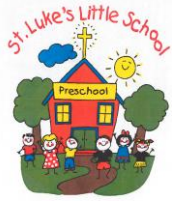


St. Luke's Little School Newsletter

March 2017

Kay Swanson, Director



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From Ms. Kay's Desk - March Comes in LIKE a lamb!



Our days have been flying by and we have had so much fun! Each day is packed with learning centers, art, music and science! We love to play in our dramatic play areas and in Feb. Ms. Michelle and Ms. Kristi T. turned their play area into a post

office for Valentine's Day. Obstacle courses have been helping us to improve big muscle control and we have been completing observations to fill out our progress reports. We have been blessed with great weather so we have taken full advantage of that, putting seeds out for the birds. March will prove to be just as exciting with more opportunities for learning! The mischievous leprechauns will be about and everything will turn GREEN! Chapel will be centered on our 7th commandment "Treat other people's things like they were your own". March means *Spring Break* ~ so don't forget to have a great time planning some fun family activities.

CAREER DAYS:

THANK YOU to all of our parents that helped to make career days so very special and informative! We had many wonderful career talks all the way from a furniture storeowner to a USAF Firefighter! We got to sample dancing, acting, fitness technology and taking care of our teeth. We learned what it is like to be a child's nurse. We also learned how you sell or buy a house with a dollhouse presentation and found out what it is like to be a pharmacist to animals. What a fun day! Again, thank you to all the parents that made this a super fun-learning day!

Blessings Ms. Kay

Fall Registration

Registration Confirmations have gone out!

If you have not replied to the email, please do so. Also, if you have not paid your registration fee please stop by the office and pay that as well. If you turned in a registration form and have not received a registration confirmation by email - CALL ME! The enrollment forms will be going home after spring break and are due back by the end of school.



SPRING BREAK!
Little School will be closed for Spring Break March 20rd through March 24th.



KEYS TO SELF-CONTROL IN CHILDREN

How can you teach your little one to handle big emotions like anger, frustration, and disappointment? Work on increasing their self-control with these strategies to help them think before they act.

Talk it out

Give your child words to use when they are upset. For example, if you can't find your glasses, you might say, "I feel so frustrated! Where did I last have them?" Then when they are aggravated (say they lose a book or toy), encourage them to use similar words. ("I feel mad because I want my book or toy. I was looking at it in the living room – maybe it's there.") They'll learn to talk through their problems and be less likely to yell or whine.

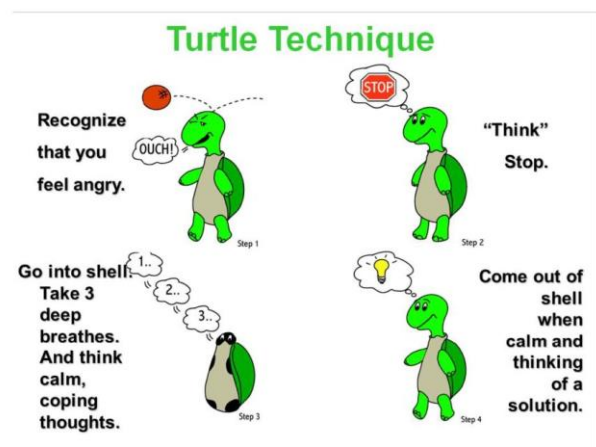
Think Ahead

Prepare for situations where self-control comes in handy. You could say, "We're going to your cousin's house. Let's see what we can do if she's playing with a toy you want." You may ask to join her, or you could ask to play with another toy until she's finished. Having a plan can help them avoid grabbing the toy or yelling at their cousin.

Calm Down

When your child begins to get upset, help them find ways to keep their cool. For instance, they might take a deep breath, count to five, or draw a picture of how they are feeling. The distraction may be enough to settle them down. And once they are used to these techniques, they will be able to do them with a reminder from you.

Tucker Turtle is a great book and program that helps children to calm down. You can purchase the book and the turtle if you would like.



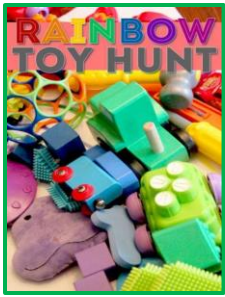
THANK YOU FOR OUR BIGGEST BOOK FAIR EVER!

A great big shout out to all of our Book Fair volunteers and the Seessengood family for coordinating all the set up, selling and take down. It was our best fair yet! Thanks to all the dads that bought books on Dad's Saturday! Everyone who purchased books helped us to provide reading to many children. Our total sales was over \$4700.00. Whoo Hoo!

Lost & Found

Please don't forget to check out our "Over-flowing" Lost and Found. We have coats, mittens, hats, clothes, a purple shoe and a camera case from Christmas programs.





MARCH RAINBOW COLOR HUNT!

A hunt for toys in the colors of the rainbow. Start with drawing a rainbow on a large sheet of butcher (art) paper. Discuss the order of the colors in a real rainbow. (That's it! Not much for prep!)



Send your kids all over the house to search for a toy or object for each color in the rainbow. Arrange them on the rainbow color that matches the toy. It takes a lot of toys, and some testing to see what object will "fit" better onto the rainbow (good estimation skills.) It is also a great way to teach colors, even when they come in different shades. Take a picture of your completed rainbow! For easy cleanup ~ have a race to see who can put all the green toys away, or the red toys, or yellow etc. The large piece of paper with the rainbow will give them an extra quiet activity to do when all the toys are all put away! Have fun!



LOOKING FOR FREE THINGS TO DO?

Colorado offers free days for families to enjoy some of our wonderful museums! Here are the ones for March and April!

- Children's Museum
- Denver Botanic Gardens (Chatfield)
- Denver Museum of Nature and Science
- Denver Botanic Gardens
- Denver Art Museum

- March 7 & April 4
- March 7 & April 4
- March 13 & April 10
- March 22 & April 2
- March 4 & April 1



Diaper & Wipes Collection



A Way to Observe Lent: Participate in St. Luke's Love Inc. Diaper Drive now through Easter! Help 25% of parents that cannot afford to buy diapers by donating diapers, wipes and/or 'dollars for diapers'. Sizes 4, 5 and 6 are always needed.

Summer at St. Luke's

Wacky Wednesdays –
 Music, crafts, games & chapel time.
 \$25/day
 June 7, 14, 21 & July 12, 19, 26
 9:30am- noon
 Registrations forms will be available soon.

VBS – June 26-June 30 – mornings
 VBS – July 11 – 13 – evenings
 Register online only April 24th @ 2:00pm

Broccoli Casserole

Combine 2 cups dry pasta, 1 1/3 cups chopped broccoli, 1 egg, 2 Tbsp mozzarella cheese, 1 Tbsp. Parmesan cheese, and 1/4 tsp garlic salt. Fill muffin cup 3/4 full with mixture. Distribute 1cup heavy cream among wells and top each with bread crumbs. Bake at 350°F for 20 minutes.



Calendar

March 1 & 2 - Career days

March 3,10,17,31 - FLIP

March 6 & 7 - Class Pictures BRING YOUR SMILE and order form

March 8 & 9 - Chapel "Treat other's things as if they were your own"

March 12 - DAY LIGHT SAVINGS TIME SPRING FORWARD!

March 15,16,17 - St Patrick's Day Fun

March 20 - 24 - Spring Break - NO SCHOOL

Looking Ahead

April 5 & 6 - Speech Evaluations - sign up necessary

April 7 & 8 - Musical "Tarzan" St. Luke's 6:30 pm

April 9 - Easter Fun Day

April 16 - Vision Screening for all children

April 20 - NO SCHOOL ART SHOW 5-7pm

Children's Ministry

Thank you for your generous MONDAY LUNCH IN THE PARK DONATIONS

March needs : Chips, paper lunch sacks - Thank you for your support!

March 4 - Parents Time Away 9-12noon \$10.00 per family. Contact Ms. Sam (sam@stlukeshr.com) to make reservations and find out more info.

All are welcome to join us for Sunday School 9:30 am

JOY TREK (pre-k:2-4 years)
PEAK (K-4th grade) Sunday School. Children participate in workshops to learn the Bible lessons.

11:00 Godly Play (Pre-K-6th grade)

Visit our website: www.stlukeshr.com/children for more information

Questions please feel free to contact us Sharon - sharon@stlukeshr.com Sam - sam@stlukeshr.com



Thank You,
God,
For Kids!

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