

January, 2020

Neighborhood News

The Neighborhood Learning Center's monthly newsletter

The Director's Corner

Happy New Year!

It's a new year, and a good time for reminders and suggestions on how to keep both us and our children healthy, whether at home or at school!

- ◆ **Hand washing**—This is THE most important thing we can do to keep our kids healthy!! Hands should be washed before and after eating, after using the restroom or changing a diaper, and after touching bodily fluids (including wiping a runny nose). Many parents don't know that an infant's or child's hands should be washed (or wiped with a baby wipe if soap and water is impractical) after having their diaper changed. It's suggested to also wash hands when coming in from playing outside, when first getting home or to the Center, after using shared play-doh, and any time hands need a good wash. Teach kids to sing a hand washing song to make sure they're washing long enough.
- ◆ **Cover your coughs and sneezes**—Teach kids how to "catch" their coughs and sneezes in their elbows. Don't let them escape! If they forget and use their hands instead, see the "Hand washing" section of this article!
- ◆ **Stay home when you're sick**—Children (and adults, too!) should stay home for 24 hours after symptoms resolve, unless a doctor says they're not contagious. Let us know if your child is diagnosed with any contagious illness so we can alert other parents to be on the lookout for their own child.
- ◆ **Keep active, even if you're stuck inside!**—Have a dance party, play hop scotch across the kitchen floor, or have a good game of tag around the living room. Even if it's cold outside, bundle up and breathe some fresh air taking the dog for a walk, visiting the park, or whatever activity you enjoy. Exercise boosts the immune system, helps regulate mood, and is vital to overall good health.
- ◆ **Get enough sleep**—Sleep is essential for a healthy immune system. Stick with your child's (and your) bedtime routine as much as possible.
- ◆ **Eat your fruits and veggies**—Nutrients are vital to keeping your immune system working at peak performance. Eat a rainbow of colors, and try sneaking some veggies into soups, stews, or even pureed into spaghetti sauce.

Blessings for a healthy New Year,

The NLC Administrative Staff

FYI—2019 tax statements will be emailed this month (probably by 1/17/20)

This Month's Highlights

January 1

NLC CLOSED for New Year's Day

January 2-3

LCPS Closed, School's Out Drop-In Day; sign up with School Age teachers; Field Trip 1/3 to Bush Tabernacle for Skating

January 2

Dean Alan Magic Show 10 am, followed by a Magic Workshop for School Agers

January 8, 15, 22, 29

St. Andrew Family Night 6:00-7:30 pm. All are welcome!

January 13

Visit from Mac Brownell Adult Day Center to Owls Class 11 am

January 18

Parents' Night Out 5:30—9:00

January 20

NLC CLOSED for Martin Luther King Jr. Day

January 21

LCPS Closed, School's Out Drop-In Day; sign up with School Age teachers

January 23

Visit from Wildlife Ambassadors 10 am

January 31

Backward Day—Send them to school in backwards shirts, hats, and other fun items!

Sunday worship and Sunday School every Sunday at 10:00 am

January Staff Birthdays

5 Rachel Grant (Float)

10 Ann Reger (Ducks)

17 Larkin Howard (Bird House)

25 Kim Upperman (Owls)

This Month at School...

We welcome the New Year by learning about the winter season, how the animals live in the cold, and about Martin Luther King, Jr, whose birthday we celebrate every January.

- The **NLC is CLOSED** January 1 in observance of New Year's Day, AND on Monday the 20th in observance of Martin Luther King, Jr. Day.
- **Dean Alan Magic** will visit on Thursday the 2nd for a fun magic show at 10 am. It is a magical New Year, after all!
- **School's Out Drop-In Days** will be available for school agers over winter break. Sign up with your child's teacher. Don't miss the **Magic WORKSHOP** for school agers following the Dean Alan Magic Show on January 2nd at 10 am. On the 3rd, the school agers will go **skating at Bush Tabernacle** from 1:00-3:00 pm! There is also a Drop-In day on Tuesday the 21st.
- **St. Andrew's Family Nights** continue in the New Year on Wednesday nights from 6:00 til 7:30 pm. *All are welcome*, please come join us for dinner and activities for both children and adults.
- Monthly visits with our friends from the **Mac Brownell Adult Day Center** to the Owls class will continue Monday the 13th at 11 am.
- **Parents' Night Out** is Saturday the 18th from 5:30—9:00 pm—sign up at the Front Desk.
- We look forward to a visit from **Wildlife Ambassadors** on Thursday the 23rd at 10 am to learn about our local animals and how they survive the winter weather with adaptations including camouflage, hibernation, and warm coats.
- To throw a little fun into the end of a long winter month, we will have a **Backward Day** on Friday the 31st. Wearing a shirt backwards to school or our coats backwards at playground time is always good for a giggle!

How to nurture a child's mental health



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Inclement Weather Policy Reminders

- The NLC does NOT follow Loudoun County Public Schools for inclement weather-related closings or late openings. This decision is based on the safety of our students, parents, and staff.
- If Loudoun County Public Schools have an early dismissal, the NLC bus will immediately pick the children up from school who are scheduled to come to us by bus in the afternoon.
- You will receive a text from the NLC and an email no later than 6:00 am should a closure or delay be in effect for the NLC on a particular day. If a decision is made to close early due to inclement weather, parents will be notified via text and email as soon as the decision is made.



Thank you, Conductor Dave, for making Polar Express Day so magical!



The Neighborhood Learning Center ~ Menu for January 2020

Whole milk is served to children under 2 and 2% milk is served to all others. Menus are subject to change.

*May contain eggs ^May contain milk (T) = Toddler WG = Whole Grain

		Monday	Tuesday	Wednesday	Thursday	Friday
Jan 6 – 10	Breakfast	WG Cereal Fruit Milk	Blueberry Mini-Muffin* Banana Milk	WG Cereal Fruit Milk	Turkey Sausage Croissant^* Fruit Milk	WG Cereal Fruit Milk
	Lunch	Breaded Chicken Nuggets Corn Pineapple Milk	Beef Stroganoff Peas Peaches Milk	BBQ Chicken on a Bun Salad & Cucumbers with Dressing*^ Applesauce Milk	Tomato Soup Grilled Cheese^ with Whole Wheat Bread Pears Milk	Meatloaf^* Mashed Potatoes^ Wheat Roll Mixed Fruit Milk
	Snack	Graham Crackers Sun Butter Water	Sliced Cheese^ WG Wheat Thins / Ritz Crackers (T) Water	Veggie Straws Raisins Water	Winter Trail Mix Water	Carrots & Dip^ WG Goldfish Water
Jan 13 – 17	Breakfast	WG Cereal Fruit Milk	Pancakes^* Strawberries Milk	WG Cereal Fruit Milk	Yogurt^ Granola Fruit Milk	WG Cereal Fruit Milk
	Lunch	Chicken Noodle Soup with Carrots Crackers Mandarin Oranges Milk	WG Breaded Fish Nuggets Green Beans Pineapple Milk	Chicken Pot Pie^ with Potatoes & Corn Peaches Milk	Turkey Meatballs Rice Mixed Vegetables Pears Milk	Pasta & Spaghetti Sauce Salad & Cucumbers with Dressing*^ Mixed Fruit Milk
	Snack	Cheese Sticks^ Ritz Crackers Water	WG Goldfish^ Sliced Apples/ Applesauce (T) Water	Grapes Pretzels with Dip^ Crackers (T) Water	Salsa & Nachos/ Saltines (T) 100% Apple Juice Water	Pudding^ Banana Water
Jan 20 – 24	Breakfast	NLC CLOSED in observance of Martin Luther King, Jr. Day	Waffles^* Blueberries Milk	WG Cereal Fruit Milk	Whole Wheat Bagels Cream Cheese^ Orange Wedges Milk	WG Cereal Fruit Milk
	Lunch		Pizza^ Salad & Cucumbers with Dressing*^ Pears Milk	Chili Cornbread^* Pineapple Milk	Chicken Noodle Casserole^ with Peas & Carrots Peaches Milk	Turkey Burger French Fries Mixed Fruit Milk
	Snack		Cheese Cubes^ WG Triscuits Water	Jell-O with Fruit Cheese Itz^ Water	Animal Crackers Ice Cream^ Water	Applesauce Animal Crackers Water
Jan 27 – 31	Breakfast	WG Cereal Fruit Milk	French Toast Sticks*^ Strawberries Milk	WG Cereal Fruit Milk	Variety: Grain Fruit Milk	WG Cereal Fruit Milk
	Lunch	Chicken Alfredo^ Peas Peaches Milk	Salisbury Steak Mashed Potatoes^ Whole Wheat Roll Pineapple Milk	Lasagna Salad & Cucumbers with Dressing*^ Mixed Fruit Milk	WG Chicken Patty on a Bun^ Broccoli with Cheese^ Pears Milk	Variety: Meat/Meat Alternate^* Fruit, Vegetable, & Grain Milk
	Snack	Graham Crackers Bananas Water	Pepperoni Cheese^ Ritz Crackers Water	Mandarin Oranges Cheese Itz^ Water	Yogurt Cup^ WG Goldfish^ Water	Breakfast Bar 100% Fruit Juice Water

The Pastor's Epistle

Happy New Year

Unlike most trends against them, I'm a New Year's Resolution guy. I keep them in a journal, buying a new one each year, posting the goals on the first page. Because I've written down my resolutions for the previous year, I review how I did with them and use them as a starting place for my direction for the coming year.

This year was a down year for fulfillment of 2019 goals. Out of the nearly twenty, I only fulfilled one. Yikes! That said, most of the other ones were partially achieved or weren't fulfilled due to circumstances beyond my control.

Usually I break the goals down to four or five categories: 1) Spiritual 2) Health 3) Family/ Relationships 4) Financial, and 5) Work. For instance, one spiritual goal last year was to read the entire Bible from front to back. I didn't quite make it, but finished the Old Testament and the Gospel of Matthew. Financially, setting goals for savings and investments, budgeting and the like, has been super helpful in getting to some fairly good financial health. I've been reading twenty books a year on average over the last several years. And my exercise has kept me in reasonably healthy shape with the exception of the annual lose-weight resolution. I'm also so glad that I schedule a regular date night with my wife,

Bonnie, and set down appropriate intentions to connect with our children and grandchildren.

What I find most helpful is to take the beginning of each new year to be a self-check on who I want to be and where I'd like to be going. It's a space where I can seek to do well as a person in relationship with the world in which we all live.

Might that be a helpful exercise for you, as well? Happy New Year to you.

Yours,



Pastor Dave Milam

P.S. It was delightful to see several NLC families at our St. Andrew Christmas Eve services. You are always welcome to worship with us. Please know that we consider you all a part of our church family by your connection to our wonderful Neighborhood Learning Center and are happy for our relationship with you!

P.P.S. St. Andrew will host a 9-week long Dave Ramsey Financial Workshop starting in February. It will be led by experienced banker Stacy Newton and her husband Hans, and childcare will be available. More details to come!

Coming Up at St. Andrew...

Weekly Worship: Sundays 10am

NOTE: Child care is available for the littlest ones during worship. 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.

2nd and 4th Sundays—6:00-8:00 pm—Sunday Night Live Youth Group—A fun gathering for middle and high school youth! Bring a friend for an evening of learning and drawing closer to Christ, sharing in his love and grace.

Tween Group for 4th and 5th Graders—Friday, January 10th—6:30-8:30 pm—Grab a friend and

come play crazy games with us Friday nights! Pizza dinner provided (donation of \$2 requested). Contact Kathi Hottinger with questions at kathibabygrl@yahoo.com.

Believing & Belonging New Members' Class—Starts Saturday, January 11 at 10 am—Please come join this exciting series to deepen your faith in scripture and learn about fellowship at St. Andrew. Childcare will be provided. Contact Pastor Dave if you have questions at revdocdavem@aol.com.

Sunday, January 26—Annual Congregational Meeting & Lunch, following the worship service

Sunday, January 26—Music with a Cause—Pianist Brian Ganz performing Chopin—4:00 pm—Proceeds to benefit Loudoun Free Clinic. Tickets \$20.

January 2020

Theme: Winter

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Loudoun Hunger Relief Suggested Item of the Month Donation: Household Items <i>Drop off in wooden box in church entry</i></p>			<p>1 NLC Closed for New Year's Day</p>	<p>2 LCPS Closed; School's Out Drop-In Day for School Agers – Magic Workshop for School Agers Dean Alan Magic Show 10 am **AcroKids **Wee Little Arts</p>	<p>3 LCPS Closed; School's Out Drop-In Day for School Agers – Field Trip to Bush Tabernacle for Skating</p>	4
<p>5 Worship & Sunday School 10 am</p>	<p>6 **Mercier School of Dance Feast of the Epiphany – Three Kings Day</p>	<p>7 Chapel</p>	<p>8 Family Night – 6:00 – 7:30 pm</p>	<p>9 **AcroKids</p>	<p>10 **Wee Little Arts</p>	11
<p>12 Worship & Sunday School 10 am</p>	<p>13 Mac Brownell Adult Day Center Visit Owls 11 am **Mercier School of Dance</p>	<p>14 Chapel</p>	<p>15 Family Night – 6:00 – 7:30 pm</p>	<p>16 **AcroKids</p>	<p>17 **Wee Little Arts Winnie the Pooh Day (Observed) – Birthday of A. A. Milne</p>	<p>18 Parents Night Out 5:30 – 9:00</p>
<p>19 Worship & Sunday School 10 am</p>	<p>20 NLC Closed for Martin Luther King, Jr. Day</p>	<p>21 LCPS Closed; School's Out Drop-In Day for School Agers Chapel</p>	<p>22 Family Night – 6:00 – 7:30 pm</p>	<p>23 Visit from Wildlife Ambassadors 10 am</p>	24	25
<p>26 Worship & Sunday School 10 am</p>	<p>27 **Mercier School of Dance</p>	<p>28 Chapel</p>	<p>29 Family Night – 6:00 – 7:30 pm</p>	<p>30 **Wee Little Arts</p>	<p>31 Backward Day</p>	

Of Note...

- St. Andrew's Family Night – Dinner at 6:00 pm; Activities for children a& adults 6:30 – 7:30 pm! All are welcome!
- Dean Alan Magic returns with his "Very Frosty Show" for all ages. Afterwards, the school agers will enjoy a Magic Workshop to learn some tricks of their own!

**** Designates Registration Required Class (Details & Registration Info at Front Desk)**

- **Mercier School of Dance – Enrollment is ongoing. Ages 2 and up. Visit www.mercierschoolofdance.com to register.
- **Wee Little Arts - Visit www.weelittlearts.com to register.
- **AcroKidz –Thursdays at 9:00 am for 2s through pre-K. Visit www.acrokidz.net to register.