



Parent Information

Summer Camp Registration

February 2019

From: Lee Walsh

With weather like we've been enjoying lately, I've been wishing for summer to come. It is the perfect time to think seriously about summer camp.

Summer camp registration is ongoing through the parent [portal](#) and is available to all students including Hummingbirds.

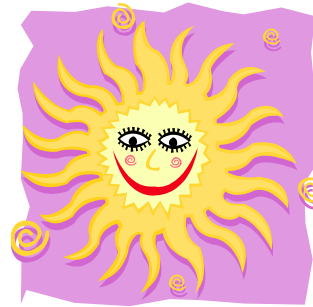
This year we will be offering **three weeks of summer camp** immediately following the end of school. Each week of camp meets for 5 days 9am to

1pm and costs \$310. Snacks are provided by the preschool.

The teachers who will be working at summer camp include Allison Delfin, Natasha Saiffee, Shelley Lowinger, Jane Cheremetteff, Carrie Engel, Marty Delgado, Claudia Tassara, Kitty Kormann, Cynthia Ferrell, and Kathy Pirtle.

All classes will be engaged in fun summer activities including water play.

Sign up now!!



Upcoming Events

- ☺ February 4: In-house field trip for Sparrows, Starlings and Buntings (Audubon-worms)
- ☺ February 5: Chinese New Year Begins
- ☺ February 7: In-house field trip for Chickadees and Wrens (Audubon-worms)
- ☺ February 8: I Love You Luncheon for pre-K families
- ☺ February 11: Advisory Council meeting at 6:30pm
- ☺ February 11: Chinese New Year Parade for pre-K
- ☺ February 18: No School (Presidents' Day)
- ☺ African cultural talk from the National Museum of African Art at 10:30am for pre-K classes
- ☺ February 26: Staff meeting at 12:30pm
- ☺ March 1: Financial Aid Applications due
- ☺ March 2: Playground Fundraiser Auction
- ☺ March 4-8: Literacy Week Celebrations
- ☺ March 6 & 7: Pastries with Parents event for all 2's classes at drop off

CCUMC is hatching chicks!!

Our monthly community activity for February is chick hatching. We will be supplied with an incubator filled with chicken eggs as well as some live little chicks to enjoy. Over the course of this month the classes can chart the progress of the eggs and candle them too!! In addition, they can study the chicks that we will have. In a month's time I hope to be able to provide you with pictures of our new hatchlings. I am personally really excited about this activity. We will be keeping everything in the preschool office so come for a visit yourself. The cuteness of these chicks will be hard to resist.



Past students enjoying the chicks.



It's Time to Laissez Les Bons Temps Rouler!

Tickets for the March 2nd CCUMC Preschool 2019 Playground Auction are now on sale. Visit our [Auction Website](#) to become an Auction Sponsor, purchase individual tickets, and get yourself a set of raffle tickets -- you aren't going to want to miss what we have in store for you this year!

Want A Sneak Peak?

We have some amazing items lined up for this year's Auction. Like sports? Keep an eye out for signed Stephen Strasburg and Braden Holtby merchandise. Need a date night? We have more than 15 restaurant gift cards up for grabs, along with theater tickets. Want to party? Get ready to bid on a wine party in your home or tickets to an exclusive Wine and Whiskey party hosted by CCUMC preschool families. And of course we'll have the always popular front row graduation seats and teacher outings!

We Still Need Your Help!

We need Sponsors to help underwrite the costs of the Auction, so that we can make sure every dollar we raise comes back to our preschool. Please consider becoming a Sponsor today and help make this year's event our most successful one ever! You can check out the Sponsor Packages on our [Auction Website](#).

Stay Tuned For More Details!

Email us at CCUMCPEvents@gmail.com with any questions. See you on March 2nd!

CCUMC Preschool Auction Committee
Liz Davis, Rolando Domdom, Diana Embrey, Anne Wilson

Curriculum Corner: Magna Tiles

I'm guessing that you have seen Magna Tiles already. If not, they are pictured here. Most of our classrooms own a set or two of these toys which are clever in their simplicity. They are colored shapes, some translucent, some opaque, edged with magnets which allow the shapes to stick together to produce 2D or 3D structures.

The best toys are ones that address multiple skills across multiple domains (e.g., physical & cognitive), Magna Tiles are perfect in this respect. Children can sort the pieces by shape or color which helps them master classification as well as shape and color recognition. Spatial skills, often lagging in girls, can be boosted by building a small structure like a box and asking your child to recreate it herself. Watch a 2 year old struggle with this simple task and you'll understand how much cognition is required to

do so. Just let your child build something following his own whim. The development of one's imagination and creativity are always a good thing. Have him



build with a friend and social skills are improved. Hand eye coordination is improved by producing tall towers. This same building process improves eye tracking which is necessary for reading. Yet another way that Magna Tiles are useful is for developing fine motor skills. The tiles must be manipulated carefully using a pincer grasp in order for them to be put together. Such skills are necessary in

order to write.

The next time you see a teacher pull out the Magna Tiles you will know why.

If you have Magna Tiles and would like to use them creatively, read the following article

(<https://www.andnextcomesl.com/2014/07/10-ways-to-play-learn-using-magna-tiles>).

Literacy Week—March 4-8

The Preschool will be celebrating Literacy Week the first full week of March in conjunction with the return of the Scholastic Bookfair. During this week we will have special activities to encourage your child's love of reading including special visits from a Storyteller to each classroom. In addition, we will have some opportunities for you to participate during the week.

In particular, we will be asking for guest readers during the week. Does your child have a grandparent or other special relative who would like to come read a book? If so, please contact your child's teacher.

During that week we will be taking donations of gently used books to give to an organization that provides books for children in Africa. This year the organization's goal is to start a bookmobile

to reach children in remote areas many of whom have no access to books. This is a great time to start cleaning out your child's bookshelves.

The Scholastic Bookfair will take place March 5-7 with special family events on the evening of Wednesday, March 6. There will be readings done by teachers, a bake sale and crafts to make. The preschool staff will be running the fair in conjunction with parent volunteers.

Families will have the opportunity to purchase books on their child's teacher's wishlist for the classroom from the Scholastic Bookfair.

Look for more details as Literacy Week approaches.

February Book Recommendations

February is a busy month. We celebrate Chinese New Year, Black History Month and Valentine's Day during the month. Hopefully the books below will help you in discussing these celebrations with your children.

My First Chinese New Year by Karen Katz A family introduces a young girl to the festivities of Chinese New Year. This is a great introduction for the whole family.

Big Jimmy's Kum Kau Chinese Takeout by Ted Lewin This fun book describes the day in the life of a family owned restaurant told from the point of view of the family's young son. It will also leave you craving Chinese takeout.

Rosa by Nikki Giovanni Learn the story of one woman's courage in the face of injustice that marked an important moment in the struggle for equality.

The People Could Fly: A Picture Book by Virginia Hamilton Taken from a collection of American black folktales, this is a story about slaves who possess magic words that allow them to fly away to freedom.

Full, Full, Full of Love by Trisha Cooke and Paul Howard. What better way to celebrate Valentine's Day and all the forms of love that we see in our families than with this book that celebrates one family's tradition of gathering for Sunday dinner. This tale especially looks at the bonds between children and their grandparents.

Somebody Loves You, Mr. Hatch by Eileen Spinelli This book celebrates those small acts of kindness that are quite impactful and the way that small acts of kindness done for us can prompt us to be better people.



Valentine's Day Celebrations

Our preschoolers are looking forward to celebrating Valentine's Day in a few weeks. They eagerly await the chance to share their offerings of friendship with each other. All classes follow the same protocol. You may make or buy the Valentine's for your child's class. Please make sure that there are enough for each student to have one. We ask that you have your child sign the valentines with his/her name, but **do not** label the valentines to the indi-

vidual classmates. Doing so makes the process of passing out the valentines that much slower.

Valentine's parties will be celebrated on a day designated by the teacher. Please see your child's teacher for details.



Financial Aid for 2019-20

Financial Aid applications for the 2019-20 school year are available on the [website](#). If you would like to apply, please turn in your application and supporting materials by March 1. All applications are considered confidentially. Please consult Lauren should you have any questions.

Building 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 as well as emotional pain. They need protection from serious threats like death, illness and abuse, but instinct is to protect them from lesser threats too. These lesser threats or disappointments 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 disappointments. 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 WTOP 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. 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. Likewise, 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.

Love is this month's virtue

This month we will emphasize the virtue of love. There are many ways that we show our love for each other. Consider reading for yourself *The Five Love Languages of Children* by Gary Chapman. I find it very helpful as a parent. He argues that individuals have a preferred love language (acts of service, physical touch, affirmation with words, gifts, quality time). If we speak a child's language, then it is more easily felt by the child and gives them the grounding and self-confidence that allows them to be the wonderful people that we hope that they will be.