



NEWSLETTER - FEBRUARY

We are quickly advancing into the New Year. Valentine's Day is just around the corner. We are thrilled to have each and every one of you and thank you for giving us the opportunity to be part of your children's lives. The children are learning more and more things every day. We hope you enjoy the artistic masterpieces we send home weekly and monthly. Your children are very creative and imaginative.

This month's themes are: Ground Hog Day, Dental Health, President's Week, 100 Days of School, and of course Valentine's Day. The children will exchange Valentines. We have many new applicants for enrollment at Saint Gregory the Great for the 2023-2024 Academic Year. Many of the applicants have been sent by YOU!

Thanks so much for your confidence and support and for being such good ambassadors of our program. Our program is growing. Happy Valentine's! I LOVE our Families, kids, and staff.

February is National American Heart Month, National Black History Month, National Dental Health Month, and National Women's History Month

Dates To Remember:

- 1/22-2/5: Chinese New Year and Lantern Festival
- 2/1: Princess/Super Hero Day
- 2/2: Ground Hog Day
- 2/8: Parent Zoom Meeting 7 p.m.
- 2/9: Football Jersey Day in honor of the Super Bowl
- 2/10: Superintendent's Conference Day/No School
- Staff Meeting at 8:30 a.m. Workshop: 10:00
- 2/12: Lincoln's Birthday
- 2/14: Valentine Party/Card Exchange'
- 2/15: One Hundred Days of School
- 2/20-24: President's Week
- 2/20-24: Mid Winter Break No School
- 2/21: Fat Tuesday/Mardi Gras
- 2/22: Washington's Birthday
- 2/27 School Resumes

Chinese New Year

Chinese New Year 2023 falls on Sunday, January 22nd and celebrations culminate with the Lantern Festival on February 5, Chinese New Year is 16 days long. The 2023 Chinese Zodiac sign is the Year of the Rabbit. Chinese New Year is celebrated by more than 20% of the world and is the most important holiday in China.

Will You Be My Valentine????

February is here! Along with this new month comes one of our favorite holidays---- Valentine's Day. Over the next few weeks we will discuss with the children many topics related to this wonderful event. We will discuss with them that on this day we share our positive thoughts and feelings about special people. This day also provides us with the opportunity to talk about the importance of sharing, giving, loving, and friendship. The children will also learn the purpose, symbols, colors and activities related to this holiday.



Concepts for Children To Learn:

- On Valentine's Day we share our love with others.
- Red, White and Pink are traditional Valentine's colors.
- People send cards to those they love on Valentine's Day.
- Some people attend or give parties on Valentine's Day.
- Flowers and gifts are given to special people on Valentine's Day.

The Story of Saint Valentine

Saint Valentine was an actual historical figure. He was a Roman physician who was also a Christian priest during the days of the early Church. This was a time when Christians were persecuted and they had to practice their faith in secret.

There are several versions of the story of St. Valentine. One version has it that Valentine was so loved by the children of the town that they would constantly write him notes declaring their affection---hence the origin of exchanging valentines. In the other version of the story, Valentine is working to heal a blind boy and is arrested by Roman soldiers for his work as an "undercover priest".

Valentine is shortly thereafter sentenced to die. And yet before he is taken off to be executed, he takes the time to write to the little blind boy a note explaining to him Jesus' love, enclosing a small treat. According to this story, when the boy eats the treat his eyesight is miraculously restored, and he is able to see well enough to read Valentine's note --- which is of course, at the exact same moment that Valentine is executed.

Valentine's Day Reading

- Elmo's Valentine by David Prebenna
- Elmo Love You by Sarah Albee
- Corduroy's Valentine's Day by Less McCue
- You're My Little Love Bug by Heidi Weimer
- Counting Kisses by Karen Katz
- Be My Valentine Charlie Brown by Charles Schultz
- The Story of Valentine's Day by Stacy Venturi Pickett
- Valentine Mice by Bethany Roberts
- Be My Valentine Peter Rabbit by Beatrix Potter
- Valentine's Day Love by Uncle Amon



February Dental Health Month

Oral Health is a vital component of a child's overall health. By providing a healthy diet, minimizing the consumption of sweets, cleaning a child's teeth twice a day, and getting early dental examinations, a child can have a happy, healthy smile.

Winter Weather:

Now that cold weather is here, dressing your child appropriately for the weather is important. Please make sure your child has a winter coat/jacket, gloves/mittens, a warm hat, and boots if necessary.

Illness

If your child has any COVID symptoms, flu symptoms or fever of 100 degrees or higher, diarrhea, a bad cold, runny nose, or cough, PLEASE KEEP YOUR CHILD HOME. When they are fever or symptom free for 48 hours, and you have submitted two COVID AT Home TESTS 24 hours apart OR 1 PCR, they may come back to school. The flu season is upon us and if we can help spreading it further, we will all be happier. Thank as always for your cooperation.

February Themes:

- Ground Hog Day
- Dental Health
- St. Valentine
- Chinese New Year
- President's Week (Lincoln and Washington)
- Women in History
- Black History
- Cultural Diversity



Parenting Advice:

My personal philosophy has been that parents should create clear, defined rules and boundaries for their children so that they will take them seriously as a parent and discipline will be easier as they grow. If you are too lax in your parenting it becomes a slippery slope and soon you will begin to lose control as they get older.

Make it a point to preserve your children's childhood, to allow them to fully enjoy this innocent and limited time of exploration, self-discovery, and emotional growth. Boundaries are critical for children to learn from. Here are three simple suggestions you can put in place right away.

- House Rules: All children need boundaries and limits to learn from. A good place to start is with general house rules for them to abide by and this includes children as young as preschoolers.
- Chores: Children as young as preschoolers can be given chores to help out around the house. It begins to teach them responsibility and acceptable behaviors.
- Limiting Electronics: I suggest putting limits on children's exposure to television, the computer, phones and video games. All good things come in moderation.

