



March 2025



Connecticut Farms Church Nursery School

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Dear Families;

Registration 2025-26

Registration for the 2025-26 has opened up to the public. Classes are filling up! If you have not registered your child, please do so soon! If you know a friend who may be interested, please let us know and we will give you a packet.

Kinder Kamp: Kinder Kamp forms were sent out last week. Kinder Kamp will be offered Monday - Thursday
Time: 9:00am – 12:00pm
Here are the weeks offered:
June 17-19 / June 23-26
June 30- July 3 / July 7-10
July 14-17 / July 21-24 / July 28-July 31
Register by June 6

Absence Reminder:

School Policy: If your child is out due to an illness, your child needs a doctor's note if they are out for 2 days. call the school or send an email or a Remind message, if your child is going to be out sick or out for any other reason.

Tuition Reminder!

Due by Friday, March 13th

Early Dismissal: March 12th all students leave at 11:30am – Teacher-in-Service

Spring Break: School will be closed Monday, April 14th – Monday, April 21st

Upcoming Events:

Read Across America:

All children wear their PJs

Pre-K: Monday, March 3rd

Preschool: MWF Monday, March 3rd

T/TH: Tues., March 4th

Union Twp. Librarian visits March 5th

March 9th - Turn your clocks ahead – Daylight Savings Time

Enrichments:

March 10th : Music with Peas and Carrots

March 25th Traveling Tumblers Program

3/17 – St. Patrick's Day - Wear Green!

Snacks: Snack Donations are always appreciated! Cheese sticks, pirate booty, Made Good Products. Fruit: apples, clementines, bananas, & strawberries. No need to wash or cut up the fruit. Please see snack list for more options. If you are going to bring fruit, please let your child's teacher know.

Visit our Facebook page and see our most recent pictures and please write a review, it helps us market the school.

www.facebook.com/connecticutfarmschurchnurseryschool & Instagram: cfnurseryschool

Cheryl Burger, Director



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 is 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 will see.

Here is 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. Do not 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 one's 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 do not allow a TV in your child's bedroom.