



## NEWSLETTER - FEBRUARY

### From the Director's Desk

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 new 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 Day, 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 2022-2023 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 family 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

February 1: Staff Meeting 8:15 a.m.

Chinese New Year - Year of the Tiger

February 5: Superintendent's Conference Day/Virtual Workshop ( No School )

February 11/12: Lincoln's Birthday

February 14: Valentine Card Exchange - Color Red Day

February 16: 100 Days of School

February 17: Princess/Super Heroes Day

February 21 - 25: Mid Winter Break - No School

February 22: George Washington's Birthday

February 28: School Resumes

### 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 many topics related to this wonderful event. We will discuss with the children that on this day we share our positive 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 Day 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 St. 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 Saint 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 Reading

- Elmo's Valentine by David Prebenna
- Elmo Loves You by Sarah Albee
- Corduroy's Valentine's Day by Les McCue
- You're My Little Love Bug by Heidi Weimer
- Counting Kisses by Karen Katz
- Be My Valentine Charlie Brown by Charles Schulz
- The Story of Valentine's Day by Stacy Venturi Pickett
- Valentine Mice by Bethany Roberts
- Be My Valentine Peter Rabbit by Beatriz 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 19 symptoms, flu symptoms or fever ( 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, they may come back to school. We do need a Doctor's note for readmission/Negative PCR Test is they had the COVID VIRUS or were exposed. The flu season is upon us and if we can help spreading it further, we will be happier. Thank you for your cooperation.

## February Themes

- Ground Hog Day
- Dental Health
- St. Valentine
- Chinese New Year
- President's Day
- 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 their children 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. Just having this respectful discussion alone will help them feel like they are a part of the family and may contribute to them embracing your rules. In a family meeting setting, sit down with your children and discuss some areas that need some boundaries, such as greeting each other, use and management of coats and shoes, use of electronics or the telephone, bedtimes, and friends.
- 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. Obviously, preschoolers might have one or two very simple jobs.
- Limiting electronics: I suggest putting limits on children's exposure to television, the computer, I phones, and video games. All good things come in moderation.

