

# NEWSLETTER

February 2018 Volume 2 317-637-0841



## Conscious Discipline Spotlight

One of the ways we can help our children when they are upset is by making a connection with them and doing some "S.T.A.R. breathing." This helps them center themselves and start to control their emotions.

A lot of the children have been learning about this method of calming down for quite some time. If you would like to start doing this in your family in those times of upset,

### Try This at home:

Smile  
Take a deep breath  
And  
Relax



## Community Resources

Mother's Shop Every  
Tuesday 11a-1p  
St Peter's Lutheran  
Church  
2525 E. 11<sup>th</sup> Street

Free Tax Preparation At the  
Boner Center. Arrive early to  
get a spot in line. Help will be  
provided on a first come first  
serve basis.

Mondays, Tuesdays, and  
Wednesdays- 10am until  
they reach capacity  
Saturdays 9am- until they  
reach capacity

New WIC office  
located in the Boner  
Center on Tuesdays  
and Thursdays from  
8am-5pm  
317-633-8210

## Do You Have a Kroger Card?

Kroger Community Rewards makes fund-raising easy, all you have to do is shop at Kroger and swipe your Plus Card!

To register log on to [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com) and select East Tenth UM Children & Youth Center Inc. as your designated charity. Not sure how to access this? Please see Ms. Jessica for help on how to sign up.

## February Events

Feb 2<sup>nd</sup>- First Friday "Light" Art Show

Feb 5<sup>th</sup>- Job Club at Boner center ( Ask Mr. Alvaro for more info)

Feb 14<sup>th</sup>- Classroom Valentine's Day Parties  
3pm

Feb 19<sup>th</sup> - President's Day /Open for all day  
School age care.

Feb 20<sup>th</sup>- Parent Literacy Event 4:15pm-5:15pm

Sunday School- 9:30am  
Sunday Church Service- 10:45pm  
Sunday Community Meal- 5pm

Checking Life Cubby is a great way to stay informed about your child's daily activities! If you are not connected, ask us how to sign up.

## Infants & Toddlers

Home Visits will be scheduled for all Early Head Start families for the month of February. Please sign up for a time to meet with your child's teacher and the Family Engagement Specialist. Sign up sheets are posted in your child's classroom.

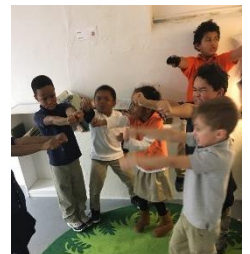
Don't forget to log your home learning activities in your classroom! This not only helps East Tenth with our in-kind match for Early Head Start it also helps us track the impact of positive parent-child interactions with the children we serve. These experiences help prepare your child for future success! You are a brain builder!!!

## Preschool

Classroom Study / Area of Focus		Literacy Focus	Family Partnerships
Preschool Room 6	<p>Tubes and Tunnels Study</p> <p>Where do you see tubes and tunnels? What can they be used for? Are they made of different materials?</p>	<p>New Study Coming Soon!</p> <p>Stay tuned for a brand new study to start!</p> <p>Information will go out to families as soon as it is ready to go!!</p>	<p>Where's the phone?</p> <p>Does your child know how to reach you? Practice saying and dialing your phone number.</p>
Preschool Room 7		<p>Name Writing Practice Continues (first name, last name)</p> <p>Author vs. Illustrator Can they tell you the difference?</p>	

## Before & After School/Breaks

Since Christmas, students have gotten back into the routine of before- or after- school care. One activity the students loved involved using needles, thread, and cotton balls to make snow blizzards. Some even wore them as necklaces. They also got to see the movie "HOMEWARD BOUND" where 2 dogs and a cat are lost but are eventually able to return home to the family who loves them.



Students have been learning about Conscious Discipline by finding ways to take deep breathes and blow them out when they are upset or stressed about something. They have also been choosing ways that they would like to be greeted daily, so the school-age staff can focus on each student to give them a high-five, a big smile, a wink, etc. Hopefully, all of these techniques will help them to feel more a part of the East 10<sup>th</sup> Street United Methodist Children and Youth Center Family!