

Building Bridges



~ between school and home ~

Give Thanks

November 2018

Important Dates:

- 11/6— 11/7
Class and individual photos
- 11/15
Thanksgiving Feast (3's, Pre-K, and K)
Noon in the Thomas Center
- 11/19— 11/23
School Closed for Thanksgiving Holiday
- 11/27
Kindergarten Informational Coffee
9:15 am in the Mary Martha Parlor

Notes from the Director

November is here and we have so many reasons to give thanks. As the holidays approach our teachers are helping our little saints become aware of their many blessings and express their thanks with grateful hearts. I am so thankful for All Saints School and for all of the precious children and families that we serve. I am overwhelmed with thanks for our loving teachers. They are so special and give of themselves so

freely. They are truly His servants.

Make sure to check out the article about our Thanksgiving Feast on November 15th. It will be a wonderful time of fellowship for our school family. I can't think of a better way to kick-off our holiday season!

Finally, I wanted to thank Lori Wells and Monica Bressler and the PTO for the delicious lunch for the staff during the Parent Teacher

conferences. Wow! It was fantastic and such a treat for the teachers after all of that hard work preparing for the conferences. Thank you to all of the parents who donated money towards the luncheon. We appreciate you so much and you sure made us feel special.

In Christ,
Kristin



David and Goliath during chapel



Fun making goop!



Fall Festival 2018



Pre-K field trip to Santa's Christmas Tree Farm



Baby Blessing

Calling all new babies and their families. We will have a special baby Family Chapel on December 12th. Father Russell will bless our new babies (any babies born since last spring) and we will give them their All Saints prayer blankets. Please let the office know if you will be attending so that we can be sure to have enough blankets!



Teacher Birthdays

- 11/1 Peggy Miller (Infants)
- 11/26 Peggie Bobo (Threes)
- 11/28 Christy Barbosa (Kindergarten)

A Parent's Prayer of Thanksgiving

Dear Lord,

Thank you for this sink of dirty dishes; we have plenty of food to eat.

Thank you for this pile of dirty, stinky laundry; we have plenty of nice clothes to wear.

And I would like to thank you, Lord, for those unmade beds; they were so warm and comfortable last night. I know that many have no bed.

My thanks to you, Lord, for this bathroom, complete with all the splattered mess, soggy, grimy towels and the dirty lavatory; they are all so convenient.

Thank you for this finger-smudged refrigerator that needs defrosting so badly; it has served us faithfully for many years. It is full of cold drinks and enough leftovers for two or three meals.

Thank you, Lord, for this oven that absolutely must be cleaned today; it has baked so many things over the years.

The whole family is grateful for that tall grass that needs mowing and lawn that needs raking; we all enjoy the yard.

Thank you, Lord, even for that slamming screen door. My kids are healthy and able to run and play. Many children cannot.

Lord, the presence of all these chores awaiting me says You have richly blessed my family. I shall do them cheerfully and I shall do them gratefully. Amen.



Parent Education Night- A Few Thoughts

Thank you so much to Dr. Flora Torra for coming to All Saints to share with our parents about what anxiety in our children can look like and what we can do. Dr. Torra explained that the first thing we need to do as we are helping our children in an anxious moment is to check in with ourselves. How are we feeling? Are we anxious or upset? Hurried or irritated? We need to take a moment to breathe and calm our own nervous system before we can help our children. Once we are ready we need to get attuned with our children. Attunement is all about non-verbal information. We can look our children in the eyes and hold them (if they want to be held). We need to put away our distractions and be ready to listen.

Dr. Torra explained that therapists and psychologists have broadened the definition of trauma recently as it refers to experiences that can cause an anxious nervous system response. Trauma can be any experience that stuns us out of the blue. The experience can leave us feeling disconnected from our bodies. It can be a single event (such as being held down for a shot or having an intense bad dream), a series of events (family disharmony leading to separation) or conditions over time (hunger). We often think of traumatic events as being in our brain (and replaying in our brain) however for many the trauma is sort of trapped in the nervous system. It can present itself as behavioral, cognitive and emotional problems.

It is important that we help our children become aware of their bodies and teach them how to cope with or manage stressful, emotional or uncomfortable sensations. It is important to acknowledge and accept their feelings but then to help explain what might be happening. For younger children we can narrate what they might be feeling. "Yes, that thunder was really loud, but you are safe inside our home and I am with you." For older children you can explain that their body thinks they are in danger or unsafe so their tummy (or head, etc.) hurts, but actually they are safe. Then we want to help our children settle their nervous systems. The most effective way to do this is to diaphragm breathe. We can model taking a deep breath through our nose (smell the flower) and then slowly blow the breath out of our mouths (blow out the candle). Deep, slow breathing can reset our nervous system.

Anxiety is complicated and widespread. Over 18% of American adults are diagnosed with an anxiety disorder. One in 8 American children has an anxiety disorder. At All Saints School it is our goal that all of our children from the youngest infant all the way through our kindergarteners feel safe and secure here and in life. We will continue to share with you about what we have learned and what is working well here at school.

Fall Festival 2018



Thanksgiving Feast... sign up now!



Please join us for the annual Thanksgiving feast and enjoy a special presentation by our 3's, Pre-K, and Kindergarten classes followed by a traditional Thanksgiving feast. All families are welcome, don't miss this special event!

When: Thursday, November 15th at Noon

Where: Thomas Center

**See attached flyer for details and lunch order form, due to Rosie by November 9th*

Kindergarten Informational Coffee

Come meet with Kristin Millson (school Director) and Colleen Johnson (Kindergarten teacher) to hear about the All Saints School Kindergarten program. We will share about the curriculum, standards, assessment, schedule and daily life of our Kindergarten. We will explain how the instruction is individualized and also how we are able to retain our playful focus while meeting all kindergarten standards.

When: Tuesday, November 27th from 9:15-10:15am

Where: Mary Martha Parlor

No RSVP needed. Please bring interested friends!



The All Saints 2015-16 Kindergarten Class Performs "The Mitten")

Christmas Outreach

For our Christmas Outreach this year we are going to provide some Christmas goodies for local families who are in need. All Saints Church has a food outreach program called "Love Wins." Once a month we deliver boxes of food to about 40-80 local families whose children attend Lakemont, Brookshire, and Killarney Elementary Schools. Our school is going to go above and beyond that for four families in need. Soon you will receive a specific list of items needed such as canned goods, Wal-mart gift certificates, new children's clothes (with specific sizes), children's toys (specific requests), and toiletries. If you or your family is interested in sponsoring another family please let us know as the need is great. We are so excited to serve our local children in need and to give our little saints the opportunity to experience the joy of giving to other children. Look for a Sign-Up Genius email soon which will have specific items to donate! Thank you.

Looking Ahead

December 19 – Christmas Nativity Pageant (Threes, Pre-K, and Kindergarten)

December 20th-January 4th – School Closed for Christmas Break

PTO President's Message

As I count my blessing this Thanksgiving, you can be sure that this precious little school is high on my list. I am especially grateful for all the parents who contribute in so many ways to make this such a fun and active community to be a part of.

I am thankful for...

Monica Bressler and Lori Wells for coordinating our fall appreciation luncheon for our beloved teachers and staff during parent-teacher conference day. And, **thank you** to the many families who chipped in funds so that we could provide a catered lunch as well as a little treat to take home -- a decorated cookie and gift card!

Stephanie Senft and Catherine Long who organized another epic Fall Festival! This year's event was SO FUN for kids and adults alike. Thank you to all the many volunteers who made this event work -- candy and treat donors, trunk decorators, food servers, and the set-up and clean-up crew!

Golden Corral and Colt's Pig Stand who generously donated the delicious catered dinner for all families who attended the Fall Festival! Not only was it an amazing treat to enjoy some delicious comfort food with our friends, but 100% of the proceeds from dinner orders came directly back to the school!

Lauren Gascoigne and Anna Lohr who have stepped up to work as Big Saints Bash chairs this year. Expect to be hearing more from this dynamic duo in the near future as they plan our annual fundraising event!

All members in this wonderful school community as we come together during this holiday season to make sweet childhood memories for our children together. I hope to see you at the Thanksgiving Feast where our K, Pre-K and 3's classes will delight us with a thanksgiving performance and then we will all enjoy a traditional Thanksgiving meal together.

Peace and blessings,
Sandra Archer (Sean's mom)
PTO President
sandra@earcher.net



Fall Festival co-chairs:
Stephanie Senft and Catherine Long

Thank You!

Thank you to all the families who donated and helped make our fall teacher luncheon a huge success. The teachers were so happy and appreciative!



**Meghan Joyce Friends of the Library
Birthday Book Club**
Give your little Saint the birthday gift that keeps on giving!

Dear All Saints School Families,

We wanted to inform you of a very important fund set up in honor of a very important, loving, smart and beautifully blessed little girl, Meghan Mary Joyce.

Meghan was a student at All Saints School several years ago and she was called home at the tender young age of seven. Meghan courageously battled cancer and her little body had to endure surgery, radiation, and chemotherapy. Through it all, she and her family remained prayerfully determined & faithful to live each day sharing with others the goodness of God's love, grace and mercy. Her little life ended so early but her legacy continues to live on here at All Saints School. The angel statue on our playground is in honor of Meghan and the beautiful life she so loved living. It is a reminder of all the wonderful memories her family made with their daughter at All Saints School and a symbol of God's love and care for our children as they enjoy the innocence of childhood.

To celebrate Meghan's life and her spirit, All Saints School set up the Meghan Joyce Friends of the Library fund. It is a beautiful birthday tradition - contribute ten dollars to the **Meghan Joyce Friends of the Library** fund and a book will be donated to the All Saints School Library in your child's name for other little Saints to enjoy for years to come! It is through your generosity that our school's library continues to grow. Each day our teachers share stories with our children that bring them joy and foster a love of learning, just as it did for Meghan.

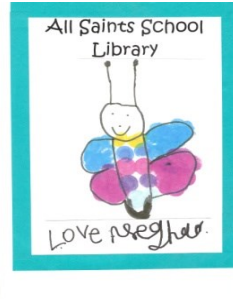
To participate in the Birthday Book Club, please fill out the form that will go home with your child or you can print off the attached document. Copies can also be found year-round in the school office, online and in our monthly newsletter. Please return it with ten dollars to your child's teacher or to the box in the front office marked "Friends of the Library." A brand new book will be selected to be kept in the library in your child's name. The book will be sent home with your child during their birthday week (or any week you choose), so it can be enjoyed at home before returning it to the library. If your child has a summer birthday, please feel free to choose another day to celebrate. Please indicate on the form the date you would like the book to be sent home. Your child's name, birthday and dedication will be placed inside the book. Once returned, it will be used by our teachers to share in their classrooms.

As we celebrate the lives of our treasured little ones, we will continue to graciously remember the life of dear Meghan Joyce. Thank you for supporting our library by giving to the Meghan Joyce Friends of the Library fund. For more information, please contact Monica Bressler at monica-blandon@hotmail.com or Lori Wells at jwells8@cfl.rr.com

Warmest Regards,

Monica and Lori

MEGHAN JOYCE
FRIENDS OF THE LIBRARY



Give the birthday gift that keeps on giving!

Contribute \$10 to the MEGHAN JOYCE FRIENDS OF THE LIBRARY FUND, and a book will be donated in your child's name to the All Saints School Library.

Selections are made of various high-quality titles.

If you are interested in participating in the Friends of the Library Birthday Book Club, please fill out the form below and return it to the office in the box marked "Friends of the Library." Once you return the form and a check for \$10, a book will be chosen to be kept in the library in his/her name. Your child's name, birthday, and any dedication you wish to include will be placed in the book. The book will be sent home with your child for one week, so he/she can read it at home before it is returned to the library. After that, it can be checked out by the teachers to be used in their classrooms.



NAME: _____

TEACHER/ROOM: _____

BIRTHDAY: _____

My child has a summer/holiday birthday.

Please send our special book home on _____

TO: _____

FROM: _____

DEDICATION: _____

*****Checks for \$10 should be made payable to All Saints School (no cash, please)*****

_____ Paid (Check # _____)
_____ Label
_____ Book Selected (Title _____)
Date to be returned to library _____
**FOR LIBRARY USE ONLY



let's be
**THANKFUL
TOGETHER**

Join us for the All Saints School Annual Thanksgiving Feast

Thursday, November 15th at 12 pm | Thomas Center

*There will be delicious food and an adorable performance by our 3's,
Pre-K, and Kindergarteners. Families & siblings welcome!*

Please submit this form with payment to Front Office by
Thursday, November 8th.

(Cash or Check Payable to All Saints Church)

Name: _____

Email _____

Number of Adults (\$12): _____

Number of Children (\$5): _____

Total Payment: _____