

# Stargazer

January 2023



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 2023. 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 11<sup>th</sup> at 9:15 AM for the Bumblebees, M/W/F Butterflies and AM Dragonflies. The PM Dragonflies will attend chapel at 1:00 PM. The Caterpillars, T/TH Butterflies and Fireflies will attend chapel on Thursday, January 12<sup>th</sup> 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 16<sup>th</sup> for Martin Luther King, Jr. Day.

Preschool Registration



Registration for the 2023-2024 school year for returning students and siblings will begin on Tuesday, January 17<sup>th</sup> and conclude on Friday, January 20<sup>th</sup>. Registration information regarding fees, tuition and schedule of classes will be available the week of January 9<sup>th</sup>.



Thank you so much for donating to our Good Shepherd Angel Tree. Because of your generosity along with the generosity of APC church members we were able to donate over \$2,100.00 in gift cards to those in need.

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



Due to the inclement weather on Thursday, December 15<sup>th</sup>, the Fireflies and Dragonflies were unable to present their Christmas program that they worked so hard on. They will present their program on Thursday, January 5<sup>th</sup> at 11:15 AM (Fireflies & AM Dragonflies) and 3:00 PM (PM Dragonflies). The program will be held in the sanctuary. We hope you can come



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. 1<sup>st</sup> - Bumblebees  
Thursday, Feb. 2<sup>nd</sup> - Caterpillars  
Friday, Feb. 3<sup>rd</sup> - M/W/F Butterflies  
Monday, Feb. 6<sup>th</sup> - Fireflies  
Tuesday, Feb. 7<sup>th</sup> - T/TH Butterflies  
Thursday, Feb. 8<sup>th</sup> - AM/PM Dragonflies  
Thursday, Feb. 9<sup>th</sup> - AM Dragonflies



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 13th and 14<sup>th</sup>. Check with your child's teacher regarding the day and time 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. Open House is scheduled for Wednesday, January 18<sup>th</sup> at 6:30 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](http://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 First Day of Winter by Denise Fleming

This book follows the same pattern as the holiday song, "The Twelve Days of Christmas," only in this version, it repeats, "On the first day of winter my best friend gave to me ...." It's told from the snowman's point of view, and at the end of the book, the snowman is finished and ready for winter.

### Winter Lullaby by Diane White

This story is about a little bear questioning why it needs to go to bed for the winter when all the other animals appear to be awake and up. But gently, mama bear explains that each animal will find shelter for the winter and they need to do the same. For when it is spring, they will wake up together.

### Tracks in the Snow by Wong Herbert Yee

This is a simple story of a little girl following the tracks in the snow. Who do they belong to?



Our annual International Dinner is scheduled for Thursday, January 26<sup>th</sup> at 5:30 PM. This is a potluck dinner that is always a lot of fun. Invitations will go home next week. We ask each family to provide a main dish, side dish or desert to share. Your food item can represent your family's culture or something that your family enjoys eating. A sign-up will be posted by your child's attendance book starting on January 9<sup>th</sup>.



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.

