



# St. Therese Nursery School March 2020 Newsletter

## The Lenten Season!

Dear Families,

We are now in the liturgical season of Lent. This past Wednesday our children and their families were greeted by Father Santiago with a Lenten prayer and the distribution of ashes. This simple yet poignant symbol reminds us that Lent is a time to reflect and not only give up, but give to the Lord and our world. Last year we joined together as a school to share the rosary in our foyer. Each

child held rosary beads and moved their fingers along one prayer at a time. How do we incorporate a “giving” piece of our time to our Lord during Lent. As a staff we will be sharing a daily Lenten prayer before our day begins. I recently read an article about the brain of Steve Jobs and how he meditated every day for at least a half hour. When he was examined his brain, he was decades younger than his chrono-

logical age. That meditation made a difference. Prayer is meditation. Taking time to be quiet within ourselves is difficult but the benefits far outweigh the sacrifice. I am challenging myself this Lent to add one minute a day of prayer until I reach 40 minutes on Easter. Sharing and modeling this with your children as a family will build our connection to our Lord and our overall well being!

In God’s Peace,  
Miss



This year we will be donating these proceeds to the Ronald McDonald House.

Our auction items include everything from jewelry, theme baskets, gift certificates for services and restaurants and kid activities! We are also raffling off one month of tuition for May 2020 Children will also have an opportunity for kid themed raffle baskets and bikes! One of our most popular auction items is the classroom designed artwork. A sign up genius will be sent home requesting parent volunteers to help with this project. As always, please see me with any questions!

**NEXT MEETING:**

Monday, March 2nd 9:15 am.



### Inside this issue:

<i>Spirit Day</i>	2
<i>St. Patrick &amp; St. Joseph</i>	2
<i>Our Parish of St. Elizabeth of the Trinity!</i>	2
<i>Nutrition</i>	3
<i>Healthy Bodies</i>	3
<i>Thank you!</i>	4

### Special points of interest:

- Don't forget to visit us on Facebook! We have been having record number visits to our posts!
- Be sure friend us and share with family and friends!



## STNS Pasta Dinner / Silent Auction:

Save the Date: Saturday, April 25 th 6:00 p.m.!  
“Let Jesus Be our Guide”

Our annual Pasta Dinner/Silent Auction is scheduled for Saturday, April 25th at 6:00 p.m. We are hopeful that many of our families and their extended families can join us for an evening of pasta, raffles, silent auction, entertainment, and kid activities. Our theme of “Let Jesus Be Our Guide” with a camping theme will set the state of tents and stars as we dine and play! We are excited to bring our school community together to share in a meal and fun! Ticket order forms will be sent home via the Sign Up Genius.

Our committee meeting we generated a list of help that parents can volunteer to do at home, in school, or the evening of the event. An email with our meeting notes has been sent home highlighted with where we need help!

This email will also include a request for donations for our auction and raffle. Each year our families and local businesses donate items.

In addition to our auction items, each child will be composing a piece of art work that will be available at the dinner for donation.



## A part of our Community of St. Elizabeth of the Trinity Parish!

Our Parish of St. Elizabeth of the Trinity will be celebrating three years this June! All three churches of

St. Therese, St. Barnabas, and St. Francis Cabrini collectively are the parish of St. Elizabeth of the Trinity. Throughout the year you will receive notifications in our newsletter and our REMIND text of liturgical and parish events such as the Ash Wednesday schedule that you received last week.

In addition, weekly bulletins will be going home periodically with the children. Please feel free to look over and join us at mass or any other of our parish activities or ministries! There are quiet rooms in St. Therese Church and St. Barnabas. However, families are welcome and encouraged to sit in the main congregation!

Our annual carnival and feast will be here at the end of June! More information to follow!

## St. Patrick & St. Joseph's Day

We will also be celebrating St. Patrick's Day on March 17th /18th and St. Joseph's Day at the end of that week! St. Patrick's Day ties in nicely with our study of healthy foods and the color green! Our three year old students will be making a salad from donations from our families. The children will be helping put the salad together!



We had so much fun with our spirit day last month! We are going to do it again! Please wear your spirit wear

Our four year old's will be having a green themed celebration. Sign ups will be sent home via the Sign Up Genius!

We need to be a little more creative with St. Joseph's day!

We have a song to the tune of Bob the Builder as Joseph the Builder. Our focus is on how Joseph was the earthly father of Jesus and how he shared his devotion with Jesus here on earth.

## Spirit Day!

on March 30th and 31st! Wear blue and a hat to school on these days!



*The Prayer of St. Patrick*

*May the strength of God  
pilot us,  
May the wisdom of God  
instruct us,  
May the hand of God  
protect us,  
May the word of God  
direct us --  
May thy salvation, O Lord,  
Be always ours  
this day and for evermore.*

## A Prayer To St. Joseph.

O blessed Joseph, faithful guardian of my Redeemer, Jesus Christ, protector of your chaste spouse, the virgin Mother of God, I choose you this day to be my special patron and advocate and I firmly resolve to honor you all the days of my life.



## Healthy Nutrition!

March is Nutrition Month!!!

We will be celebrating by sharing stories, projects, and examples of healthy nutrition! Our teachers will hold a healthy green celebration snack days the week of March 17th and 18th.

Adopting healthy eating

habits at a young age is essential! A great website for ideas on meals, food choices, how to handle a picky eater, and an example of the food pyramid is choosemy-plate.gov. This website not only provides the new food pyramid, it provides articles, links and activities for children in the pre-school age group.

*If any of our families know of a nutrition-*

*ist who would be available to come in and share nutritional information with our children or families, please let me know.*

*Last year a nutritionist came in to share how to make a smoothie!*

## Healthy Bodies!

In correlation to fueling our bodies with healthy food choices, we also need to work our bodies to their optimal potential! Instilling this passion in our young children is essential. Exercise doesn't have to mean a visit to the gym! There are a myriad of activities for our children Miss Meg will be sharing a class on yoga with our friends on our health food days! Exposing our children to a variety of athletic activities both traditional and non-traditional is key!

*If you or someone you know plays a sport, studies a certain discipline, or is involved in any type of training, please see me to set up a time to come and share your talent with our students!*



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#### Our History

St. Therese Nursery School was established on October 30, 2000. We began with two classrooms, thirty students, and 4 staff members. We now have almost 100 students, 3 classrooms, a pre-k program, and a staff of 10!

#### Our Mission

The mission of St. Therese Nursery School is to nurture the student and the family within a community of learners. Our mission will be:

\*to provide a safe learning environment where our children can learn through developmentally appropriate experiences.

\*these experiences and play reflect continuous spiritual, emotional, social, cognitive, and physical growth and development.

\*our families are recognized as central to the well being of the child.

\*our staff is valued for their dedication and commitment to the children and families of St. Therese Nursery School community.

\*we believe learning is a journey, not a destination.

## A Big Thank you!



A big thank you to John John's mom, a dental hygienist for visiting our four year old classes for dental hygiene month!



Thank you to our parent volunteers who assisted with our bird feeders for our fluffy friends!

## Summer Camp! Don't forget to register!

Summer Camp registration will be sent home this week! Registration is on a first come, first serve basis! Summer will be here before you know it! Please submit your registration as soon as possible! Extra copies are located in the foyer! Our staff members rotate to help cover the staffing of camp in addition to our high school counselors! This is a great way to see friends over the summer months at school! Each week is a new theme with tons of outside activities and air condition reprieves!

