



2022

Connecticut Farms Church Nursery School
cburger@ctfarms.org
908-964-8544

Dear Parents,

Happy New Year!

Schools opening on Monday, January 3rd as planned. If you or your family have been exposed to Covid over the holiday, your child must quarantine for 10 days from the time of exposure. If someone in your immediate family tested positive, your child must be tested on day 7; and come back with documentation of a negative covid test. If your child has been exposed, please keep them home.

The teachers will continue to take temperatures at the door and you will be asked if your child has been exposed. If they have, we will not allow your child to come into the school. This is for everyone's safety. We don't want to have to close the school down.

Registration: Information for the 2022-2023 School Year has been sent out. Registration forms and a \$75 registration fee is due back by Monday, January 31, 2022. The form and payment will hold your child's spot for the 2022-2023 school year. Your May 2023 payment will be due in May of 2022. We will be opening up to the public February 1, 2022.



Illness Policy:

If your child shows any signs of being sick or is sent home sick, we will need a doctor's note or a negative Covid test in order for your child to return.

In the event of inclement weather: You will be receiving a message on the Remind App for all school closings or delays. If you have not signed up on Remind, please call the school's voice mail or check on Facebook for any closings or delays.

Reminders:

Tuition: Due on: Thursday 1/13 or Friday 1/14

School Closings: Monday, Jan. 17th -Martin Luther King Jr. Day

Mark your calendars: Early Dismissal: Wednesday, Feb. 9th for Teacher's In-Service Day. All students will dismiss at 11:30am.

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



Cheryl Burger, Director

10 Parenting Resolutions for 2022

www.brainbalancecenters.com/blog/top-parenting-resolutions

1. Be Present: There are all sorts of books, articles and conversations about mindful parenting. However, what it really boils down to is that when you are with your kids, you need to give them your full, happy attention. Listen, respond and don't let yourself get distracted. Be there, in the moment, with your children.

2. Stop Saying Don't: Think about how often you say "don't" to your kids. Chances are, it's quite a bit. Make an effort to stop saying don't and start finding ways to say "yes" - even if you have to tweak what it is that they want or do not want to do. Consider offering several alternatives so they're empowered to make choices.

3. Enhance Your Child's

Involvement: Consider taking your child along with you to the gym, or to the grocery store. By taking your child along during practical tasks, it will help them be better prepared for life and the future.

4. Reduce Yelling, Increase

Breathing: Unfortunately, some parents find themselves yelling more than they would like. If you feel on the brink of yelling, stop, take a breath and just breathe for a few minutes. This can help you stop this negative behavior.

5. Put a Time Limit on Your Work

Day: For example, don't check email after six o'clock. At a certain point, say "work is over." Use this time to spend with your kids. Encourage your children to get their homework done early, so the evenings are reserved for relaxation and family time.

6. Assign More Responsibilities:

Your child is growing up. As a result, you should give them more responsibilities. Just make sure the responsibilities fit their age.

7. Slow Down: Some of the times that are most difficult for parents are during the "transitions." These are the times when you are trying to get your kids ready and out the door. While you can't avoid all of this, there are times when you can slow down and make things less stressful for everyone. Consider starting the process a few minutes earlier or implement a system for leaving the house where everything you and your kids need are near the door and ready to go. If you always feel like you're racing to the next thing, you're likely overscheduled and need to make some adjustments.

8. Make a Single Dinner: There's no reason that your children can't eat what you are eating. Don't cater to everyone, instead make a single meal and make sure your child knows that is what they are expected to eat.

9. Learn from Past Mistakes: Learn from the mistakes you have made and that your child has made in the past but do not dwell on them. Accept these as learning opportunities and make sure they are avoided in the future. Keeping a journal can help you and your child process any mistakes made along the way. A journal can also serve as a gentle reminder that can be used to inspire confidence knowing mistakes can be overcome.

10. Reduce Screen Time: Put a limit on your child's screen time. Chances are it's too much.

By making these resolutions, you can improve your life and your child's life in the coming year.