



DIRECTOR'S DIGEST

From the desk of Jen Myers

March 2015



The Blessing of Now

I am a planner. I once had a roommate who teased me that I had every minute of every day for the next year planned out a year in advance. Through many lessons God taught me to relax; have a plan but be very flexible. Through another friend I was taught, "Focus on the gift of Now." When I first heard this, I shied back. I do not like the egocentric view of get whatever you can for yourself in this moment. It has taken me years, conversations, and God teaching me through my children to "get this." Every moment truly is a gift. As a

parent each developmentally stage only happens once. I catch myself looking forward to the next stage and wanting to rush where they are at. Then the realization comes, once this has past, we don't go back to it. Every moment has a positive and a negative part. I can choose to look for the positive and thank God for it. For example, it might be a pain to be woken up multiple times in the night but it is a gift also. It is a moment to show God's love, and maybe share a cuddle. Looking for the positive in the moment, has also taught me to be grateful and slow down.

Time flies too quickly all on its own. I do not know how many times I have had older and wiser Christians remind me to cherish each moment with my children before they grow-up and are no longer in the house. May you and your child be blessed by enjoying each moment as a gift from God, after all now is the present!



Special points of interest:

- *March 9-13 Lutheran Schools' Week*
- *March 6-13 Scholastic Book Fair*
- *March 13 Grandparents Day & dismissal at 11 a.m.*
NO afternoon daycare
NO lunch
- *March 16-20 Spring Break*
No School
- *Week of March 23 Parent teacher conferences and preschool evaluations*

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Thank You to everyone who came and made Parent Day a special time for your child. I know that the children LOVED having their parents and grandparents at school! They take pride in sharing what is important to them.

Grandparents' Day

- Grandparents are cordially invited
- 8:15- Registration in school gym
- 8:30-Breakfast snack and family fellowship time in school gym
- 9:00-Classrooms
- 10:20-Chapel in the sanctuary
- 11:00- Dismissed
- Lunch Options that benefit Holy Cross: Red Robin and Il Vicino's (Rock Rd) 11 a.m.-1:00 p.m. Dinner Option Panera: 4:00-8:00 p.m.

Lutheran Schools' Week

March 9-13 We will be celebrating Lutheran Schools' Week. We will have special themed days. Please watch Headlines for updated information on this.

Spring Parent/Teacher Conferences

2nd quarter conferences are the week of March 23

Sign-up sheets for conferences will be posted in your child's classroom on March 2nd. Spring conferences are optional. Conference time slots will be 20 minutes each. If you are unable to come in during these times and you would still like to meet with your child's teacher, talk with their

teacher to schedule a different time. Teachers will explain the Hayes Assessment, and go over areas of growth and development for your child. If you have any concerns or questions, please contact Mrs. Myers.



This year at Holy Cross we will be doing symbols of Lent. Each weeks students will bring home an object. Each week watch for the object.

This week, as we continue with the Mid-week Lenten "Symbols of Our Lord's Suffering" we are sending home a stone. We are asking that you place this with your cross center-piece (either sent home last Wednesday – Ash Wednesday – or from 2 years ago). The Bible verse is Luke 22:39-42, especially v.41, "Jesus withdrew about a stone's throw beyond His disciples , knelt down and prayed..." Today, rather than saying "a stone's throw away" we might say, "a hop, skip and a jump" (something fun to do with your child). Psalm 145:18 reminds us: " The LORD is near to all who call on Him, to all who call on Him in truth." The symbol of the stone is a wonderful reminder that God is always near us. If God seems far away, it is because we have separated ourselves from Him. He is always near to us in His Word and Sacraments, in His love He always hears and answers our prayers.

Introducing New Foods

From Child/Care Aware News March/April 2015

Children aren't known for their eagerness to try new foods. Oftentimes, you will have to get creative to encourage them to try something new.

- Make a fun shopping trip out of it. Bring your children to the store with you to shop for new foods.
- Let your children help you cook. Children love to be in the kitchen and including them may encourage them to try other new foods.
- Offer new foods at the beginning of a meal, when your child is the hungriest.
- Think small portions at first. Large amounts of a new food might overwhelm them.
- Combine new foods with familiar foods and consider limiting to one new item at a time.
- Be patient, remember trying new foods take time. Children may have to try the new food up to a dozen times before they decide if they like it or not.
- Strive to be a good role model. Try the new food yourself and describe the taste and texture, is it sweet, salty, crunchy, etc.
- Set the tone. Mealtime should be a pleasant and positive experience!
- Make dinner time, family time; turn off the television and visit about everyone's day!



Parent Evaluations

The week of Parent/Teacher conferences I will be sending home parent evaluations for preschool. These are very important tools that help us make

decisions concerning preschool. There will be a drop box in Mrs. Myers Preschool office. Names are not required on the forms. We simply want your valuable input.

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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 fits 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.