

Neighborhood News

The Neighborhood Learning Center's monthly newsletter

The Director's Corner

Marcie Peterson, Director



According to an article in *Growing Together*, parents can be overwhelmed with anxiety, and it is a very common problem. Some of the anxiety parents experience is no doubt due to being bombarded with so much information about child development – sometimes contradictory from the way you were raised. To help gain a clearer perspective and hopefully ease some of the worry you may be feeling, let us consider several questions.

First, *do you sometimes worry about the mistakes you make as a parent?* Actually, everyone — even the most renowned child development expert — makes mistakes at one time or another. It is part of being human. There is no need to be consumed by guilt or blame yourself unnecessarily if you make a mistake from time to time. We all do!

Second, *do you worry about possible harmful effects your mistakes might have later on your child?* Fortunately, most child development experts tell us that young children are highly resilient. This means that your mistakes generally will not harm your child if you are being reasonable and genuinely trying to help. The important question to ask is, “Was I genuinely trying to help my child or did I do it for my own reasons (convenience or frustration, for example)?” As long as we as parents continue to strive to do what we think is best for our child, love will eventually triumph over all else.

Finally, *have you lost the ability to relax as a parent?* If so, step back from what you are doing. Give yourself a break so you can once again enjoy raising your child. It is the old oxygen adage: take care of yourself first, so you may better take care of your child. Your child needs a relaxed and happy environment in which to grow and develop.

If you answered “yes” to any of these questions, here is a three part message to take away with you: (1) Realize and accept that you will make mistakes. (2) Focus your attention on doing what is good for your child and stop focusing on the guilt you may feel for something done wrong; and (3) Give yourself and your child the gift of a relaxed home environment.

Finally, at the end of a long and trying day, look back and consider all of the good things you accomplished and end your day being kind to yourself.

God Bless,

Ms. Marcie

August Highlights

August 3:

National Watermelon Day

August 5:

Ice Cream Sundaes in the “Art Museum”, 4—5pm

August 10:

-Field Day! Wear your bathing suit! 10—11am
-National S'mores Day

August 16:

Tie Dye Day! Keep an eye out for information from your child's teacher as to what type of item to send in with your child for tie dye fun!

August 20:

Parent's Night Out

August 26:

NLC CLOSED—
Teacher Workday

August 29:

First day of Loudoun County Public School

This Month at School...

Summer is just flying by and the school year is right around the corner! August brings lots of creative exploration and play:

- Exploring the Arts—The week of August 1st will see the children exploring the paper cuttings of Matisse, the details of Pointillism, Monet's Impressionism, and Andy Warhol's Pop Art. Their efforts will be combined in Fellowship Hall in our own art "gallery"! If your schedule allows, please join us Friday, August 5th between 4 and 5pm when the children (and any guests!) will enjoy ice cream sundaes while viewing their collective works.
- Field Day will be held Wednesday, August 11th from 10—11am. In the spirit of the Summer Olympics, the various events will be getting the children nice and wet, so be sure to send them in their bathing suits with towels and a dry change of clothes.
- Be a Scientist Week will be held the week of the 15th and will include all sorts of fantastic experiments—a different one every day! Tuesday the children will be tie dying, so please keep an eye out for information from your child's teacher as to what item to send in to dye.
- Friendship Week wraps up the month. The children will explore topics such as how to be a good friend and will even make a "Kindness Chain" that will grow each day in the classroom hallway. Be sure to catch your child doing acts of kindness to others, and point out when kindnesses are done to them, too! During the week our school age kids will take some of the artwork from earlier in the month over to the Carver Center to brighten the days of some of our local seniors.

The New School Year is Coming!

To get ready for the new school year, the NLC will be closed on Friday, August 26th, for a Teacher Workday. The teachers will take this time to update their room decorations, and to finalize their plans for the coming weeks.

New classroom assignments will start on Monday, August 29th, and we need your help to assist your kids with adapting to their new room and new teacher.

Also on this day, there will be several **classroom changes**. The 2 year old Bees class will move across the hall and split into two rooms—the current Owls

rooms. This will allow the 2s to split into two classes based on age, and will combine the pre-kindergarten classes into a single class with two teachers which will more closely resemble the kindergarten environment they will ultimately experience. This decision was made by the NLC Board based on survey feedback for the past two years. The staff will be working with the children throughout the previous week to make the transition as painless as possible.

We are so excited for the new school year and seeing your children continue to grow and thrive as they face new developmental milestones and challenges. Change can be exciting but also a little scary for our little ones, so this is also a time of patience as we all adapt. Thank you for journeying with us!

Survey Results are in

Thank you to everyone who took the time to complete our annual parent survey! Your feedback is incredibly valuable to us and we read each and every comment. We were so pleased to see that the additional communication efforts we have made over the past year (a point that needed improvement based on last year's feedback) have hit the mark and you feel more in the loop and informed about goings-on

Cont. on page 4

The Chaplain's Corner: The Family the that serves together, stays together

Last month as part of our 23 member team who went and served in Progresso, Belize were our youngest participants: my own two kids, Evan and Cami. At 9 and 7, I had no idea how they would approach traveling so far, living without the comforts they enjoy and wondered quite seriously if they would even eat anything all week.

To be honest, these worries now seem silly.

My husband, Andy and I made the decision way back in November that this mission trip would be a family affair for us. We signed them up knowing that even though they were young that God could and would use them in powerful ways; knowing that they would be safe and well, trusting deeply in the power of God and the gracious hospitality of the people of Belize; so they can see the world, how others' live, the vibrant faith of the church and the work of the Spirit to knit us together as the family of God. We signed them up knowing that this would give them an opportunity to grasp discipleship together as a family and individually.



We told Evan and Cami that they would have just one job to do in Progresso. They were to PLAY and make new friends! Sure, they helped paint and lead VBS, but they really lived out their chief calling, becoming masters in the art of play and building relationships. Tag, soccer, bubbles, balls and dancing seem to translate no matter the culture or the language. Smiles, hugs and laughter are really the only things that are needed to fill kids' cups.

Evan and Cami were more than okay in Belize. They were happy, and by week's close they didn't want to leave. As we got to the airport, Evan whispered that he'll never miss a mission trip. Cami asked would it be Belize again. I knew these were fruits sprouted from seeds planted long ago and nurtured by God's work in their hearts.

I am really proud of them. I am thrilled to see their hearts opening to love their neighbors locally and globally. I am excited to see where their own walks with Jesus will take them. I trust again the wild movement of the Spirit to make the garden grow and fruit to bear.

In Grace,

Pastor Jessica

This Month at St. Andrew...

Weekly Worship: Saturdays 5pm; Sundays 10am

NOTE: Child care is available at all worship services for the littlest ones. For children age preschool and up, Sunday School is provided during Sunday worship services—your child starts the service sitting with you, will leave for Sunday School and then will return to you before the service concludes. The first Sunday of every month is Family First Sunday, when children remain in the service and their joyful noises are welcomed!

August 21st—Annual Church Picnic—4—7pm—Held

at Loudoun Valley Community Center, 320 W School St, Purcellville. The deacons will provide main dishes and drinks; bring a side or dessert to share!

August 28th—4:00pm—Summer Concert Series: TheClazzical Project with "Outside the Bachs" - Proceeds to benefit Loudoun Interfaith Relief. Enjoy classical works, played by Brian Ganz, paired with their jazz renditions. Tickets are \$15 at the door, or purchase in advance at EventBrite.com.

August 28th—8:45am—Back to School Breakfast & Blessing of the Backpacks—Meet other SAPC families, discover this year's Children & Youth Programming, and get plugged in via registration and volunteering.

Staff Spotlight

Hello! my name is Lee Angus Sadiarin. I am a mother of two sweet children: a teenager and a little one who is 11 months old. My family and I just moved recently from Brambleton. I have been working with children for years and am passionate about teaching young learners. I enjoy every aspect of teaching and have realized that as much as we teach children, that they can teach us just as much. I am excited to be working on my Early Childhood Certificate! I am grateful to find myself working here at the Neighborhood Learning Center. I believe that it is a wonderful school for your children and am proud to be a part of a great group of teachers and staff.



Cont. from page 2 around the Center. This year we saw feedback regarding classroom size for the 2 year old Bees class (see “The New School Year is Coming article on page 2), as well as parents’ difficulties in attending special events. To address the latter, we are putting together an annual calendar of events that will be distributed in the coming weeks so that you can mark your calendars and make arrangements for time off from work for those special events you just don’t want to miss.

Thank you again for all of your thoughtful responses and for the beautiful kudos you offered to our staff members. Your ideas are valuable!

Thank you!

Your donations and participation in our fundraisers and collections like the Spring Fling, Mulch Sale, Ash Wednesday Pancakes and more made this possible.

Twenty-three Members and Friends from St. Andrew served together with our brothers and sisters in Progreso, Belize during the week of July 8 - 15! Four years ago, a St. Andrew team laid the concrete floor for the church.

This July we returned, painted the inside and outside the church, painted the gates on the windows and doors, and installed the ceiling. Each afternoon we welcomed nearly 70 kids for Vacation Bible School – Kid’s Club - to hear Bible stories, sing, play games, and do crafts. Your support has richly blessed the 23 member team and the church and friends of Progreso Belize! Thank you!



Annual Re-Enrollment Fee & Rate Changes

The NLC Board has recently approved changes to our rate structure, as reflected in the full rate schedule below. Rates are increasing approximately \$5. It should be noted that last year there was no rate increase. If you have any questions please contact Lorie or Marcie. New rates are effective August 29th, 2016.

REGISTRATION

New enrollment - \$75; \$55 each additional child

Annual re-registration - \$55 for each child

DISCOUNT: 10% discount on additional family members
(off the lesser tuition); 5% military discount

INFANT (6 weeks – 12 months; Butterfly Tree)

\$290 – 5 days **ONLY** **\$1257 - monthly**

PRESCHOOL ONES (12-16 months; Duck Pond/16-24 months; Frog Hollow)

Daily rate - \$67 (if currently enrolled)

\$133 – 2 days/week

\$187 – 3 days/week

\$275 – 5 days **\$ 1192 - monthly**

PRESCHOOL TWOS (Honey Bee Hive)

Daily rate - \$65 (if currently enrolled)

\$129 – 2 days/week

\$181 – 3 days/week

\$265 – 5 days **\$ 1149 - monthly**

PRE-SCHOOL THREES (Bluebird House/Robins Nest)

Daily rate - \$65 (if currently enrolled)

\$129- 2 days/week

\$181 – 3 days/week

\$265– 5 days **\$ 1149 – monthly**

PRE-KINDERGARTEN FOURS (Spotted/Snowy Owls)

Daily Rate - \$63 (if currently enrolled)

\$125– 2 days/week

\$175 – 3 days/week

\$255 – 5 days **\$ 1105 - monthly**

KINDERGARTEN ENRICHMENT (Tropical Island)

Daily Rate - \$50

School's Out Drop-In Fees - \$10 (enrolled students who attend weekly and arrive prior to 11 a.m.); \$55 (non-enrolled students)

\$100 – 2 days/week

\$135 – 3 days/week

\$185 – 5 days

\$ 802 - monthly

\$230 – 5 days w/before care

\$ 997 – monthly

SCHOOL-AGE PROGRAM (Rain Forest)

Daily Rate - \$25

School's Out Drop-In Fees - \$35 (enrolled students who attend weekly); \$55 (non-enrolled students)

\$50 – 2 days/week

\$75 – 3 days/week

\$110 – 5 days

\$ 477 – monthly

\$155 – 5 days/before & after care

\$ 672 – monthly

BEFORE SCHOOL CARE (Tropical Island/Rain Forest) – Breakfast/Transportation on NLC Bus

\$50 – 5 days

\$216 – monthly

\$10 – daily/drop-in



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exploring the Arts	Matisse Paper Cuttings Chapel	Pointillism Paintings	National Watermelon Day Monet Impressionism	Andy Warhol Pop Art	Art Museum Ice Cream Sundaes Rio Summer Olympics Yoga	
7 Junior Olympics	8 Chapel	9	10 National S'mores Day Field Day 11-12	11	12 Yoga	13
14 Be a Scientist	15 Concoctions Chapel	16 Tie Dye Day	17 Grossology	18 Robots	19 Science and Magic Yoga	20 Parent's Night Out
21 Friendship Week	22 Chapel	23	24	25	26 NLC CLOSED Teacher WorkDay	27
28 School is Cool	29 1st Day of LCPS School Chapel	30	31			

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Reminders...

We hope that you read the weekly "Friday Footnotes" which include information about the past week, the coming week's adventures, as well as a friendly reminder. Here is a reminder recap:

- The NLC will be CLOSED on Friday, August 26th, for a Teacher Workday.
- Make sure your child has a water bottle at school every day. Hydration is vital as the temperatures soar.
- Please be sure to read emails from us—we try to keep them brief but they are all important!
- Do not leave your car running when you pick up or drop off.

Feedback Needed

We need opinions on our current Parent's Night Out timing. One suggestion has been Friday nights (instead of Saturday) from 6:30-9:30.

We could possibly alternate that schedule with Saturday from 4:30-8:30. Please pass your opinion along to Marcie!

Like