

January 2018 Newsletter

Connecticut Farms Church Nursery School



Cheryl Burger, Director – cburger@ctfarms.org
888 Stuyvesant Ave., Union, NJ 07083

T: (908) 964-8544

www.cfnurseryschool.org or www.facebook.com/ConnecticutFarmsChurchNurserySchool

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Dear Parents,

Welcome back and Happy New Year!

Our Holiday Programs in December were great and the **children were fantastic!** Thank you for bringing in the refreshments!

Registration Information for the **2018-2019** School Year have been sent out and are due back by Friday, Feb. 2, 2018. A \$50 registration fee is all that is required to hold your child's spot for the 2018-2019. We will be opening up to the public February 5, 2018.

Music Theme: This month the children will be learning about different instruments. If you play an instrument and would like to play for the children, please check with your child's teacher to set up a time. The children love having visitors!

Friday, January 19th – Family Night from 6:30pm to 8:00pm. Our entertainment for the evening will be Children's Entertainer Annie B. Annie will begin performing at 6:45pm and refreshments will be served! Sign-ups will be posted outside your children's classrooms! Hope you can join us! Siblings are Welcome!

Upcoming Events

1/15– School closed – Martin Luther King Jr. Day

2/16th & 19th – School closed – President's Day Weekend

Reminders:

Tuition:

Due on Tuesday 16th & Wednesday 1/17th

In the **event of inclement weather.** If you signed up for the automated phone call, you will receive a call by 6:30am. If you have not signed up for the automated phone call, please call the school's voice mail or check on Facebook for any closings or delays. Please keep in mind, if Union Public School are closed, so is CFCNS.

The **new snack sign-up** sheets are located in each hallway. Our cabinets are overflowing with fishy crackers and pirate booty! The children love fruit and please remember we are nut free!

Tis the season of colds!

Please have your child practice blowing his/her nose with a tissue, and catching coughs and sneezes in his/her elbow. Please keep him/her home for a full 24 hours after he/she has been sick.

Please remember to **call if your child will be absent.** This way the teachers can plan accordingly.

Please **like us Facebook** and ask your friends too! Sharing Facebook helps us to market the school and you get to see what's happening in the school.

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Cheryl Burger, Director

21 Parenting Resolutions For The New Year

1. **Resolve to: Model a better digital life:** Showing your kids you can survive without constantly being on your phone, tablet, or computer will help them to be less dependent on technology.
2. **Listen More:** Parents who listen well not only make their kids more confident speakers, but better listeners, too.
3. **Introduce your children to new foods:** Start slowly by adding something new to one meal a week, then introduce more variety once your kids get the hang of it. Ethnic fruits and vegetables you already love are a great place to start.
4. **Continue learning as a parent:** Ongoing education is a priority at most jobs, so why not make it one at the job of parenting, too?
5. **Take More Photos:** This year your kids will have more than just photos with the Easter Bunny and Santa.
6. **6. Take Fewer Photos:** On the other hand, if your kids groan every time you pull out your camera, you might want to work on taking fewer, more meaningful photos.
7. **Read more with your children:** Start a "Book Club" where you agree to read any book of your kid's choosing. This will lead to lots of great conversations, and improve reading comprehension.
8. **Make time to recharge yourself:** Parents are the first to neglect themselves, but "me-time" will make you happier and more energized when caring for your kids.
9. **Recharge with your partner as well:** Similarly, parents who make time for each other get along better, which kids greatly appreciate.
10. **Get outside more with your children:** It's a great way to bond, inspire a love of nature, and encourage physical activity.
11. **Make the rules clear:** children will behave better when they know what to expect.
12. **Talk about parenting with other parents:** It's a terrific way to blow off steam, exchange parenting tips, and feel less alone.
13. **Catch your kids being good:** Make it a priority to let your kids know when you see them doing something good, and not just when you see them doing something bad.
14. **Judge other parents less:** It's all too easy to judge some parents, but constantly doing so only breeds negativity and takes your attention away from where it should be — on your kid.
15. **Have more one-on-one time:** Kids thrive when they have one parent all to themselves. Try picking a reoccurring activity — like an art class — and make hanging with just your kid a regular thing.
16. **Follow Through:** Being consistent with a punishment or rule will stop kids from thinking they can disobey you and get away with it.
17. **Play with your children more:** Getting on the floor and acting silly might not be how you want to spend the afternoon, but it's how your kids want to interact with you as opposed to how you want to interact with them.
18. **Maintain Routines:** Kids, like soldiers, respond well to a predictable schedule, so focusing on maintaining normalcy is a good idea.
19. **Have a surprise a month:** It doesn't have to be as elaborate as a trip to Disneyland, but planning one fun surprise for the family each month builds togetherness and wonderful memories.
20. **Leave your work at the office as much as possible:** Focusing 100% on your kids when you're with them will make your time together quality time.
21. **Always be grateful:** Never losing sight of how lucky you are to have your kids — even when they're spilling juice on the carpet or screaming at the top of their lungs — will make you both a better parent and better equipped to deal with the challenges of parenting.