



Parent Newsletter

Upcoming Dates of Interest

- December 9: Open House/Tour at 12:45pm
- December 13: Q & A with Dr. Silverman re: COVID vaccines
- December 14: Chapel for Sparrows, Wrens, Doves, Blue Jays, Robins
- December 15: Chapel for Starlings, Buntings, Orioles, Cardinals, Eagles, Owls, Penguins
- December 15: Advisory Council Meeting at 6:30pm
- December 16 & 17: Santa visits the classes
- December 17: Last day of school before Christmas;
- December 18: Deadline for first developmental screening
- January 4: Registration deadline for currently enrolled students
- January 4: School resumes after Christmas break (first day for Hummingbirds)
- January 10: Registration opens for siblings of current students
- January 11: Virtual Open House/Tour/ Q & A at 10:00am
- January 13: Registration opens for alumni families
- January 17: No School (MLK Day)
- January 20: Open House/Tour at 12:45pm
- January 26: Virtual Open House/Tour/ Q & A at 12:45pm
- February 1: Deposits due for 2022-2023 school year for currently enrolled students, siblings, and alumni

From: Lee Walsh

Christmas Food Drive

The Christmas season provides us with a wonderful opportunity to teach our children and remind ourselves about the blessings that we enjoy that can be shared with others. This year at Christmas the CCUMCP family will join together to donate non-perishable food and other items to Shepherd's Table. Shepherd's Table, in Silver Spring, has provided an evening meal to those in need for the past 30 plus years and also provides other basic services for the needy.

Have your child bring these items by chapel day (see dates to left). Preferred items in need this year are as follows:

Food Items

Coffee and coffee creamer (powder)
Sugar (regular and sugar substitute)
Hot sauce
Broth
Salad dressing
Syrup
Quinoa and lentils
Coconut milk
Vinegar, any kind but especially rice or cider

Kitchen Items

Paper Napkins
Silverware (spoons, forks)
Brown lunch bags (empty)
Ziploc sandwich bags

Resource Center Items

Safety Razors
Shampoo & Conditioner
Deodorant
Ponchos
Talk to your child about this effort and allow him/her to pick out something from the list at the grocery store. Please involve your child in the process.

Developmental Screenings Due December 18

In accordance with Montgomery County's requirements, parents must complete a developmental screening for your child NO LATER THAN December 18th. Please go to <https://www.asqonline.com/family/aad64b> to download and complete the screening. The whole process takes less than 30 minutes. Once

you've entered your findings, I am notified to accept your screening. At that time the results are tallied and I receive the results. You will be notified by your child's teacher if there are any items of concern. If so, you will have a conference with your child's teacher to strategize ways of ensuring that your child makes progress in

those areas. If the scores warrant it, we can make a referral for further testing and evaluation.

Available Classes at CCUMCP for 2021-2022 (subject to change with COVID regulations and changes in staffing)

Name of Class	Days the Class Meets	Birthdates of Children in Class	Current Teachers' Names*	# of children
Hummingbirds (January-June)	T/TH	9/1/20-12/31/20	Glory Guerra & Madeleine Kaneh	10
Wrens	T/TH	9/1/19-8/31/20	Shelley Lowinger & Megan Showers	10
Starlings	M/W/F	9/1/19-8/31/20	Shelley Lowinger & Megan Showers	10
Buntings	M/W/F	9/1/19-8/31/20	Allison Delfin & Natasha Saiffee	10
Sparrows	M-F	9/1/19-4/31/20	Sarah Gilmore & Helenice McDonald	10
Orioles	M/W/F	9/1/18-8/31/19	Lee Walsh & Glory Guerra	12
Robins	M-F	9/1/18-8/31/19	Wendy Cevallos & Izzy Cheremeteff	12
Doves	M-F	9/1/18-8/31/19	Kitty Kormann & Maria Spina	12
Blue Jays	M-F	9/1/18-8/31/19	Jane Cheremeteff & Cynthia Ferrell	12
Cardinals	M-F	9/1/18-8/31/19	Kelley Gronda & Kathy Pirtle	12
Owls	M-F	9/1/17-8/31/18	Marty Delgado & Claudia Tassara	13
Penguins	M-F	9/1/17-8/31/18	Heather Lee & Lotfi Khenissi	13
Eagles	M-F	9/1/17-8/31/18	Monica Kerns & Diane Cannon	13

Summer Camp Registration Coming Soon

This year we hope to offer **two weeks of summer camp (June 13-17 and June 20-24)**. All of our children will be able to register for these camps which will be from 9am-1pm each day and will offer a bevy of activities from water play to sports and, of course, lots of opportunities for learning and socializing. Look for more information to come your way soon.



Important Registration Dates

December 7 Priority registration deadline for CCUM Church members

January 4 Online registration *deadline* for currently enrolled students

January 10 Online registration for siblings of currently enrolled students

January 13 Online registration for alumni families

February 1 Non-refundable tuition deposits due for currently enrolled students, siblings and alumni families

Registration for Fall 2022

Yikes! Registration time is almost upon us yet again. Some of you may have questions about how many days would be appropriate for your child or whether your child is ready for kindergarten next year. This is the time to ask those questions of your child's teacher and the director.

Please be aware that we will have a few more Open Houses on December 9 and January 11 at 12:45pm if you should desire to learn more about the rest of the preschool. If you have

friends who are interested in having their children here next year, this is a good opportunity for them to learn more as well.

Registration will take place through the parent portal (<https://family.daycareworks.com/login.jsp>). Registration for our current students will take place beginning December 8 through January 4 (see the dates in the sidebar). Please note that there are particular dates on which registration will take place for siblings (Jan 10), and alumni families (Jan 13).

Registration for Fall 2021 (continued)

Though it is done online, registration will still be done on a first come, first served basis. The registrations will come in with a date and time stamp. So, if it matters whether your 3 year old attends 3 days or 5 days then be mindful of logging onto the portal in a timely manner. The same goes for sibling and alumni registration. The lottery for community members will take place on February 2 and they must submit their applications by January 31.

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Please let us know if you have a younger sibling joining us next year to let us know so that we can make sure that sibling receives priority registration.

If you know that your child will not be returning to CCUMCP next year, we would appreciate knowing that as well.

Reminders for the New Year

As we return from the Christmas Break there are a few things to remember: Please...

- 1) Send in some extra masks to have on hand in case your child's becomes wet.
- 2) Make sure your child has a complete change of clothes on hand
- 3) Each child and staff member must start school after the break with a negative COVID test given no sooner than 72 hours before the first day of school for that child. (Information about onsite testing on Sunday, January 2 from 2-4pm will be forthcoming.)

Parent/Teacher Conference Schedule

The teaching staff strives to ensure that all children at CCUMCP meet the learning objectives that they have been working towards over the course of the year. As the learning objectives are for children ages 2-5, it will take the entirety of their time at preschool for them to master those skills. The children will progress through a series of steps the mastery of which will lead them closer to the learning objectives. Much as a child learns to walk in steps—progressing from sitting alone to scooting to crawling to walking holding onto something prior to walking unaided—so do children master other skills. The teaching staff must make on the way to accomplishing the skills listed as learning objectives. It is the staff's job to find out where your child is on the way to meeting those learning objectives and to build activities into the curriculum to respond to your child wherever he/she is. What we want to see over the course of the year is not that all children have mastered each and every skill, but that each child has made progress over the course of the year.

By the end of his/her time at preschool, each child should show proficiency with all of the skills. Both on a daily basis and during formal assessments, the teachers and assistants observe the children to see which areas are progressing naturally and which areas may need more intentional, focused refining. In response, teachers adapt their curriculum to meet the needs of the children in their class. Should your child not be progressing as we believe that he/she should be, then we will communicate our concerns with you. As always, we value your input about your child's progress and hope to hear from you regarding your concerns about your child's progress. You can expect that at this parent/teacher conference you will hear about your child's strengths and his/her challenges. We encourage you to come with questions for your child's teacher. Should you desire to have another conference later in the school year, please let your child's teacher know and we will schedule one for the spring. In like manner we will take the initiative to request a conference with you if we think that one is warranted.

As always, if you have any questions or concerns, please call, write or stop by the office.

Conference Schedule

January 19 — Orioles

January 20 — Penguins

January 21 — Cardinals & Blue Jays

January 24 — Robins

January 25 — Wrens

January 26 — Starlings

January 27 — Doves

January 28 — Eagles & Owls

January 31 — Buntings & Sparrows

Conferences will be held via zoom. Preschool teachers will send a sign-up genius for time slots right after the Christmas break.

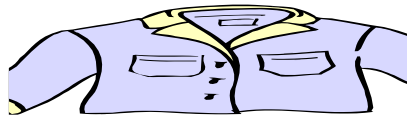
Angel Tree



CCUMC in Partnership with A Wider Circle "Virtual" Angel Tree Christmas Gift Program

CCUMC wants to continue doing good during the Christmas season. This year we are adapting our annual gift giving for families served by [A Wider Circle](#) through a "Virtual" Angel Tree. The Angel Tree giving drive will run Friday, December 12.

You can find a tag on the Angel Tree in the Wesley Room, or use the Sign-up genius to sign-up to purchase a gift. All gifts need to be delivered to CCUMC by December 12th, wrapped and labeled with the Family number and name of the gift recipient.



Thank you so much for generously providing new pajamas for needy families. Where did you find such cute pajamas?! We collected 164 pairs which were donated to the National Center for Children and Families in Bethesda. They greatly appreciated our donation!

December is Compassion Month

Our virtue for the month of December is compassion. That is a big word for little children to take on. How could we talk to them about it? We are asking the children what and whom they care about. Then we ask how that care translates into action. For example, my kids often show real compassion for the people who stand in the medians of major roads begging for money. Their compassion is demonstrated by giving some of their money to these people (or asking me to do so.)

Once your child understands what compassion is, ask them to demonstrate their compassion. You might start with something close to home. Have them show compassion for a sibling by giving him/her a hug when he/she is sad. We would love to hear from you or your children about the ways that they show compassion.

Q&A RE: COVID Vaccines for Preschoolers

Join Natalie Silverman, MD, a pediatrician with Capital Medical Group for an informative session regarding COVID-19 vaccines for preschoolers on Monday, December 13 at 7pm. She has graciously agreed to answer your submitted questions regarding COVID-19 vaccines and children via zoom (link found below). If you have a question that you would like answered, please submit those to Lee (lwalsh@chevy Chaseumc.org) or Lauren (lbailey@chevy Chaseumc.org) by Friday, December 10.

Lee Walsh is inviting you to a scheduled Zoom meeting.

Topic: Q & A with Natalie Silverman, MD re: COVID-19 vaccine

Time: Dec 13, 2021 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting <https://us02web.zoom.us/j/85809762925?pwd=WkIodVZlWQWpYVYtTldWl6Vjg4Q3FVQT09>

Meeting ID: 858 0976 2925

Passcode: 99399



December book suggestions:

Snowmen at Night: This cute book in verse explains why their snowmen may start to droop. Instead of being due to the snow melting, it is because the snowmen have been having so much fun at night after we all go to sleep.

Counting Christmas by Nancy Tafuri: This delightfully drawn book shows a child preparing for Christmas over the month of December engaging in many different age appropriate activities like making a gingerbread house, making bird feeders for the birds, etc. It is lovely and catches the rhythm of the Advent season.

Eight Candles to Light: A Chanukah Story: This is a great introduction to this light filled holiday for young children.

Nativity (Nativity Lift-the-Flap): This Usborne book is perfect for your 18 month old child and up. It allows him/her to participate in the story and find delightful pieces of the nativity story.

The Clever Dreidel's Chanukah Wishes by Sarah Mazor: This book teaches young children about Chanukah and sends a message about hope and compassion for all children of the world.

Grumpy Monkey by Suzanne Lang: Have you ever had one of those days when you find yourself in a bad mood? This happens occasionally to all of us, kids included. In this story the main character, Jim Panzee—yes, a chimpanzee—, finds himself in a bad mood and can't be talked out of it. This book is a great springboard for discussing with your kids about what to do when they find themselves in a similar mood. The book sends a positive message that it is okay to feel grumpy. There is no need to hide negative feelings. In the book Jim Panzee sits for a while and the mood passes. He doesn't resort to acting out on those grumpy feelings

which is also a good message for young ones to hear.

Why Free Play?

In each of our classrooms we offer an extended period of free play for several reasons.

1. Having a free play period allows the teacher time to work in small groups or one-on-one with children.
2. That time is a wonderful time for teachers to observe how children conduct themselves independently. Do they wander aimlessly around the room? Do they change activities every 2 minutes or can they sustain play for a length of time? Which other children does that child gravitate towards?
3. It allows children the time to explore interests in a deeper

way. If a child is interested in trucks she might just roll them across the room, but given extended time she might use the blocks to build a road for the truck. This might involve cooperation with other classmates and problem solving and thinking skills about how to accomplish that task. In other words, the play becomes much more involved and helps children bring their imagination to life.

4. Young children often have extended periods of one-on-one with an adult while at home especially in situations where they have a caregiver. This is wonderful for them, but it may mean that they rarely need to

entertain themselves or be self-directed. Free choice time helps them to develop those important skills.

Having adults there to help facilitate that play and help with tricky social interactions just increases the value of the play.

So when we look around a classroom during free play there is so much more going on than meets the eye. Come see for yourself.

Nutrition Advice from Kelly Dorfman

Three years ago we were lucky to have Kelly Dorfman a well-respected, internationally known nutritionist visit our preschool to speak to our parents and to answer their questions. At this time of year when healthy eating often goes by the wayside, I am sharing some of Kelly's insights on nutrition.

Picky eaters are a common problem encountered by parents of preschoolers. Kelly noted that picky eating is normal and is really a product of the child's developmental stage. It emerges as children are learning a sense of their own independence and how to say "no" (around 14 months). At this age there is not much that young children have control over, but they do have (some) control over what goes into their bodies. She advises parents to continue to offer healthy foods

and to add healthy foods like chopped up veggies to things that kids enjoy like spaghetti sauce.

Kelly often notes that it is also at this age that parents introduce seemingly healthy (or at least not overtly harmful) snacks like crackers, Cheerios, and juice to their young children. These snacks have the advantage of being non-perishable, easily portable, and easy for the youngest of children to feed themselves. Unfortunately, these small snacks often fill up children so that they are no longer hungry enough to eat the food with better nutritional value. So, she advises that you get rid of "snacks" and, if your kids get hungry between meals feed them something with nutritional value—a PBJ on whole grain bread, a piece of cheese with some cut up fruit, a container of cucumbers and tomatoes with feta cheese. These are actually just small

meals. Feeding them these things, while they require more planning, keep your children used to eating healthful foods instead of "snacks."

When asked what easy steps she would take to aid in giving children nutritious food, Kelly offered the following:

- 1) Don't ever give them juice—way too much sugar. Let them drink water and milk (cow, goat or pea varieties) instead. Don't bother with almond or rice milk because there is little protein to be found.
- 2) Get rid of all crackers and chips—they have no nutritional value.
- 3) Make sure that your child starts the day with a good breakfast that includes protein. Think about giving them leftovers from the previous evening's meal, eggs, or a protein shake made with fruits and vegetables. The carbs found in cereals and pancakes don't provide enough of a found-

Foundations for Positive Behavior

Jenny Douchis, a child psychologist with whom I worked for years in Florida, says that there are three things that help children to behave positively and remain on an even keel emotionally. They are getting enough sleep, eating healthy, nutritious food and having consistent, well-defined limits. As we all know, the holidays—starting with Halloween—challenge us on these

fronts. Even in the midst of a pandemic, our normal schedules may get thrown off and we may relax bedtimes and routines in an effort to fit in fun family time which is all good too. Try to help your children by ensuring a good night's sleep, a protein-rich diet (see article above) and the disciplinary limits that they crave. Not only will they feel better, but

you might find that you feel better too.

**If you are looking for an easy to apply disciplinary approach, read *1,2,3 Magic* by Thomas W. Phelan.