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Connections

News from St. Mark Community Preschool

January 2010

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Happy New Year!

Welcome to a new decade! We hope your holidays were memorable and fun.

A very BIG THANK YOU for the donations in December to the SOS Adopt-a-Family gift program and for the shoes given to Love-Lift Ministries. Your generosity made many

children very happy! We received thank you letters from both groups. We will collect shoes again in March - watch for a box on the patio.



Many of you also responded to our year-end appeal to benefit the preschool. The funds raised from this effort will be used to purchase smaller toys and supplies that were not replaced during our 2008 move. Items to be purchased include musical instruments, magnetic play sets, preschool-aged games, doll clothes, dress-up clothes, and small cars and vehicles. Funds will also be used to continue developing the nature playground, which is used for active games and other activities which encourage the development of large motor skills.

Thank you again for your generosity during the holidays-- and here's to a great 2010!

What to Do if You Get a Cold or Flu

Source: Kaiser Permanente Newsletter

It's the cold and flu season again. There is no cure for a cold or flu. And antibiotics won't help if you have a viral infection. What can you do? Luckily, there are home treatments that will make you feel better, such as:



- Getting plenty of rest
- Drinking clear fluids. Hot water, herbal tea, or clear broth soup can help relieve congestion.
- Using nonprescription (over-the-counter) medicines to relieve symptoms such as a cough, stuffy or runny nose, aches, pains, or fever. Avoid medicines that combine decongestants, antihistamines, and pain relievers that treat symptoms you may not have.

Call your doctor if you or your child experience any of the following:

- Difficulty breathing, wheezing, or tightness in the chest.
- A cough that lasts more than three weeks.
- A very sore throat with difficulty swallowing.
- Severe ear pain, sudden hearing loss, or discharge from the ear.
- Symptoms that seem to get better and then get worse.
- For adults: A fever of 104° F or higher that doesn't go away within two hours of home treatment; a fever of 101° F with shaking chills and a productive cough; or a fever that stays 102° F or higher for two full days or 100° F or higher for three to four full days.
- For children younger than 3 months and have a rectal temperature of 100.5° F.
- For children 3 months to 3 years and have a fever of 103° F for more that 24 hours.

And remember, frequent hand washing is still the best way to prevent spreading illness.

From the Desk of Mary Hornbuckle: News for Current Preschool Families

As we settle into the New Year, here are three items to remember:

- First, safety is our biggest concern, so please watch your children coming and going, especially if you walk across the canyon bridge. PLEASE drive slowly in the church parking lot, and watch for cars and small children (adults, too!). Avoid leaving your cars unattended on the red curbs - it's not legal and it is difficult for others to maneuver their cars. Red means stop - don't do it!
- Second, we are aware how difficult parking can be at "prime time." You may park on the dirt hill at the far right of the school - the ground is usually dry enough. SUV's can go off-roading!
- Third, your on-time arrival and departure is important.



At the end of the regular school day, we have children staying for extended day on the yard, and we need to determine who is present. When there are extra children playing before and after school, younger ones especially, it's difficult for the teachers to supervise properly. Thanks for understanding.

This is the time of year when parents often begin to think about school plans for fall. Information about kindergarten readiness was distributed in your child's cubby for your consideration. Our teacher conferences will be on March 10, so the teachers will have a very good idea of your child's readiness by then. Our priority enrollment for fall is during the first two weeks of February, for St. Mark church members and continuing students; if your child is returning here in September, start thinking about how many and which days you will need. Watch for a registration form early in February.

A word about our extended day program: We have room for thirty children each day, Monday through Thursday. Friday is our staff meeting day, so there is no extended day then. You must sign up in the book outside the office so we can plan for staffing. You may sign up for a month in advance if you know you will need certain days, or you may sign up in the morning if there is room for that day. If you sign up in advance and decide to cancel, please let us know early so others can have your space. The cost is \$8.00 per child for the extra hour of mixed-age, supervised play until 2:15 PM. We will bill you at the end of each month.

This is the flu and colds season, as many of you already know (please see article above for additional information). Thank you for keeping your child home if s/he has visible signs of illness, such as cloudy or colored mucous from a very runny nose, flushed or very pale skin, an elevated or depressed temperature, or lethargic behavior. Remember, teachers do catch childhood diseases, and that affects the whole classroom. If you haven't had a flu shot, it's not too late!

Remember to return the extra clothes and bath towel to your child's cubby if you took things home to wash over the holidays. Children often do get wet and dirty, so we need those extra clothes. Please return school-owned clothes if your child wore them home.

For your tax information, our Federal Tax ID number is 95-2237753. We are happy to give receipts for tuition payments if you request them.

Planning ahead:

- Wednesday, January 27 and Thursday, January 28 - speech and hearing screenings. Cost is \$40.00. Watch for forms coming home this week.
- Monday, February 8 and Tuesday, February 9 - vision

screening. No cost. All children will be screened, provided we have a permission slip on file. Forms will be sent home the week of February 1.

- School is closed Monday, February 15 through Friday, February 19 - President's week recess for the public schools.
- I will be away from preschool on Thursday, January 21 for an early childhood directors' forum. Mrs. Simko (Amy) will be in the office to assist you.

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St. Mark Community Preschool

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