

HP Inc.

Parent Information

From: Lee Walsh

March 3

Dates of Interest

- Summer Camp Enrollment: Ongoing through March
- March 7: Family Night at the Book Fair 6-8pm
- March 7: Pastries with Parents for Sparrows/Starlings/Buntings
- March 7: Storyteller visit for Cardinals & Robins
- March 8: Pastries with Parents for Finches and Chickadees
- March 8: Storyteller visit for Blue Jays & Doves
- March 20: Staff Meeting at 12:30
- March 21: Advisory Council Meeting
- March 20: Easter Chapel for Finches, Chickadees, and Hummingbirds
- March 21: Easter Chapel for all other classes
- March 26-April 2: Spring Break
- April 3 School Resumes

Keeping Your Children Safe

The recent school shootings in Florida, arrests of Prince George's County school personnel for child abuse, and the extensive coverage of pediatric deaths from the flu has left many of us shaken. Being a parent is fraught with worry during the best of times, but the atmosphere over the last few months only adds to the anxiety that we

can feel. I hope to reduce some of your anxiety by telling you about the many ways that we work to keep your children safe.

We work to discourage illness each day by having children wash hands upon entering the class and at other multiple times during the day when appropriate. Moreover, the classrooms are cleaned each day with a bleach

based disinfectant. When there are cases of infection in a classroom teachers even run toys through our industrial sanitizing dishwasher. Finally, we notify parents when there are illnesses so that you may be alert and take any preventive measures possible. Obviously we aren't able to keep out all illness as early childhood is the time during which one's immune

March is Literacy Month

During February we were blessed to raise chickens and . During March we will, as a preschool community, be emphasizing literacy. To do so we will be 1) engaging with a professional storyteller, 2) holding a used book drive for needy children, and 3) having a Scholastic Bookfair.

Allison Gee, who as her alter ego Beatrice Pickles, will be entertaining and engaging each class with the opportunity to act out a book. She brings props, decorations and music to set the scene and teaches our children how to engage in storytelling with each other. This exercise in the power of

the imagination is beloved by all the children. (See calendar at left for schedule of visits.)

We are asking that you do a bit of spring cleaning and cull through your child's books for any that you no longer need. We will be donating these books at the end of March to a pediatric practice in Silver Spring that serves needy children. They give one to each child who comes to the office. Any books that you wish to donate may be brought to the office.

Finally, we will be holding our Scholastic Book Fair this week in the Wesley Room during school on Tuesday and

Wednesday and for a special evening event on Wednesday from 6-7:30pm. Come hear your child's teacher read to the kids and shop for books for your children. There will be wish lists for each class should you wish to buy a book for the class. A percentage of all of the purchases will be given back to the school for book purchases for our library. Please help us promote reading this month!

Parent/Teacher Conferences in March

system is greatly challenged, but these measures go a long way to reduce the spread of germs and reduce illness.

All of our staff members, teachers, custodians and administrators, have regular background checks conducted. We follow best practices for working with young children to prevent any instances of abuse. As mandatory reporters of abuse and neglect each of us is charged with the well-being of all children. When there are any suspicions of abuse or neglect from any quarter they are promptly reported to the appropriate authorities and followed up on by us.

We have procedures in place for dealing with all sorts of emergencies: lockdowns, fires, tornadoes, missing children, and more.

We have regularly practiced for these emergencies and have, in my 8 years here, been faced with all of those emergencies except a fire (though fire alarms have been tripped before). While we have been on lockdown before it has never been as a result of an active shooter situation on our campus. Instead, it was in response to activity in other areas of the county or, years ago, in response to the DC Sniper situation.

However, we have not practiced an active shooter on campus situation with our children. That will change this month. We will be practicing our lockdown procedures with the children for the first time. While they will not notice most of it, they will become aware when we gather them in the safe corner of the room and ask them to

remain quiet. I am attaching a copy of our lockdown procedures here in case you would like to be advised of what those procedures are. Unlike our fire drills there will not be any loud noises or sirens. We will be telling the children that we will be keeping them quiet and safe while we wait for further instructions. That this is practicing for an emergency where we need to keep people where they are.

Summer Camp Enrollment

Now is the time to enroll your child in CCUMC Preschool's week of summer camp offered June 11-15 from 9am-1pm. This week-long camp will focus on a specific theme that will influence the daily activities and arts and crafts projects. We will also have special outdoor activities

on the large playground. These activities include water play, shaving cream play and special gross motor play.

Enrollment for camp is done through the parent portal. Because of the demand, we are opening a 2nd Rising 3's camp (open



to currently enrolled Finches, Chickadees, Sparrows, Starlings, and Buntings). This will be available through the parent portal beginning Friday.

Developing a Resilient Child

One of our first instincts as a parent is to protect our child. At first that protection is from physical discomfort and pain, but as our child grows older we want to shield her from emotional pain as well. These physical and emotional challenges come from situations (e.g., the risk of losing when playing a game) and other people (e.g., the risk of suffering a slight in a relationship). Again, we--individually and as a society--try to mitigate those setbacks. We let our child win when we play a game with her, we join a soccer league that doesn't keep score and gives everyone medals at the end of the season; monitor playdates closely to ensure that everyone plays nicely and the like. While our instincts are natural and often do lessen the disappointments that our child may feel, we need to be careful about being too protective.

As parents of older children know, there quickly comes a time when parents cannot shield their children from disappointments. While many of these disappointments are minor—a low grade, not being invited to a birthday party—they can be stressful or even devastating to the child in question. Since it is inevitable that children will suffer from difficulties and challenges, we, as parents and educators, need to help children learn how to adapt well in the face of those difficulties, challenges or traumas. That is, we need to help children learn how to be resilient.

Teaching your child to be resilient can be done in many different ways (taken from the American Psychological Association).

- Teach your child to make connections to others. Friends and family can lessen the impact of stressful situations by providing comfort. Likewise, your child can show empathy to others lessening their stress during a time of difficulty.
- Help your child feel empowered by giving her tasks to do that can help the family or others. Let her help you clean out the garage, set the table or make supper. A child who feels empowered will not feel as helpless when facing a difficult situation.
- Maintain a routine for your child no matter her age. Being able to predict what will happen during the day provides a child with a basic level of comfort.
- Be aware of what your child is being exposed to that can be stressful. Do you listen to WTOG in the car? Be aware that the news that you are listening to on the radio may be too stressful for a child.
- Try not to make exposure to stressful adult news part of your child's routine.
- Teach your child self-care skills. That is, teach her to eat properly, get exercise and a good amount of sleep as well as to lead a balanced life that has plenty of "down" time as well as scheduled activity.
- Caring for oneself allows one to deal better with the effects of stress.
- Teach your child how to set reasonable goals. If she wants to learn how to write her ABC's, then help her to learn how to write the first letter of her name first then from there to writing her entire name. Set more goals from there. Setting small, reasonable goals mitigates large failures and helps to lessen the amount of stress.
- Help your child learn to trust her own judgment. Allow them to make decisions when reasonable so that they feel capable.

These are all great ideas to help your child become resilient. Given these foundations, your child can withstand some of life's difficulties with ease. That is why my last recommendations for building resiliency is to allow your child to fail and to show your child how you can fail gracefully. A child who never fails never has the chance to be resilient. Let her lose occasionally when running a race or playing a game with you and show her how you can lose gracefully. If you see your child being challenged on the playground, let her try to figure it out (unless it is a safety issue) without your intervention. Learn a new skill together. My family and I learned how to ski together. My kids saw their father and mother fall (repeatedly) and get back up again laughing. If you burn something while cooking or that new recipe doesn't turn out to be just right, let your child see you express your disappointment and plan to do something different or better next time. Demonstrate that you are a problem solver and that she can be a problem solver too.

Prepare for Easter Chapel & Donations for WARL

Our Easter chapel services are fast approaching. They will be held on Tuesday, March 20 for the Chickadees, Finches and Hummingbirds and on Wednesday, March 21 for all remaining classes. During this service we celebrate the gift of new life which is consonant with the Easter message itself in which Jesus enters into new life and extends that gift to everyone. Ms. Maribeth points out that there is new life all around us in the blossoming of the trees, the birth of puppies, baby chicks, and the like. Following on the heels of our chick raising project, this will make perfect sense to our students.

As you know, we always do a community service project with each of our chapel services. This year we will be supporting the Washington Animal Rescue League which helps to give new lives to rescued animals. They have a long list of items that they need for their rescued animal population. The best part is that this doesn't require you to buy anything unless you choose to do so. Instead, consider donating some old sheets or towels which they need in abundance. If you do choose to go buy something, please include your child in the process. Explain that their gift will be helping all of our furry friends to have a better, new life.

Should you have any questions, please email Lee (lwalsh@chevyCHASEumc.org) or call the office (301-652-7660).

Thank you for supporting the Washington Animal Rescue League.



Items Needed for Cats or Dogs at WARL

Bedding

Toys

Leashes/Collars

Baby Gates

Food (small starter bags)

Treats

Chew Toys

Balls

Bowls/Feeding Dishes

