

DIRECTOR'S DIGEST

From the desk of Jen Myers

March 2016

Steward of our Children

A steward is entrusted with the care of someone or something. A steward is responsible to the master of the object. As Christians we acknowledge that, "Every good and perfect gift is from God." (James 1:17) We are responsible to God for how we use our time, talents, and treasure. One of my favorite sayings is, "Dying for me was the most He could do, living for Him is the least I can do."

In our home we use the word stewardship daily. For children we talk about how we are taking care of the things and people that God has placed in our lives. We want our children to be responsible and loving. In the midst of teaching my oldest about caring for his younger siblings, it struck me that we as parents are stewards of our children. Children are a gift from God. They truly belong to God. They are simply placed under our care. I am accountable to God for how I care for my children. I teach my children about stewardship by how I live and treat them. What lessons are they learning from me? How am I teaching them these lessons? What values are they learning from my life? I had a moment of feeling the law. I repented that I do fall short. I definitely am not the perfect parent. I thank God for the gospel; He is the perfect parent and His word is to teach me how to do better and strengthen and encourage me for the task.

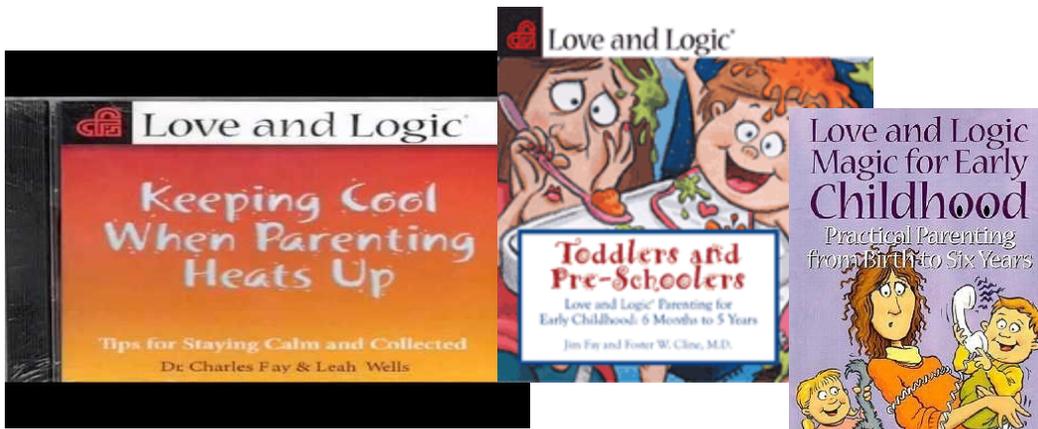
Important dates in March

- Lutheran Schools' Week March 7-11
- Grandparents Day for all classes
March 11, 8-11 a.m.
- No daycare after 11 a.m., March 11
 - Daylight savings March 13
 - Spring Break March 14-18
- Good Friday, no school, March 25
- Easter Monday, no school, March 28



In This Issue

- Resources available
- When to keep your child home
- Grandparents' Day information
- Easter Egg Hunt
- State Guidelines for food



Reasons why your child must stay home

We are a licensed center. For the health of everyone involved please follow these guidelines. According to state, children can attend when:

- Fever free for 24 hours without medication
- No vomit or diarrhea for 24 hours
- A sore throat diagnosed as strep until after a days worth of antibiotics
- Unidentified rash
- Pinkeye
- Any infectious disease your doctor has diagnosed

Love and Logic Resources

Parenting is one of the most challenging and rewarding experiences in life. You are not alone. We are here to help you. All of our teachers are licensed and have years of personal and professional experience and numerous child development classes.

We also have resources you can check out. Most recently we had three Love and Logic CDs and a book donated for your use; [Keeping Cool When Parenting Heats Up](#), [Toddlers and Pre-Schoolers](#), [When Little Ones Leave You Speechless](#). My husband and I have listened to all of the CDs two to three times each. Not only are we committing it to memory but our kids know what our game plan is and that we love them enough to discipline them.

What is Love and Logic? Love and Logic, “Raise self-confident, motivated children who are ready for the real world. Loving, yet powerful tools for parenting children of all ages.” “A loving, balanced approach, **Love and Logic provides a loving, balanced approach** that is neither permissive nor punitive.

- We show adults how to discipline kids without losing their **love and respect**.
- We focus on helping children develop personal **responsibility, self-control** and good **decision making skills**.
- Unlike some approaches we don't use complicated reward or punishment systems only focused on short-term compliance. Instead, we focus on nurturing **long-term relationships** and reinforcing **good character.**” www.loveandlogic.com

If you interested in checking resources out, please talk to me, Mrs. Myers. I am also here to listen, problem-solve and pray with you.



Grandparents (Loved One's) Day,

Friday, March
11

It is for all students regardless of what day/ time they normally attend. It's a morning that grandparents will not want to miss! The morning will begin with a breakfast snack and fellowship time for

grandparents and students. Next, grandparents and grandchildren will travel around the school as one family unit participating in classroom games and activities. The morning will conclude with a devotion in the sanctuary. Dismissal will be at 11 a.m. There will be no daycare or lunch at school after this time.



Easter Egg Hunt

Our annual Easter Egg Hunt is coming on Saturday, March 26th at 9:30am and it will be a great event featuring games, Big King Puppets, refreshments, and of course, Easter Eggs! We start in the gym and it happens rain (indoors) or shine! It is open to the public. Plan to join us...and invite your friends! If you are interested in helping with this event, please contact Kent Stephens at KStephens@holycrosslutheran.net



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 $\frac{1}{4}$ 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 $\frac{1}{4}$ cup of each food group served.