

January/February 2019

Lollipop Reporter

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**** *Calendar Notes* ****

- Jan. 2 (Weds.) - First day back; Monthly tuition due
- Jan. 21 (Mon.) - **NO SCHOOL**
- Jan. 28 (Mon.) Extended classes begin
- Feb. 1 (Fri.) - Monthly tuition due
- Feb. 11 (Mon.) - Art Walk 5:30 - 7:00 p.m.
- Feb. 14-15 (Thurs/Fri) - Parent Teacher conf. **NO SCHOOL**
- Feb. 17 (Sun.) - Preschool Registration Sunday



Brrrr...Welcome Back. Our continuous days of snow continue and we are definitely within "Winter's Clutch". We are glad everyone is back! Our teachers have planned lots of winter fun this month. There's lots of 'snowy' winter fun going on at school. Remember, we'll play outside as long as the weather is above 32° (for WDS) and 40° (for Toddlers). So...if the temperature ever gets that high, dress your kids accordingly.

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Lollipops To...

- All of the families who donated food and items to the Food Pantry at Thanksgiving.
- Lee Richardson, Howard Johnson and Bernard Wooten who help us everyday keep the Preschool running!!
- Christmas Worship Leaders: Dr. Bill McCoy, Mary Odin, Debbie Eads. Also, Anna Crislip and Anne Moses who helped us usher...Thank you.
- All of the children who donated to the mitten tree. The four year old classes are counting, sorting and graphing the mittens.

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Germs are Everywhere!

Germs are everywhere (door knobs, computer key boards, desk tops, etc.) and can make us sick! Wiping a nose and then touching other people or objects, sharing of mouthed toys by infants and toddlers, coughing and sneezing in the air and kissing on the mouth are all examples of how easily germs are spread. Washing our hands is probably the most important thing each of us can do to stay healthy, but when is the most important time to wash our hands? Remind your children to wash their hands:

- When arriving at school.
- Before and after eating.
- After using the toilet.
- After blowing their nose.
- After playing with a pet.
- After playing outside.

Washing your hands with soap, including the backs of hands and between the fingers for 20-30 seconds is probably the most important thing parents and children can do to stay healthy.

Screen Time and Developing Brains


“A number of troubling studies connect delayed cognitive development in kids with extended exposure to electronic media.....”

Educational apps and TV shows are great ways for children to sharpen their developing brains and hone their communication skills - not to mention the break these gadgets provide harried parents. But tread carefully: A number of troubling studies connect delayed cognitive development in kids with extended exposure to electronic media.

Liraz Margalit, Ph. D. explains that “parents who jump to screen time in a bid to give their kids an educational edge may actually be doing significantly more harm than good.

Tablets and iPhones give the ability to process multiple actions simultaneously

with dozens of stimuli at your fingertips. This, she says, is exactly what young brains do not need.

In addition, children listening to stories on a tablet or phone are missing out. Unlike a mother reading a story, a smartphone-told story spoon feeds images, words, and pictures all at once to a young reader. Rather than have to take the time to process a mother’s voice into words...kids who follow stories on their smartphones get lazy. The device does the thinking for them, and as result, their own cognitive muscles remain weak.

Source: “What Screen Time Can Really Do to Kids’ Brains.” By Liraz Margalit, PhD

Black Bean Soup

1 (16 oz) package of black beans
 3 quarts water
 3 chicken bouillon cubes
 ½ small onion
 ¼ small green pepper
 6 garlic cloves, minced
 2 T. oil
 1 tsp. dried oregano
 1 ½ t. sugar
 1 tsp. salt; ½ t. pepper

Wash beans and remove any foreign particles. Soak beans in water to cover in a 6-quart stockpot for 8 hours; drain beans. Bring beans to a boil in fresh water. Cover, reduce heat and simmer for a few hours. In a small saucepan, cook onion, pepper and garlic in oil until tender. Add bouillon, vegetables and spices to the beans. Continue to cook until beans are tender. Serve



Bed Wetting - A Survival Guide for You and Your Child



Here are some tips given by the Children's Hospital of Illinois to help you and your child navigate bed wetting:

- Have your child avoid drinking large amounts of fluids just before bedtime
- Protect the bed by putting a rubber or plastic cover between the sheets and mattress.
- After dry nights, reward your child. But do not punish wet nights.

Bed wetting happens. If it happens for several nights after dry nights have

become normal, call your pediatrician. They will check to make sure there is no bladder or kidney infections. Some children just need coaching. Here are some tips:

- Be sensitive to your child's feelings
- Set a no teasing rule in the household. Parents, siblings and caregivers need to understand that the child has no control over the problem
- If your child is older (7 or 8 years old), try setting a bed wetting alarm device.

Too Sick For School?



Please keep your child home if:

- ✓ Fever: If the fever is 100, keep the child home until the temperature has returned to normal without medication for 24 hours.
- ✓ Runny Nose: If the mucus is yellow or green, keep your child home.
- ✓ Vomiting or Diarrhea: Wait 24 hours after the last incident before returning to school.
- ✓ Strep or Pink Eye: Wait 24 hours after the first dose of medication.
- ✓ Chicken Pox: After all blisters have scabbed over and no new ones are appearing.
- ✓ Rash: Any rash needs to be identified as non contagious by your doctor before coming to school.

These are minimum guidelines. If your child is taking medication which may affect his/her behavior or activity, it is a good idea to keep your child home until he/she can participate in the full range of activities.

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Energy Burning Indoor Fun (from Child Care Connections)

As we settle into the winter months, children don't get to spend as much time outside, running, jumping, playing and burning off some of their energy. Here are a few ideas for some energy burning, gross motor developmental games you can play to help keep kids active if spending times outdoors is not an option.

*Have an indoor snowball fight! Create some obstacles to hide behind (a row of chairs, big box, over-turned table), crumple up newspaper into small balls, and let the fun begin!

Dance! Kids love music and getting the wiggles out to music is lots of fun. You can incorporate songs into a game, like musical chairs or freeze - you can pause the music to signal the freeze, or really mix it up and let the kids dance in the dark, and freeze when the lights come on. Playing freeze is a very good developmental tool to help children learn 'delay of gratification'.

Activity Dice - create large dice using a box or some cardstock, and write an activity on each side (jumping jacks, twirl in a circle, hop on one foot, crab walk, jump like a frog, touch your toes, etc.) Let the kids roll the die and do the action. If you have older kids, you can turn this into a competition - who can do more jumping jacks in 30 seconds?

Registration for the 2019-2020 School Year:

Watch your backpacks in February for your registration brochure for next year's program. The dates for registration are coming soon: Sunday, February 17 is the first day of registration.

If you know of someone not currently in the preschool program who would like to receive a brochure, ask them to call the office and we will be happy to mail one out to them!

Sign ups for After School Classes:

A new semester for extended classes will begin Tuesday, January 28th. This semester's offerings include: Science, Gym, Story time with Activities, Art, Cooking, Sign Language and Music. For more information, call the preschool office or visit our website at www.firstpresby.com



Winter Coats and Car Seats

(an article from Children's Hospital of Illinois in Peoria)

It's a frigid winter morning so you bundle up your kids in their puffy winter coats before heading out to the car. Then you strap them into their car seats and you're ready to go. Right? Not so fast...wearing a bulky coat in a car seat can make the harness too loose to be effective. "Puffy coats decompress in a crash, which can allow the child to whip forward, causing a head or neck injury, or even be ejected from the seat," states advocacy program coordinator, Stephanie Miles.

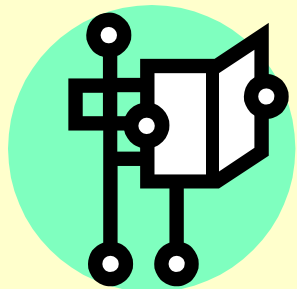
Advice: Dress your child in layers, with a snug-fitting fleece jacket on top, before placing him/her in a car seat. Then pull the straps tight. If you're able to gather any strap material between your thumb and forefinger, where it is resting against your child's body, the straps are too loose.

[Children First Winter 2017 page 7]



Valentine's Day falls on a Thursday this year.

Be sure and watch your child's newsletter for information on class participation in this holiday. Please be aware of our food policy, however, and do not send food or candy with your child to pass out to others. We will have to return any cards or gifts that contain candy.



Strengthening Friendships

As preschoolers experience their first friendships, they often struggle to understand what it means to be a friend. These are some good examples of books depicting strong friendships that children can identify with (list provided by TYC magazine published by the National Association for the Education of Young Children - NAEYC):

Bogart and Vinnie by Audrey Vernick

Lady Girl and Bumblebee Boy by David Soman and Jacky Davie

Duck and Goose by Tad Hills

Digger and Tom! By Sebastian Braun

After Reading These Books

Draw a friend: Invite children to draw anyone or anything - their dog, neighbor, brother, or even a stuffed animal. Once they have finished, ask them "What is your favorite thing about your friend?" Write their answers at the bottom of their drawings. Display their work around for everyone to enjoy.

Create a "What makes a good friend" web: Have your child think about 3 things they like about a friend. For example, the friend may be helpful, kind and

smart. Then organize these ideas in a chart...help your child expand their chart by adding more examples and then see how many you can practice that day together.

Make a friendship bracelet: Together with your child, make a simple bracelet of string and beads, or pasta shells, or with clovers. Give your child different things to make a bracelet with and then ask them which would they like to have. Then have your children share this with their friend.

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About Our Organization...

First Presby Preschool is a program of the First Presbyterian Church. Beginning in 1946, this program started as a kindergarten program and has expanded to its current offerings during the years. We currently have 108 children enrolled in the program and

offer early childhood education to children from ages one to five. There are seventeen teachers and two administrators on staff for the program. Our program is part of the Christian Education Division of the Church.

*Educating children to
be creative, loving
and caring individuals*