

# St. Luke's Little School Newsletter

February 2017

Kay Swanson, Director



## From Ms. Kay's Desk - Friendly February

Well, this is when Mr. Groundhog tells us what to expect for the next 6 weeks of weather. I know that sunny warmer weather is always welcome, but snow is important too! Whatever he sees, we will enjoy our beautiful Colorado Weather!

February is a fun month, because we have Dad's Saturday on Sat. Feb. 11<sup>th</sup>. This is such a happy day to see our Dad's (grandfather's, uncles, brothers, etc.) come to school and enjoy a very special day with their child(ren). We know that not all dads can make it, but we hope to see many of you here! We also welcome our Scholastic Book Fair Feb. 6-11<sup>th</sup>, so come prepared to shop the great selection of books. Thanks to our volunteers that make this happen.

February Chapel will be all about our 6<sup>th</sup> Commandment "Be true to what is really important" This will be a little harder for our children to understand, but they are learning new things every month in Chapel and I am always amazed at how smart they are!!!

February is a great time to talk about love, sharing with others and doing nice things, for people we may not even know. With our world so complicated, small kindnesses can begin at home. Thank you for teaching your children to be so kind and caring!

Blessings, Ms. Kay and staff

## DAD'S SATURDAY - Feb 11<sup>th</sup>



### Calling all Dad's

This is a morning that you can spend quality time with your child, check out their classroom, make a Valentine's Craft and meet other dad's! There will be coffee and donuts!

MW(F) 9:00-9:45 TTH(F) 10:00-10:45

## PARENT-TEACHER CONFERENCES - Feb 21<sup>st</sup>

On February 21<sup>st</sup> we set aside a day to have Parent/Teacher conferences. This gives you an opportunity to touch base with your child's teacher(s)! Each teacher has a sign-up schedule at their room, so be sure to pick a time that is convenient for you.

PLEASE **honor** the time allotted with your teacher and if need be, feel free to set-up additional time on another day. Most conferences are 15-20min. Little School will provide supervision for your child(ren) while you are with your teacher. If you have infants in a carrier, please take them with you to the room. Please pick up your child right after your conference.

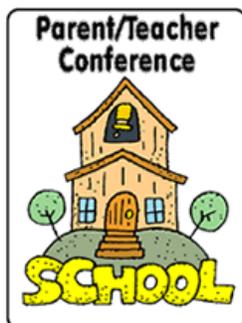
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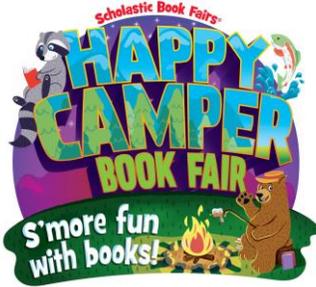
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### No School

Monday February  
20<sup>th</sup> for  
President's Day

Parent/Teacher  
Conferences on  
Tuesday,  
February 21





## BOOK FAIR

Little School will be holding a Scholastic Book Fair next week, Feb 6<sup>th</sup> through Sat, Feb 11<sup>th</sup>. Please don't forget to browse before and after school. Please let us know if you would like to help as well.

## WHY ART FOR PRESCHOOLERS?

Fostering creativity won't just increase your child's chances of becoming the next Picasso. You're also helping him develop mentally, socially, and emotionally, says Ecklund-Flores. Creating art may boost young children's ability to analyze and problem-solve in myriad ways, according to Mary Ann F. Kohl, author of *Primary Art: It's the Process, Not the Product*. As kids manipulate a paintbrush, their fine motor skills improve. By counting pieces and colors, they learn the basics of math. When children experiment with materials, they dabble in science. Most important perhaps, when kids feel good while they are creating, art helps boost self-confidence. And children who feel able to experiment and to make mistakes feel free to invent new ways of thinking, which extends well beyond the craft room.

### 6 Ways to Inspire Creativity

Foster process-focused art with advice from Leslie Bushara, deputy director for education at the Children's Museum of Manhattan.

1. **Prepare for a mess.** Set up an art space where your kid can be free to experiment (and get messy!), advises Bushara. Throw a drop cloth or a newspaper on top of your kitchen table or in the garage. If weather permits, let kids paint outside.
2. **Avoid giving direction.** Don't tell your kid what to make or how to make it. Instead of saying, "Paint a rainbow," encourage her to "experiment with mixing colors using different types of brushes and paper," suggests Bushara.
3. **Speak specifically about art.** When talking to your child about his artwork, try to be precise in your comments. For instance, instead of giving a generic compliment, Bushara recommends saying, "I see you used a lot of purple. Why did you choose that color?"
4. **Explore your child's process.** Often the best way to encourage conversation about your child's art is simply to say, "Tell me about what you made," or ask, "Did you have fun making it?"
5. **Don't draw with your child.** When parents draw something representational while a younger child is sketching, it can frustrate him, warns Bushara. "It's better to be near him and let him know that you're interested and supportive of his art-making," she says.
6. **Let it be.** When a child finishes a piece, don't suggest additions or changes, advises Bushara. It's important for a child to feel that what she's created is enough -- even if it's just a dot on the page.

### Fresh Art Ideas

Go beyond doodling with markers or crayons with these projects from art educators that encourage kids to enjoy the process of making art.

**Natural arrangements** Present your child with natural objects such as pinecones, stones, sticks, leaves, and shells, and a blank stretched canvas. Let her choose and arrange her nature materials in various patterns and designs on the canvas.

**Found-object printmaking** Take everyday objects (bottle caps, wood pieces, cut cardboard, fruit and vegetable slices, corks, sponges, marker caps) and let children ages 4 and up dip them in washable paint that's been spread on a foam tray. Use the objects to make unique prints.

**Packing-peanut sculpture** Slightly dampen the end of one packing "peanut" (the biodegradable kind made from cornstarch) and stick it to another to build tall, spiraling towers and beautiful shapes.



## FREE Valentine's Day Ideas

**Valentine's Day is a time to celebrate love but who says it has to be a time for huge boxes of chocolate and fancy dinners?**

In my family, we actually make it a point to celebrate the love we have for each other every day BUT on Valentine's Day **we shout it from the roof tops!** So is giving someone a box of bonbons really a loving gesture or are there other ways to show others how much they are loved? I certainly think it's the latter! Here are 10 Healthy Valentine's Day ideas, that my family uses, to have a loving heart healthy Valentine's Day that the whole family can enjoy...

- **Create a custom coupon booklet**

A heartwarming thoughtful gift is the best type of gift to not only give but also receive. And there is nothing better than a custom handmade coupon booklet. It's perfect for kids to give to parents, parents to give to kids and Mom and Dads to give to each other. Coupons from kids can include age-appropriate chores, such as 'cleaning room', 'help with laundry', 'help empty the dishwasher' to coupons from parents ranging from 'one on one time' without siblings, and 'pick dinner for the night' to 'child get to be personal trainer for 1 hour'.

- **Have a heart healthy dinner at home**

Eating has become a huge focus of celebrations and Valentine's Day is no exception. But instead of eating out at a restaurant, make a heart healthy meal at home. Come up with a theme for dinner and plan from there...maybe plan for a red food dinner in honor of Valentine's Day. Here is a yummy heart healthy recipe that would be a perfect choice for the whole family to celebrate Valentine's Day.



- **Have a Valentine's Day dance party at home**

I love any activity that gets kids moving. Dancing is the best kind of exercise. Spend the night having a dance party (Here is a list of fun kid dance party songs). Maybe you have a Wii and can follow along to a Just Dance game or simply put some music on the radio (or phone) and dance the night away. Don't forget to play some oldies but goodies...your kids will love it!

- **Make a breakfast surprise**

Start your Valentine's Day off right with a special breakfast. Shape into hearts everything that you possibly can, like pancakes and toast. Keep the color scheme red and pink with lots of berries. And you would be surprised at how much more fun milk is to drink when it's pink.

- **Have a scavenger hunt**

This is one of my favorites! Now this takes a bit of planning, but is a really fun activity for the whole family. Create a scavenger house around your house or entire yard if weather permits. Create the clues so the answers are compliments to each family member. One could be "**Avery's gorgeous eyes are the color \_\_\_\_.**" **Your next clue is near a chair in that shade.**

- **Skype or FaceTime with long distance family members**

It's hard to be away from family and loved ones. Valentine's Day is a great opportunity to tell those far away how much you love them. So get in front of the computer and Skype or FaceTime and spend a few minutes with those you love that don't live so near.

So hopefully these inspire you to go and create a **fun and healthy Valentine's Day that celebrates love by being together as a family** and not just giving sweets.

## Valentine Shaker

Here's an original and musical Valentine's Day idea. Make a tambourine-like shaker instrument from paper plates and jingle bells.



### Directions:

1. Trace and cut out a heart in the middle of one of the paper plates.
2. Paint the outside of both hearts red (inside, too if you want). Allow to dry.
3. Cut a zip lock sandwich bag along the sides to make a clear piece of plastic big enough to fit over the heart hole like a window.
4. Glue and tape the plastic window on the inside of the heart plate.
5. Put some pom poms and jingle bells on the whole plate.
6. Glue the edges of the plates and sandwich the plates together, then staple the edges to secure.
7. Make lovely Valentine's Day music with your shakers.

### Materials:

- 2 paper plates
- red paint and brushes
- scissors
- small red and pink pom poms
- little jingle bells
- 1 zip lock sandwich bag
- glue
- tape
- stapler

## Upcoming Events

Jan. 30 & Feb. 2 - Katie the Firefighter visits!  
 Feb. 2 – Groundhog Day Will he see his shadow?  
 Feb. 3,10,17,24 FLIP  
 Feb. 6-11 – Scholastic Book Fair (open beginning and ending of school and Saturday)  
 Feb. 11 – Dad's Saturday  
 Feb. 8 & 9 – Chapel 6th Commandment "Be true to what is really important"  
 Feb. 8,9 & 22,23 – Obstacle Course for 3's  
 Feb 13 & 14 – Valentine Parties Wear Pink, Red or Purple!  
 Feb. 16 & 17 – 4's Obstacle Course  
 Feb. 20 – NO SCHOOL President's Day  
 Feb. 21 – PARENT TEACHER CONFERENCES (Childcare available)

### LOOKING AHEAD

Mar. 1 & 2 – CAREER DAYS – Please volunteer  
 Mar. 6 & 7 – Class pictures  
 Mar. 15 & 16 – St. Patrick's Day parties Wear Green!  
 Mar. 20-24 – SPRING BREAK

## Children's Ministry



**February 3 & 17 Fridays - Please join us after your drop off for PLAYGROUP 9:00am - All are welcome in our Nursery!**

**February 24 (FRI) - 6:45pm FAMILY MOVIE NIGHT**

**Sunday School - 9:30am JOY TREK (PreK: 2-4 yrs.) PEAK (K-4th grade) Sunday School** (Children participate in workshops to learn the Bible lessons)

Thank you for your support of our Monday Lunch Programs to serve this less fortunate.

This month our needs are individual bags of chips and strawberry spreadable jam.

Feb. 21 - Center for Spiritual Engagement - Speak Brian Luke Seaward "Health and the Human Spirit" 6:30 pm (tickets [stlukesumc.org](http://stlukesumc.org))

Visit our website: [www.stlukeshr.com/children](http://www.stlukeshr.com/children)  
 Children's Ministry Staff:  
 Sharon - [sharon@stlukeshr.com](mailto:sharon@stlukeshr.com) Sam - [sam@stlukeshr.com](mailto:sam@stlukeshr.com)

**St. Luke's VBS**  
**June 26 - 30**  
**Registration is April 24<sup>th</sup>**  
**2:00PM**

**Thank You,  
 God,  
 For Kids!**

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