



DIRECTOR'S DIGEST

From the desk of Jen Myers

February 2015

Turtle on a fence post

There is a saying that if you see a turtle on a fence post, you know that it didn't get there on their own. There are many points in my life where I know that I am that turtle. I do not deserve where I am at and I certainly didn't get there on my own. God has placed so many people in my life to be His hands and feet. These people have raised me up. The older I get, the more I realize that God is all about relationships. God is three in one. In His word He calls believers the body. God is all about us learning and growing together and from each other. In 1 Thessalonians 5:10-11, God reminds us,

"¹⁰ He died for us so that, whether we are awake or asleep, we may live together with him. ¹¹ Therefore encourage one another and build each other up." I often feel that I am on the receiving end of this and forget about reciprocating. Part of a relationship is giving. I too can lift up the turtles. God's love is for everyone. His love is patient, kind, not envying, not boasting, not rude, not self-seeking, not easily angered, keeps no record of wrong, delights in truth, protects, trusts, hopes and perseveres. (1 Corinthians 13) Unless you are really a reptile

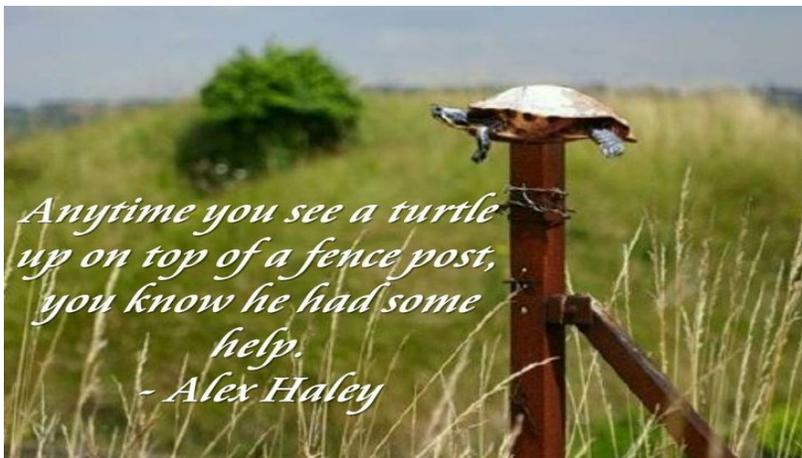
lover, you probably won't list turtles as your favorite animal. "Turtles" in this world probably are not your favorite but God calls you to lift up in love these people too. Best of all, He shows us how. Jesus loved the unlovable me. He died and rose for me. He lived and died for each person in the world. (John 3:16) If He was willing to do that, He didn't leave you alone to love the "turtles." Today, take a moment to thank the people who lift you up. Then go out, and lift a turtle up.

Special points of interest:

- February 4: Parent Day 8-10 a.m.
- February 11&12: Classroom Valentines Parties
- February 13-16 :no school, Topeka Basketball Tournament and President's Day
- February 18 Ash Wednesday
- February 24 :7 p.m. kindergarten open house
- March 13: Grandparents' Day for all students including Tuesday/Thursday.
- March 13: Dismissal 11, NO AFTERNOON DAYCARE
- March 26&287Parent teacher conferences

Inside this issue:

Parent Day	2
Valentines' Parties	2
Looking for a kindergarten	3
Too much screen time	3
Snack information	4
Contact Information	4



Preschool Parent Day



You are invited!

Early childhood Parent Day February 4, 2015

Please come join us as we celebrate your child.

Tuesday-Thursday friends are welcome also! They must stay with their parent for the entire event.

8-8:15 Centers with your child in their classroom

8:20 Chapel

Parent reception following chapel

9:15-10 join your child for a fun activity in their classroom

If you cannot attend another special adult in your child's life may in your stead.

This is a special time for you and your preschool child. We would like to be a blessing and help watch any younger children. The Blessing Place will be available; please mark on RSVP if will be using this service.

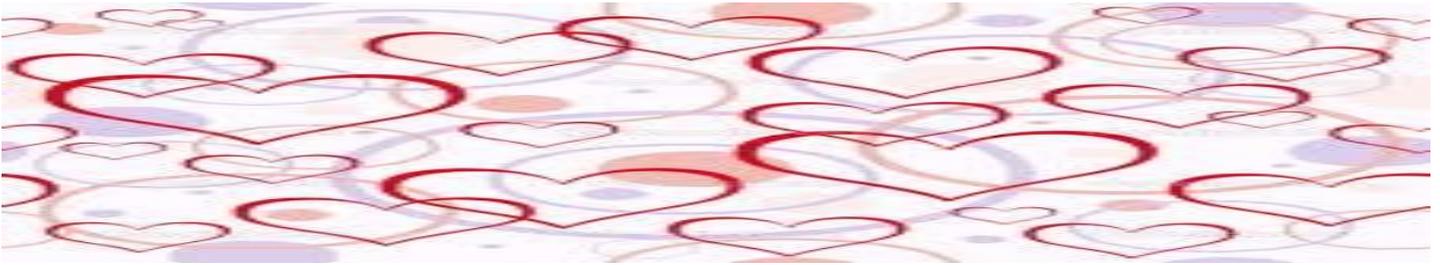
Please RSVP by your child's sign in by January 30, so we will be ready to serve you.

Classroom Valentines



Valentines Parties are coming up. Please make sure to include every child in your child's class. Each classroom teacher will send out a class list and details about their parties.





Looking for a Great Kindergarten?

If your child is 5 by August 31st you might be looking for a kindergarten for next year. Holy Cross offers an exceptional kindergarten program in a safe Christ centered environment. Check it out. Mrs. Snow has a blog at <http://k.lovemyschool.net/> She is also happy to arrange times to visit the classroom. Her classroom is in our early childhood wing. Our open house

is February 24th at 7 p.m. for prospective kindergarten students and parents.



Please invite your friends, neighbors, and co-workers to check out our school. Feel free to give them my email. I would love to meet and give them a tour!

Screen Time Overload in the Winter

Cabin Fever usually hits this time of year when we cannot get outside and get the wiggles out. Too many times screen time becomes the fall back in cold months. While there are many positive things that can come from certain technology sources. It is very important to monitor what and how much. The first step is knowing when it is safe to send your child outside to play. ChildCareAware suggests "comfortable play is 40 degrees or above and less then 20 mph winds. Use caution when it is below 20 degrees and 5 mph

winds with preschoolers." Always bundle up but still get out when you can. If you are not certain what the weather is, call 838-2222 for a free weather update from Via Christi.

When you have to be stuck inside try one of these:

- 1 Play games together
- 2 Read together
- 3 Draw/color/write a letter for them
- 4 Build a fort out of blankets and chairs

- 5 Make puppets out of old mismatched socks
- 6 Practice cutting and pasting with old magazines or advisements
- 7 Cook together
- 8 Create new family traditions



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**Lost your snack
calendar? Check out:
<http://lovemyschool.net>**

**All snack calendars are
posted monthly**

Preschool Food Guidelines

State REQUIRES

Preschool Approved Snack List

Fruit and Vegetables: any fresh or canned (in water or lite syrup please) fruit, raw vegetables: carrots, cauliflower, broccoli, celery, cherry tomatoes Dip may be served with fresh fruit and vegetables. Raisins, Craisins, or other dried fruit. No fruit snacks unless they are 100% natural. The same with fruit roll-ups or fruit leather.

Milk Product: yogurt (no go-gurt please, it is too messy), cheese sticks or slices

Bread/Grain: whole grain crackers, Cheerios, tortilla chips, granola bars, animal crackers, pretzels, mini-muffins, whole grain cereals

Serving size: If you are not sure how much to bring, the general guidelines for a preschool age child is a ¼ cup of each food group served.

Cold Lunches

Even if food is sent from home we must make sure that it fit under our state license. We are required to check that all cold lunches include one item from each of the following.

One Protein: meat, poultry, fish, egg, cheese, cooked dried peas or beans or peanut butter

Two serving of any combination of fruits and vegetables

Grain: bread, bread product, or cereal

Dairy: (we do offer milk with lunches) you may add cheese or yogurt

Serving size: If you are not sure how much to send for your child, the general guidelines for a preschool age child is a ¼ cup of each food group served.