounced in younger children.
- Children tagged with the ADHD label are often sugar-sensitive.
- Sugar promotes obesity.
- Sugar promotes cravings. The more sugar you eat, the more sugar you want.
- Sugar promotes diabetes.
- Sugar promotes heart disease.