

Neighborhood News

The Neighborhood Learning Center's monthly newsletter

The Director's Corner Marcie Peterson, Director



In a recent article I read in Pediatric Journal, researchers found that preschoolers in child care centers aren't spending enough time playing outdoors and just being kids.

The study showed that some preschool age child care centers often emphasized classroom learning at the expense of outdoor playtime. Researchers were surprised to learn that parents of all income levels were more concerned about what their children were learning academically than about whether they mastered fundamental gross motor skills, often through outdoor play.

Daily physical activity is essential for everyone, but in preschool age children it is important both for preventing obesity and for their development. When children are running, skipping and climbing, they aren't only exercising their bodies, they're also exercising their minds.

Here at the NLC we spend a good portion of our day – morning and afternoon – in gross motor activities. Whether winter brings severe storms, light dustings of snow or just cold temperatures, unless the temperature is below 32 degrees or it's raining, we take the children outside for short periods, especially in the afternoon winter sun.

So how can you help your child enjoy time outdoors and stay safe in the cold? The American Academy of Pediatrics has some valuable tips:

- * Dress infants and young children warmly for outdoor activities. Several thin layers will keep them dry and warm. The rule of thumb for young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.
- * A hat and gloves or mittens are a must.

And the old wives' tale about catching a cold in frigid weather, it's just not true! Studies show that getting chilled does *not* make you more susceptible to illness.

I think we all agree that safety and supervision are important, and academics, too. But play should be elevated to the same level as early literacy. What children learn in preschool and kindergarten can help shape their success later in life.

Blessings,

Ms. Marcie

January Highlights

January 1: NLC CLOSED
Happy New Year!

January 11: Mother
Goose Day

January 12: Build a
Frozen Snowman Show at
10 and 10:30

January 15: Hat Day!!

January 16: Parent's
Night Out 5-9pm

January 18: NLC CLOSED
Martin Luther King Day

January 19: Guest
Storyteller

January 25: Opposite
Day!!!

January 28: Blueberry
Pancake Day

January 29: Pajama Day!

Winter Weather

Children need outdoor time all year round. Unless it is below freezing or raining, we will continue to take the children outside for fresh air and exercise.

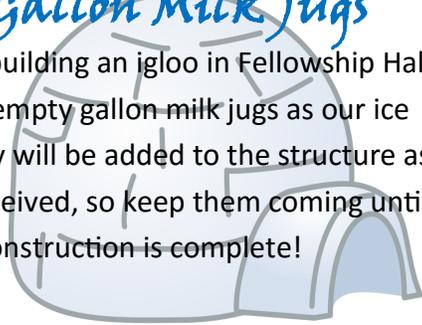
- Please send your children to school with warm coats, hats and gloves.
- Label everything with their names!
- Please check their cubbies and switch out their extra clothes with appropriate winter clothing.

This Month at School...

- * Our focus this month is on **Winter Wonderland** and **Arctic Experiences**. We need your help saving gallon milk jugs—see the igloo on this page! We will also try some ice fishing! If you have any winter activities you would like to share with the children please let us know.
- * Sue Cournoyer of “Gleemania” will be visiting us again on the 12th to present the interactive show “Build a Frozen Snowman”. If this is not your normal school day you are welcome to bring your child to the show!
10am— 2’s and younger program
10:30am— 3’s and 4’s program
- * We will have a guest storyteller twice this month, once on the 11th for Mother Goose Day and again on the 19th to share some winter stories.
- * Don’t forget the other special days we have planned for the month! We have highlighted them in green on the monthly calendar at the end of this newsletter.

Needed: Gallon Milk Jugs

We will be building an igloo in Fellowship Hall but need empty gallon milk jugs as our ice blocks! They will be added to the structure as they are received, so keep them coming until construction is complete!



Staff Spotlight

My name is Laura Tompkins and I am a teacher in the Frog Hollow classroom. My desire to care for children started when I was very young. My passion for teaching started seven years ago when I decided that my goal in life is to educate and care for children. I have an Associate Degree in Early Childhood Development and have also taken many training courses with a focus on infants and toddlers.

In my free time I love spending time with my family! I have a fiancé, (future) step-son and a dog who all constantly keep me busy! We love to go on new adventures and visit friends and family. Recently we have been very busy planning our April wedding. I love being creative and shopping for our upcoming event!

I am so excited to be a part of the NLC team and to get to know each and every one of the wonderful families here!



Snow Days Approaching! (Maybe...)

All NLC families will be notified via email and text regarding NLC closings and delays due to weather. These messages will be sent to the cell phone and email address noted in our database for “Guardian 1”. Please ensure we have the correct information on record!

Our closings and delays follow the Federal Government, NOT Loudoun County Public Schools.

You are also able to access the following website to determine the closing & delay status of the Federal Government: www.opm.gov/status

Coming Soon: an exciting announcement from the NLC Board regarding Referral Incentives!

Parent/Teacher Conferences

Parent/teacher conferences will be held at the end of this month. A sign-up sheet will be placed outside your child’s classroom for you to schedule a time to meet with your child’s teacher or to schedule a phone call.

Conferences are an excellent opportunity to meet with your child’s teacher and discuss development, activities and goals. Teachers can also give you important information as you make decisions about your child’s placement for next year.

In order to stay within the allotted time for conferences, please come prepared with any questions or concerns you wish to discuss.

The Pastor's Corner

The New Year is here – a good time for new beginnings. Christmas decorations are coming down. Work and school swing back into daily commitments (unless it snows, of course, which may be a fleeting thought this year). Sometimes the turn of the calendar brings new resolutions of dreams, goals and intentions for the months ahead.

Mission is big on our 2016 calendar at St. Andrew. "Service is our mission" is part of our motto and we are going after it in three big ways.

- * On the Sunday after Easter we look forward to our annual **Serve Sunday**. We meet for a ten- to fifteen-minute gathering for worship and then head out into the community seeking out places to serve others. Jesus said that the "greatest among you will be the servant of all." We take that to heart when we send groups out to places like Boulder Crest, Mobile Hope, the Carver Center and a local farm where the children get to see animals and do some farm chores. We spend the morning sorting clothes, spreading mulch, feeding cows, weeding gardens. We hear the stories of how the server and served find God's spirit and promise in their sharing. Afterwards the buzz is lively when we get together to share how it all went. It's a great joy.
- * Monthly, our youth lead us in a visit to the homeless on the streets of Washington, DC via an outreach called **DC TOP** (Teens Opposing Poverty). We share potatoes, bottles of water, warm

clothes, and a hand of greeting. Because of our outreach, our sister church, New York Avenue Presbyterian, has opened up its doors to host a Super Bowl party. You can't believe what a gift watching the Super Bowl is to those who live on the streets. It helps them know that they are a part of our community.



- * Our biggest effort comes in July. So far, just about twenty of us have made our commitment to go on a **mission trip** and work with a small village in Belize. We will likely be doing some construction providing needed shelter for our brothers and sisters there. Plus, we put on a Vacation Bible School for the children. The trip is for youth and adults both. This will be the second trip we have taken to Belize, seeking to create a lasting relationship with those we meet, receiving from them their gifts of time and presence, while we bring gifts of support and aid. Neighborhood Learning Center teens and parents are also welcome to join us for our July 8 – 16 trip. For more information, check out our link: <https://sites.google.com/site/sapcbelizemissiontrip/home>

Of course, we hope that the New Year is prosperous and good for all at the Neighborhood Learning Center.

Pastor Dave Milam

This Month at St. Andrew...

Weekly Worship:

Saturdays at 5pm Sundays at 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!

January 15-17—Winter Retreat at Deer Valley—6th graders through high school from St. Andrew as well as our friends from Catoctin Presbyterian Church in Waterford are invited to learn more about the weekend's theme of "Let Peace Begin With Me" while having fun snow tubing, playing games, enjoying Bible workshops, lots of food and fellowship.

January 31— Annual Congregational Meeting and Potluck—The meeting will immediately follow the 10am service, with a potluck lunch afterwards. We look forward to hearing the reports of committees for 2015 and presentation of the budget and the slate of new officers.



January 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <i>NLC Closed Happy New Year!!</i>	2
3 <i>Winter Wonderland</i>	4	5	6 <i>Music with Ms Prestipino</i>	7 <i>Movement with Ms Prestipino</i>	8 Chapel Yoga	9
10 <i>Winter Wonderland</i>	11 Mother Goose Day	12 Build a Frozen Snowman Show 10 & 10:30	13 <i>Music with Ms Prestipino</i>	14 <i>Movement with Ms Prestipino</i>	15 Hat Day!!!! Chapel Yoga	16
17 <i>Arctic Adventures</i>	18 Martin Luther King Day NLC Closed	19 Guest Storyteller	20 <i>Music with Ms Prestipino</i>	21 <i>Movement with Ms Prestipino</i>	22 Chapel Yoga	23
24/31 <i>Arctic Adventures</i>	25 Opposite Day!!!!	26	27 <i>Music with Ms Prestipino</i>	28 Blueberry Pancake Day <i>Movement with Ms Prestipino</i>	29 Pajama Day!!! Chapel Yoga	30

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Giggle Corner!

Q. What do you get when you cross a shark with a snowman?

A. FROSTBITE!

Q. What do Snowmen have for Breakfast?

A. Snowflakes

Q. How does a Snowman get to work?

A. By icicle

Q. What do snowmen wear on their heads?

A. Icecaps

Q. What do snowmen eat for lunch?

A. Ice Bergers

Q. Where does a snowman keep his money?

A. In a snow bank.

Q: What did the snowman say to the customer?

A: Have an ice day!

Q: What do you call a snowman in the desert?

A: A puddle!

Knock, knock!

Who's there?

Snow.

Snow who?

Snowbody!