

Stargazer

January 2022



We would like to welcome all of our preschoolers and their families back to preschool after a couple of weeks off. We hope you had a wonderful Christmas and a great start to 2022. It is so hard to believe that the first half of the school year is already over. We are looking forward to the rest of the school year filled with lots of fun and learning.



Chapel will be held on Wednesday, January 12th at 9:15 AM for the W/F Caterpillars, M/W/F Butterflies and AM Dragonflies. The PM Dragonflies will attend chapel at 1:00 PM. The T/TH Caterpillars, T/W/TH Bumblebees, T/TH Butterflies and Fireflies will attend chapel on Thursday, January 13th at 9:15 AM. This month the children will hear the story, "If Jesus Came to Visit Me." What if Jesus came to visit - just for a day? This delightful book supposes just that and reflects on the ways in which young children might interact with Jesus. What would they say and how would they act. Pastor Robert will tell the children the Bible story about Zacchaeus.



Preschool will be closed on Monday, January 17th for Martin Luther King, Jr. Day.



Registration for the 2022-2023 school year for returning students and siblings will begin on Tuesday, January 18th and conclude on Friday, January 21st. Registration information regarding fees, tuition and schedule of classes will be available the week of January 10th.



Thank you so much for donating to our "Box of Sox" mission project. Because of your generosity along with the generosity of APC church members we were able to donate 623 pairs of socks to Loudoun Homeless Services. Socks are the #1 requested item during the winter months, so they will be keeping many feet warm and dry.

"Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God." Hebrews 13:16



Parent-Teacher conferences will be held in February. You will be able to sign up via Signup Genius in a few weeks. Conferencing allows parents and teachers to meet face-to-face. Most people can express themselves more completely and openly in person because misunderstandings and misconceptions can be more quickly clarified in face-to-face meetings by asking follow-up questions and elaborating on specific points. We hope that you will take advantage of this opportunity to meet with your child's teacher and learn how your child is developing.

Here is the schedule:

Wednesday, Feb. 2nd - M/W/F Butterflies
Thursday, Feb. 3rd - T/TH Butterflies
Friday, Feb. 4th - Fireflies
Monday, Feb. 7th - Fireflies
Tuesday, Feb. 8th - AM/PM Dragonflies
Wednesday, Feb. 9th - AM/PM Dragonflies
Tuesday, Feb. 15th - Bumblebees
Wednesday, Feb. 16th - W/F Caterpillars
Thursday, Feb 17th - T/TH Caterpillars



Thank you so much for the fun Christmas parties that you planned for us last month. The children had a great time. Our Valentine's Day parties are scheduled for February 10th, 11th and 14th. Check with your child's teacher regarding the day for your child's class party.



Bare branches, swirling snowflakes, and early darkness. Warm boots, snug hats, and bright mittens. Holiday celebrations, sledding, and football. Winter is here!

Young children will best understand winter as a time when certain changes take place around them and particular events, activities, and holidays occur. This month the children will learn that:

- Winter is the season between fall and spring.
- In winter, the weather turns colder. It snows in many places and rains in others.
- Animals adapt to the cold weather by hibernating, migrating, growing thicker fur, or storing food.
- To prepare for winter, some plants drop their leaves. Others die back to the roots or die completely.
- People wear warmer clothing and heat their homes and cars.
- People enjoy a variety of activities, sports, and holidays during winter.



Each January Celebration Preschool holds an Open House for parents who are interested in learning more about the preschool and the registration process for the following school year. This year our plan is to hold an in-person Open House which is scheduled for Wednesday, January 19th at 7:00 PM. Parents will be able to tour the preschool and the lead teachers will share a little bit about all of the exciting activities that happen in their classrooms. I can also give tours of the preschool after hours. If you know of anyone who might be interested in learning more about Celebration please tell them to visit our website at www.celebrationpreschool.net or call the preschool office at 703-729-1224 for more information.



BOOKS TO KEEP YOU WARM

Early reading experiences prepare children to become lifelong readers. Your child will enjoy these wonderful books that describe the winter season.

The Snowy Day by Ezra Jack Keats
Winner of the Caldecott Medal, the *Snowy Day* celebrates the magic and boundless possibilities of the very first snowfall.

The Mitten by Jan Brett
Jan Brett creates a dramatic picture book with the story of Nicki, a young boy who has lost a mitten in the snow and the animals who try to make a home in it.

The Big Snow by Berta and Elmer Hader
Realistic watercolors and detailed pencil drawings chronicle the events as animals get ready for winter.

Snow Day by Betsy Maestro
The large-equipment lovers in your family will appreciate this detailed look at how machines help a town get back to normal after a heavy snowfall.

First Snow by Emily Arnold McCully
All the wonder of a deliciously snowy day is packed into this wordless tale about a small mouse who conquers his fear of sledding.



The International Dinner was scheduled for Thursday, January 13th. Unfortunately we are going to have to reschedule this event. We will let you know of the new date as soon as possible. This is always a great evening of fun, food, and fellowship.



Providing opportunities for gross motor play is an important component of our daily schedule. Gross motor skills are movements that involve using the large muscles of the body. As children age, their gross motor abilities continue to develop and improve. Children rely on gross motor skills to engage in physical play. We are very fortunate that we have Pickell Hall to use on days when the weather is not conducive for outside play. There are some weather conditions that we consider before taking the children outside. The "feel like" temperature must be above 32 degrees. When we have extended periods of rain or melting snow the playground becomes quite saturated as the ground covering is mulch. Sometimes we have to let the playground "dry out" in order to provide our preschoolers with an environment that provides for their health and safety.



Ways to Feel Calm

Your child can cope with emotions like anger, anxiety, and frustration by using these calm-down tricks at home or at school.

- **Bear hug.** Maybe she is feeling overwhelmed. Have her wrap her arms around herself and give a squeeze while she slowly counts to five.
- **Pep talk.** Together, think of a positive message she can repeat to herself when she feels anxious. *Example:* "I've got this."
- **Deep breath.** Anger rising? Ask your child to inhale deeply and then slowly and gently blow the biggest imaginary bubble possible.
- **"Noodle bones."** To help her relax, try this funny technique. Get her to close her eyes and pretend that all her bones are wiggly noodles.