



Peoples Church Preschool Press

A Note From The Director

October 2011



Welcome to the 2011-2012 school year! I am excited to begin my 19th year as director of the nationally accredited Peoples Church Preschool! I am so glad to have your family with us as we celebrate our 61st year teaching and caring for children.

We have many great events planned for this school year as well as some old favorites. This school year kicks off with a new fundraising campaign,

Building Our Future in 2012!

The Building Our Future campaign is appropriate for this year as we are undertaking a few interior construction projects. The first will be a new wall in the Infant Room that will increase the quality of the sleeping area. This new wall will have a built-in live coral reef tank, courtesy of our friends at Preuss Pets! The second project will be moving the Director's Office to where the current Preschool 2 Locker Room is located, across from the Infant Room. This will make Ms. Tricia and I more accessible to existing and new families. The Preschool 2 locker room will be relocated to the current Director's office so it will continue to be easily accessible for Preschool 2 parents. This project will be both expensive and time consuming as it will include lots of rewiring for our video monitoring system and our computers, but we are so excited about improving the quality of our service to parents.

Other events this fall include Football Child Care on the following Saturdays : October 15, November 5 and November 19; Family Dinner Night at noodles on October 20, and some lightly-spooky fun at our annual fall open house on October 26.

New this year is the Peoples Church Preschool Face Book page, the ability to follow the preschool on Twitter, and our first ever Curriculum Night, scheduled for Tuesday, November 1. The structure of our fundraising campaign will include the check writing "opt-out", and I'll write more about that later. This newsletter will also be different this year. It will now be quarterly rather than monthly as the new communication technologies allow us to get more information to you immediately. One more new thing! We now have a brand new Nursing Room located across the hall from the Two's Class! Please take advantage of this space even if you would just like a quiet place to read a book to your child or relax yourself when your child says, "I'm not ready to go home yet!".

Finally, if you have not yet met with me for **Parent Orientation**, please contact the office to set up a time at your convenience. This meeting takes approximately 20 minutes and is so beneficial in ensuring we are able to meet as many of your needs as possible. Thanks!

Advisory Committee Members Needed

This year's Parent Advisory Committee (PAC) is in need of 3 to 4 more members. We are currently searching for a parent that would be interested in serving as the Recording Secretary at meetings and someone with some publicity and promotion experience to lead us in that area. We would love to have you join us even if you are not interested in the two above mentioned areas. Please call the preschool office at 332-2885 if you'd like to help guide the preschool! :)

Miscellaneous Important Information

THANK YOU! To all of the parents and staff members that brought nature items to the preschool for both our indoor and outdoor learning environments! So many beautiful things were brought in and we would like to encourage you to keep them coming! Special thanks to the Holden family for the donation of a set of acrylic insect specimens!

Thanks also go to Tricia Fox and Kristen Bohannon for helping me at the Zumbathon! Peoples Church Preschool painted faces at this event and helped to raise **\$4,300** for the Pink Fund which assists women and men being treated for breast cancer.

Did you notice the teacher's photos in the **COMMUNICATION STATION** in the hallway near the Infant Room? How well do you know the PCP teaching staff? This board contains photos and quotes from the preschool's administrators, lead teachers, lead teaching assistants and full time staff members. Who said "I have a black belt in Karate?" Who said, "As a child, I got in trouble for climbing the Koala tree at the Australian Zoo?" The answers will be revealed at the fall Open House!

In addition to maintaining our national accreditation, PCP is undergoing an assessment process called PQA or **Program Quality Assessment**. This system has been adopted by the state as the guideline for rating early learning centers on a 1 to 5 basis, with 5 being the highest rating. Robin Zeiter (Preschool 2 teacher) is a trained assessor and began observing in classrooms last week. Thanks Robin!

Tasty Snacks

WIGGLY FINGER WONDERFULS

You can substitute grape juice or cranberry juice for the pineapple and orange juice.

3 packages unflavored gelatin

3/4 cup pineapple juice

1 cup boiling water

1 cup orange juice

Soften gelatin in a little pineapple juice. Add 1 cup boiling water slowly, stirring constantly until gelatin is dissolved. Add remaining juices. Pour into 9 X 12 inch pan. Chill until set. Cut into finger lengths. Store in covered container in refrigerator. Makes 72 pieces, each having 4 calories.

BANANA SMOOTHIE

Make up your own variations using other fruits and juices.

1 small frozen banana, cut into chunks

1/2 cup plain low-fat yogurt

1/4 cup orange juice

Put all ingredients into the blender and whirl until smooth. These are fairly thick. Add more liquid if you want them thinner. Makes 2 servings.



October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 School pics with Life- touch/ PAC mtg.	5 School Pic- tures with Lifetouch	6	7 Zumbathon Cancer Fund- raiser	8
9	10	11 Creative Movement Class	12	13 Lead Teacher Meet- ing	14	15
16	17	18 Creative Movement Class	19	20 Family Dinner at noo- dles & co 5-8	21	22 Park at Preschool for the MSU game
23	24 Gr. Traverse Pie Fundr. Begins	25 Creative Movement Class	26 Fall Fun Night Family Open House	27	28	29
30	31	1	2	3	4 Grand Traverse Pie Fundr. Ends	

Health forms

If a note was sent home to you regarding your child's Health form, the deadline for sending in completed forms is **Friday, October 17**. After that date we are required by the Ingham County Health Department to *exclude* children from the program until this completed form is returned. If there is any reason it may be difficult to meet this deadline, please let us know.



2011

SATURDAY CHILDCARE



At

Peoples Church Preschool
200 W. Grand River
East Lansing, MI 48823

MSU HOME GAMES

October 15	Michigan	12:00 game time
November 5	Minnesota	TBA game time
November 19	Indiana	TBA game time

Some game times are not yet published. Preschool reserves the right to cancel childcare if game time begins later than 4 pm, or if minimum enrollment is not met. Care begins 1½ hours before the game and ends 4½ hours after the game begins.

<u>Includes</u>	<u>Cost</u>
Meal (lunch or dinner)	Infant to Three Years \$40
Movies, Games	Three years to School age \$35
Fabulous, fun-filled age-appropriate activities	Sibling Discount \$5.00
	☛ Payment must be made in advance to reserve space.
	☛ Payment is Non-refundable.

Call 332-2885 for reservations

WOULD YOU LIKE A BREAK ON TUITION JUST BY SHOPPING?

Peoples Church Preschool is pleased to continue a great program to help you earn money toward your tuition. Scrip - a term that means "substitute money" - is gift certificates from national and local retailers, the same gift certificates that you would buy from the store.

How it works: Scrip participating retailers agree to sell gift certificates to the preschool at a discount. Families like yours buy the certificates at full face value (as you would if you were to buy gift certificates at stores), redeem them for full face value, and our school is given the difference as revenue. *The revenue is split between the family (tuition credit) and the preschool: 75% families/25% preschool.*

Scrip is exciting because everyone wins:

- The retailer gets cash up front and repeat business.
- Families get a percentage of tuition reduced with each gift certificate purchased.

The preschool receives a small portion to cover program operating expenses including shipping costs. Any monies left over go toward purchasing new equipment for the preschool.

The Scrip program promises to be a simple and effective way to reduce your tuition payments by putting your regular household shopping dollars to work. During the school year there will be 1 Scrip orders placed Monthly. Orders are due by **11:00AM** online at www.shopwithscrip.com. The complete retailer list is available online at www.shopwithscrip.com under "retailers".

PARTICIPATING RETAILERS: Close to 400 popular retailers participate in the Scrip program including *The Children's Place, Toys R Us, Speedway, Home Depot, Barnes and Noble, Best Buy, Starbucks, Panera Bread, Applebees, PF Changs, CVS Pharmacy,* and many, many more.

[Learn more about ShopWithScrip.com and PrestoPay™](http://www.shopwithscrip.com) > This is the site that parents can go to find out information as well as register for electronic ordering and/or paying if they like.

SIGN UP TO USE THE SCRIP TUITION SAVINGS PLAN

Steps are as follows...

1. Go to the site (Shopwithscrip.com).
2. You may choose to watch and listen to an informational snippet on scrip
3. Or, if you just want to get signed up, you should click on the blue text "Getting started". It is toward the top of the page and is in the middle of one of the paragraphs.
4. Click on "not registered sign up here".
5. Enter info (name, password, etc.).
6. Click on "Accept terms".
7. Enter enrollment code to be connected with Peoples Church...ALDC21313673
8. Then click "Join"

You are now registered and can order but must pay with a check unless you continue and sign up for Presto Pay.

Signing up for PrestoPay is just as easy but it does take up to 72 hours for verification of the checking account. If you want to pay with PrestoPay, sign up early enough to let the verification process complete. When using PrestoPay, there is a \$.39 convenience fee for the service.

TO SIGN UP FOR PRESTOPAY:

1. Go to the My Account bar at the top of home page.
2. It will tell you have no PrestoPay account in a blue high lighted box. To sign up, click here.
3. Read the disclaimer and conditions for using PrestoPay and click, Yes, I agree.
4. Fill in requested information (checking account number, bank routing number, etc.). Click "next" at the bottom of the page.

Follow the directions from there. PrestoPay will deposit two random small amounts into your account that you have to verify. After you verify the amount, they take it back out and your PrestoPay account is established.



Fall Open House

Wednesday, October 26th
6:30-7:30 p.m.

Wear your costume, enjoy treats,
play games and visit
the
classrooms
and teachers!



Everyone invited!

Preschool Open House

Wednesday, October 26th

Dinner 5:30 -6:30/Open House 6:30-7:30

Please join The Peoples Church for a free
Fellowship dinner

5:30-6:30 p.m. in the Social Hall (downstairs)
(child-friendly food)

Must RSVP for the dinner before the 24th
to the Preschool Office.

2nd Floor Fun!

6:30-7:30 p.m.

Wear your costume,
play games, show your family all around your classroom
and visit all the classrooms!



Have a Healthier Halloween

Halloween can bring out the sweet-toothed monster in all of us!
Consider these tips to keep your ghosts and goblins a little healthier along the way....

Feed 'em first – make sure your kids are fueled up before they go trick-or-treating with a healthy snack or meal, so they don't dip into their treats.

2. Pillow Cases are for Pillows – give the kids smaller treat bags like recycled grocery bags so they won't bring home too many sweets, and keep the pillow cases and trash bags at home!

3. Surprise 'em with Health, not Horror – Be the healthy house on the block by offering treats like pre-packaged snack-sized dried fruit, pretzels, or baby carrots.

4. Give 'em Treasures for Treats – Hand out boxes of crayons, stickers, colored pencils, erasers, Halloween tattoos (the removable kind!), or rubber spiders!

5. Patrol Those Treats – After inspecting all treats to make sure they're safe, remind the kids to eat their treats in moderation, so they last longer (wink, wink). Store the bag in a high but public place so you won't be tempted to snack on the candy either!

Find more heart-healthy tips from the American Heart Association and the William J. Clinton Foundation's **Alliance for a Healthier Generation** at www.healthiergeneration.org



Candy, Candy, Candy . . . many children get too much

From Halloween to Easter, and everything in between, October kicks off six months of holiday celebrations drizzling with candy and delectable goodies. Everyone enjoys a sweet treat now and then, but it's difficult for children to understand that candy should only be a once and a while thing when sugary confections are so readily available to them. Parents, school staff, youth group leaders, and other caregivers need to work together to create healthy environments where children can learn that it's important to enjoy candy only in moderation.

Think twice before sending candy to your child's classroom or youth group

Holiday parties, birthday celebrations, and other special occasions amount to fun and memorable times for kids, but they may not be such good times for their growing bodies if sugary treats are the cornerstone of every event. Many children in the U.S. have diets that are lacking in several important nutrients, all while candy consumption is at an all time high. Furthermore, childhood overweight and obesity are at epidemic levels and are increasing at an alarming rate.

The candy adds up

Many kids bring treat bags filled with candy and trinkets to share with classmates at holiday parties. Most classrooms have at least 25 students and the average treat bag usually contains three or more pieces of candy. That adds up to a whopping 75 pieces of candy for each child! Try to keep candy to a minimum when sending treats to classrooms and other youth settings, realizing the cumulative effects it can have. Fortunately, there are many fun alternatives to candy—get creative!

instead of candy, try these kid-tested alternatives

- Mini-bag of microwave popcorn
- Package of instant oatmeal (try Quaker® with dinosaur eggs)
- Fruit leathers
- Mini packages of grahams, cookies, cheese crackers, or trail mix
- Sugar-free bubblegum
- Fruit cups
- Small bags of pretzels
- Granola bars
- Fruit snacks with 100% vitamin C
- Packet of instant hot cocoa
- Grab-n-go cereal packs
- Sugar-free Jell-O or pudding cups
- Chap stick
- Bubbles
- Super balls
- Stickers
- Temporary tattoos
- Crayons
- Pencils
- Fancy Erasers
- Colored chalk
- Mini-pads of paper
- Wax lips
- Party favors
- Trading cards
- Play dough or silly putty

