

The Growing Times

March 1, 2009

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A Portion of a prayer attributed to St. Patrick:

I bind to myself today
[God's](#) Power to guide me,
[God's](#) Might to uphold me,
[God's](#) Wisdom to teach me,
[God's](#) Eye to watch over me,
[God's](#) Ear to hear me,
[God's](#) Word to give me speech,
[God's](#) Hand to guide me,
[God's](#) Way to lie before me,
[God's](#) Shield to shelter me,
[God's](#) [Host](#) to secure me,
<http://www.newadvent.org/cathen/11554a.htm>



Calendar of Events

March 8th - **Daylights Savings Time begins**-get those babies to bed early.

March 17th - St. Patrick's Day
Ye best be a wearin' your green and keepin' your eyes peeled for leprechauns!

March 18th Nancy Daily Green Concert

March 20th First Day of Spring

March 23rd through 27th Spring Break
No Academic classes all week

Full Time Classes Open as usual.

Kindergarten will have a Spring Break special week-watch for further details.

Lent, Easter and other "Religious" Things Part One

This is a busy church all year long, but just throw in Christmas or Easter and the activity level is multiplied many times. It is a time when most Christians make it a point to be in church. Some return to church on holidays after being absent for a season. We know that most of our Grow To Know families are highly involved here or in other churches, but some don't have a church to call home. If that is your situation-unattached to a loving church home- Schweitzer United Methodist would love to extend a warm invitation for you to join with us. Easter is a great time to start. This is a welcoming place. If you are not familiar with the ins and outs of being part of a church there are activities and classes that help new people ease in. You don't have to come in already knowing everything or understanding all those churchy words and theological theories.

Your children are already familiar with some of the friends that would be with them during services and classes. They know the building also, so it could be a comfortable step to visit here. Services are Saturday evenings at 5:30, Sunday mornings at 8:30(traditional), 9:45 (contemporary), and 11:00 (a mix of traditional and contemporary). Many classes are offered throughout the week, especially on Wednesday evening and on Sunday mornings and evenings. There is even an option for Wednesday dinner. Check the web for more details.

www.schweitzerumc.org

Express Yourself-by Debbie Sloan

Children need a way to show us how they are feeling and what they are thinking. That is hard to do with a page from a coloring book. Imagine how calming it must be for a child to **not** have restrictions. They can create and even make a mistake which helps them develop *good* self-esteem.

When children are allowed the freedom to express themselves the benefits can be wonderful, like developing eye and hand coordination, control over large and small muscles, skills needed for making letters and numbers, and they are putting down a foundation for reading, math and science.

It's important to give children ways to communicate. Creativity is a great way to do this. Maya Angelou states, "you cannot use up creativity. The more you use, the more you have."

Spring is coming



Social-Emotional Development- by Jennifer Clifford

In the Purple Room we have been learning about the Second Step Curriculum. The curriculum consists of empathy training, emotion management, and Social problem solving; each feeling comes with a black and white cue card. The pictures show the facial expressions of happy, sad, angry, and excited.

The curriculum helps children work out and respond by problem solving when approaching social situations every day. The sequence of steps are: (1) How do I feel? (2) What is the problem? (3) What can I do? The program will teach external cues to problem-solve and be fair. These skills will save friendships and help each child with life skills for their future. This program will be influential in helping our young children to develop social-emotional skills.

Time to Bring In



Sunscreen!

Please label yours with your child's name and sign a medication authorization form for its use. Thanks.

Be sure to send jackets too!

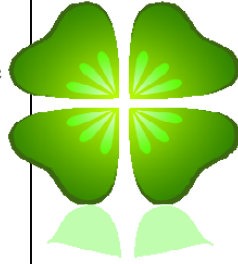
We sure do find a lot of misplaced jackets every evening. With the weather fluctuating the way it is it could be 30 degrees when they come to school and 75 when they leave. Please put your child's name in their jacket and check the preschool office for "foundlings."

What is a Lasagna Garden???

Some of you have read the blog for the preschool and already know the answer. A lasagna garden is a garden created above ground with layers of cardboard and mulch (no tilling required). I am currently applying for a bequest of free vegetable seeds so that we will have some garden kits available to families for this summer. Keep checking the blog <http://gtk.schweitzerumc.org> for updates. Check out the how to website

ourgardengang.tripod.com/lasagna_gardening.htm

Home grown tomatoes taste the best! They are healthier and cheaper than buying. If gardening just isn't for you there are great farmer's markets in the area...good subject for a future blog.



Remember you can come to see Nancy Daily Green with your child. Watch for details to be posted in the preschool area.

Classes for fall are filling quickly!

If your paperwork is not in for next year you need to stop by and see Ashley in the preschool office. We want to keep your placement for you for next year.

Tell your friends that we have some Kindergarten spaces left for next school year and openings in each Academic morning classes for fall.

The earth is the Lords and the fullness thereof. Psalm 24:1



The Importance of Play

I have lost count of how many articles I have been emailed from educational websites in the past three months on play. Let me give you an overall synopsis of the lot:

1. Children need to play to develop correctly. Make that **MUST** play...
2. This is being researched and proven in the areas of brain development and cognitive learning, social development, and most certainly physical development.
3. A recent study that I read said that one thing a study of serial killers showed that they had in common was that they did not play as a child. ((I'd have to read more on the range of statistics used for that one...))
4. Children involved in active, uninterrupted, unstructured free play do better in school. They do better than children who have only teacher directed activities throughout their learning day.

So, put away those flashcards and get a blanket, some sticks, a couple of boxes and whatever else you might want and head for the back yard!!!