

Winfree Preschool News

February 2009

VALENTINE SEASON

The Valentine season will be the theme for the month of February. We will have art activities, baking, learning about the Post Office, songs and stories geared to teaching the children about love and friendship. Children will discuss how the Valentine mail goes from place to place. In addition, we will explore transportation. Expressions of love for each other, both at home and at school will be stressed. Many of the classes will also be learning about how to keep our hearts and bodies healthy.

Here's a Valentine song your child may sing:
(Tune: "Did you ever see a lassie?")

Will you be my Valentine, Valentine, Valentine?
Will you be my Valentine,
Tell me, please do.
Nod your head this way
Or shake your head that way.
If you will be my Valentine,
Tell me, please do.

Attached to this newsletter or to your child's calendar is a list of the children in your child's class. Have him/her cut out the names and paste them on Valentines for his/her friends. He/she will have the opportunity to match the names as he/she "mails" the cards at school. (Please do not write the names on the envelopes in cursive writing.) **Toddlers and Two's do not mail Valentines.** Valentines may be brought to school during the first two weeks of February unless otherwise instructed by your child's teachers. **Please do not bring or send sweet treats or candy to school with Valentines.** Classes will be cooking or baking healthy snacks for Valentine's Day.

Ryder Hansen and Erika Anderson on the playground
Winter 2009



DATES TO REMEMBER THIS MONTH

February 5	Jonathan Austin the Juggler, 11:00, 1:15
February 4, 5, 6	Parent - Teacher Conferences for 2's classes
February 11, 12	Parent – Teacher Conferences for Toddler classes
February 24	Preschool Chapel, 9:30, 11:45
February 25	Preschool Chapel, 9:30, 11:45, 3:30

PARENT RESOURCE LIBRARY HAS MANY HELPFUL BOOKS

Books, videos and audio tapes are available to check out by stopping in the preschool office. The church library also has many titles which you may check out on Tuesday mornings. Some of the most popular titles have been:

How to Help Children With Common Problems, Schaeffer and Millman

The Hurried Child, Elkind

Ages and Stages, Miller

Siblings Without Rivalry, Faber and Mazlish

Parent Power, Rosemond

It Worked For Me, Murphy

Golden Rules, Dosick

Why Good Parents Have Bad Kids, Hayes

The Optimistic Child, Seligman

Guide My Feet, Edelman

The Divorce Book For Parents, Ives, Fassler and Lash

If you have a particular question or concern, ask Ginny to help you find a book or article that meets your needs.

TEACHERS REQUEST NO TOYS TO SCHOOL

It is the policy of the school that children leave toys at home. We have ample toys at school and teachers carefully select activities and equipment to meet the educational needs of the classes each week. Children risk losing or damaging their toys when they bring them, and sharing personal toys is much harder than sharing school toys. Please check with your child's teacher before allowing him/her to bring anything not requested on the class calendar. In a related matter, please check your child's tote bag regularly to be certain he/she is not bringing inappropriate items. Recently a child was found to have medicine in his bag.

COLD AND FLU SEASON STRIKES

With onset of cold and flu season, we urge you to remember the school's policy regarding sick children. Children are to be kept home when they show any of the following symptoms: sore throat, green or yellow running discharge from the nose or eyes, severe cough, fever of 100 within the last 24 hours (must be fever free without medication), rash, earache or gastro-intestinal distress.

A VALENTINE FOR YOUR CHILD

It's you I like,
It's not the things you wear,
It's not the way you do your hair-
But it's you I like.

The way you are right now,
The way down deep inside you-
Not the things that hide you,
Not your toys-
They're just beside you.

But it's you I like,
Every part of you,
Your skin, your eyes, your feelings
Whether old or new.
I hope that you'll remember
Even when you're feeling blue
That it's you I like,
It's you yourself, it's you,
It's you...I...like!

-from the song "*It's You I Like*"
by Mr. Fred Rogers

EARLY CHILDHOOD TEACHER'S PRAYER

Lord, I've got too many children and too few hands,
too many demands, too long hours and too little rest,
too much tension and too little notice,
never any peace and not enough pay.
I make less than janitors, parking attendants, and
garbage collectors
though I help mold the human future every day.

Lord, when is our nation going to come to its senses
And value those who care for our children?

from *Guide My Feet*
by Marian Wright Edelman

**Please say a prayer of thanks for your child's teacher
on Valentine's Day!**

CARING FOR A COLD

The common cold is an infection caused by a virus. Colds are not caused by cold air, wet hair, wind blowing in the face or ears, or teething. The infection stays mostly in the nose and throat. A cold is very contagious. It can be spread by sneezing, coughing, kissing, or sharing cups or utensils. Young children may get between 3 and 10 colds in one winter season. Colds usually last about 10 – 14 days.

If your child has a cold, there are a few things you can do to make him or her more comfortable:

- Give plenty of fluids
- Give acetaminophen for fever (check the label carefully for the correct dosage)
- Use a cold air humidifier in your child's room
- Use saline (salt water) nose drops to help clear your child's stuffy nose
- Clear your baby's nose of mucous with a bulb syringe
- Do not give antibiotics or over the counter cold medications

Call your health care provider if:

- Your baby is less than 2 months old and has a cold
- The cold is not better in one week
- The cold seems to be getting worse
- There is a fever over 102
- Your child has difficulty breathing even after clearing his/her nose

Prevention:

- Wash hands frequently and thoroughly
- Get enough rest and sleep
- Make certain that you and your child are well nourished
- Teach your child to cover coughs and sneezes with the inside of the arm (not hands)
- Use disposable tissues and wash hands after each tissue

MITTEN TREE THANKS

Each year Winfree Preschool children fill a Christmas tree with mittens, gloves and hats which are donated to the ministry, Family Lifeline. This year over 200 warm articles of clothing were donated just in time for the hard winter freeze. Thank you for your gifts of love and warmth.

"I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me."
Matthew 25:40

For information about Family Lifeline, you may search www.family-lifeline.org.

REGISTRATION RESULTS

Registration for the 2009 – 2010 school year has been completed. With the flexibility shown by some families, everyone has been pleased to get places for their child(ren). As of this time, all morning classes are filled except for a few places in Toddlers, 2's, TTh 3's, and some placements are available in the TWR 3's and 4's afternoon class and the JK2 afternoon class. Waiting lists are not terribly long at this time, so have your friends and neighbors give us a call. Letters of acceptance are going out now and any unsecured spots will be filled from the waiting list in mid-February.

SHOPPING WITH CHILDREN

Shopping is hard for children. It is difficult to stay in one position, sit in a shopping cart with dangling legs, or walk while holding a parent's hand. Here are some tips for making shopping easier:

- Plan trips after meals and naps, if possible
- Allow time to get ready
- Tell your child before leaving
 - Where you are going
 - What you will be doing
 - What they can have
- Loosen or remove coats on arrival
- Take crackers or fruit for a snack
- Bring a favorite toy
- Have a child look for things on the shopping list (cereal, soap, tape)

If your child has a temper tantrum:

- Never threaten to leave your child
- Keep your cool, don't spank or slap
- Help him or her calm down
- Sometimes it is best to go home or to go sit in the car out of sight of those who may cast judgment

Never leave a child alone in the car.

Never walk away, even for a moment, from a child in a shopping cart.