

January 2019 Newsletter

Connecticut Farms Church Nursery School



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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 attending and bringing refreshments!

New Pre-K Teacher: As of Dec 31, Ms. Kate has taken a 3rd grade teaching position in a private school. She will be missed! We have hired a new Pre-K Teacher and her name is Ms. Daniella. We are excited to have Ms. Daniella join our staff and we can't wait to introduce her to you!

Registration: Information for the **2019-2020** School Year has been sent out. Registration forms and a \$60 registration fee is due back by Thursday, January 31, 2019. The form and payment will hold your child's spot for the 2019-2020 school year. Your May 2020 payment will be due in May of 2019. We will be opening up to the public February 2, 2019.

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!

Peas & Carrots Children's Music

Entertainment Group will be coming on Wednesday, Jan. 30th for both classes. Ms. Lisa's T/Th group is invited to come and watch the show at 10:30am. More details to follow.

School Closings:

Early Dismissal for (All Day) Students Only: Wed., January 9th. School will be closing at 12:30pm for Teacher-in-Service.

1/21st – School closed – Martin Luther King Jr. Day

Backwards and Inside Out Days:

Jan. 30th & 31st. Please have your child wear something backwards or inside out! ☺

Reminders:

Tuition:

Due on Monday 1/14th & Tuesday 1/15th

In the **event of inclement weather.** If you signed up for the automated phone call, you will receive a call between 6:30am – 7:00am. 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, fruit is always an option and the children love it!

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 **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 too!
www.facebook.com/ConnecticutFarmsChurchNurserySchool



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Screen Time Guidelines for Preschools

By Kids Health.org

Preschoolers learn by interacting with the world around them. They need to be **physically active** — to run, climb, and swing on the playground — and to have creative outlets like drawing or dress-up.

Time spent with screens (like a TV, tablet, or smartphone) can be an opportunity to reinforce learning and promote **creative play**. But too much screen time can have unhealthy side effects.

For this reason, the American Academy of Pediatrics (AAP) recommends limiting the amount of time that preschoolers spend in front of a screen. It's good advice — but in today's world, it can be tough to keep kids away from all the TVs, tablets, computers, smartphones, and gaming systems they'll see.

Here's how to keep time spent with screens as productive as possible.

How Much Is Too Much?

Preschoolers ages 2 to 5 should have no more than 1 hour of screen time each day. The exception to this rule is video chatting with grandparents or other family friends, which is considered quality time interacting with others.

Not all screen time is created equal. For example, you and your child playing an interactive phonics or numbers game on a tablet or watching high-quality educational programming together is **good screen time**. Keeping the TV on all day for "background noise" or letting your preschooler watch your favorite shows with you are examples of **bad screen time**.

Use screen time as a chance to interact with your child and teach lessons about the world. Don't let your child spend time alone just staring at a screen.

Screen Time Tips

The same parenting rules apply to screen time as to anything else — set a good example, establish limits, and talk with your child about it.

To make your preschooler's screen time more productive:

- **Be with young kids during screen time and interact with them.** That can mean playing an educational game with your child or talking about something you see together in an age-appropriate TV show or video.
- **Research games and apps before getting them for your child.** There are thousands of apps and games that claim to be educational, but not all of them are. Search online to see which ones educators and doctors consider the best.
- **Schedule plenty of non-screen time into your child's day.** Unstructured **playtime** is important for building creativity, so young children should have time to play away from screens every day. **Family meals** and bedtimes are also important times to put the screens away and interact with your child.
- **Keep devices with screens out of your child's bedroom after bedtime,** and don't allow a TV in your child's bedroom.

