![MC900336123[1]]()

# Stress and Children

**Being Thankful**

This month brings to mind all of the things we have been blessed with, especially our children and families. There is no greater gift than quality time with the ones that we love. Tomorrow is not guaranteed, and we need to take advantage of our time together. Please take the time to tell those that you love how much they mean to you. It is what Thanksgiving is all about!

**Check out *SesemeStreet.org***

This is a great resource for tips and ideas for helping your preschooler build skills and confidence as they navigate their little world. It has great parenting tips, child development resources and activities to build up those little brains. Check it out!

**Parenting Class!**

Save the Date: Monday, November 7th

We will be hosting the next session in our Parenting Series immediately after dropping off. It will be in the Fellowship Hall again with food, too! Hope to see you there! More info to follow. Thank you!

![MC900301444[1]]()**Change to our Snack Policy:**The allergy list has just been updated. Peanuts and strawberries are now allowed.

### First Presbyterian Preschool

Mesa, AZ

November 1, 2019

Let’s Give Thanks to the Lord!

Here at the preschool, we are serious about our health and are constantly monitoring hand washing, sneezes, covering coughs, etc. These days are trying times emotionally too and you may not realize how the news coverage, or the radio has impacted the stress that your child feels every day. We work together to be advocates for your child and their physical and emotional health. Please look for signs that may indicate that they are feeling stressed and take some time to help them cope as things come up. A simple thing like sitting together to read a book is a great way to help!

**First Presbyterian Preschool of Mesa**

**November 1, 2022**

**Important:** We will host our school-wide Family Thanksgiving Feast on Tuesday, November 22nd at 10:45 am. We invite all family members to make time for this special event! Please join us as we give thanks as an entire school for the family and friends in our life. Watch for a signup sheet for what you can bring.

**After the feast, there will be NO lunch bunch. We will close at noon for the holiday weekend.**

Thank you!

We will be closed from Wednesday, 11/23 – Friday, 11/25 for the Thanksgiving Holiday. Enjoy!

**Announcement:** The University of Arizona will be coming to our Preschool to offer free Parent/Family Nutrition classes starting on **Wednesday, Nov 13th & 20th at 9:30 am.** They will be one hour classes that will have great interactive information and lots of freebies and prizes. Please join us after chapel in the 3’s classroom. Bring a friend!

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# Daily Support for your Preschooler

November 2022 Preschool Newsletter Page 2

# Volunteer Opportunity

***Daily Support for your Preschooler***

**Thanksgiving Feast set-up:** Please let your teachers know if you are interested in helping set up the school-wide feast for families on Tuesday, November 22nd. It would be approximately 2 hours of your time (from 9:30-11:30am). We will need many parents for this job so that all of us can sit down together at the same time and then clean up, too. Thanks

Monday

Cut out pictures of healthy snacks and unhealthy snacks. Talk about the differences.

Tuesday

Go on a found-sound treasure hunt listening in nature for different sounds like cars, birds, the washing machine, wind or a trash truck.

Wednesday

Ask “How” something works and give praise for their efforts even if they are incorrect.

Thursday

Play a matching game with their shoes

Friday

Let them set the table for dinner

## Reminders to families

* Please do not send your child to school with a fever, green/runny nose, cough or with loose stools. We are trying to keep everyone as healthy as possible. If they are sick, they will not be able to return to school for 72-hours after the last incident if symptoms
* Sign IN and Sign OUT each day when your child attends school. It is a state requirement.
* No Parking under the covered parking area. Thank you!

## Save-the-date: Events

**Nov 16:** **Arizona Puppet Theater**

AZ Puppet Theater will be coming to our school for a special Dental puppet show during class. Info to follow.

**Nov 22: Thanksgiving Feast, 10:45am. Fun for the whole family!**

**Dec 1: Dental Screenings**: Az First Teeth First, Dignity Health will be coming to do initial dental screenings for all the children for free! Permission slip to come

**Dec 14: Christmas Program, 10:30am. All family members are encouraged to attend and stay for Cookies & Milk afterwards. Watch your mailbox for an invite!**

**Donation requests:**

* 3oz cups
* Large bottles of Bubbles
* Old Newspapers

## A look Ahead…

My heart if full of joy for the teachers that we have here at First Presbyterian Preschool! They truly give their heart to the children every day and work to make sure that each one of them feels loved, appreciated and welcome in their classrooms. I am so proud of the work that they do with our little angels!

Shiloh Murillo

Director

**School Closures**

1. November 11, Friday

 **Veteran’s Day**

1. November 23-25, Wed-Friday

 **Thanksgiving Holiday**

1. December 19 – Dec 31

 **Christmas Break**