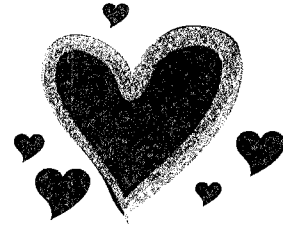
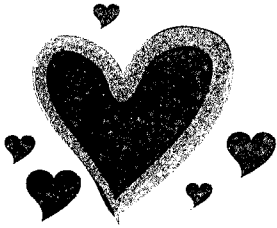


CHAMBLEE METHODIST KINDERGARTEN
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FEBRUARY 2023



Dear Parents,

It is hard to believe that January has come to an end and we are already at the beginning of February. The children have had great fun learning about hibernation, bears, penguins and snowmen. As we begin February, the month of celebrating Valentine's Day, I am sure you will begin to hear about love and hearts. We want to encourage you to continue this theme of "February – The Month of Kindness" at home. Each class will have a Valentine's Day party and your child's teacher will send more details later. We will also celebrate Dental Health month and Presidents' Day.

Our registration went very well and we are already full in a few classes. We do want to get to know more families in the community so I encourage you to reach out to neighbors and friends who are looking for a preschool home. Tours and information chats are available. See the website for more details.

With Gratitude,

Mellie

UPCOMING DATES

Thursday, February 2	Chapel 9:15 in the sanctuary; parents are invited
Sunday, February 5	Raising Resilient Kids in Fellowship Hall; 5-7 pm; light meal and childcare provided
Monday, February 6	Dental Health Month; Dr. Bill Jamieson (dentist) will visit
Friday, February 10	Dental Health Month; Dr. Richard Remigailo (dentist) will visit
Friday, February 17	NO SCHOOL (Presidents' Day weekend)
Monday, February 20	NO SCHOOL (Presidents' Day weekend)
Wednesday, February 22	Chapel 9:15; Ash Wednesday; Ashes available after chapel
Thursday, February 23	Staff Meeting; school closes at Noon; Kindergarten closes 12:45
Wednesday, March 8	Chapel 9:15; in the sanctuary; parents invited
Thursday, March 9	NO SCHOOL (Teacher workday)
Friday, March 10	NO SCHOOL (DeKalb schools closed)
Thursday, March 23	Current Family Open House 5:00 – 7:00 p.m.
Thursday, March 30	Chapel 9:15; in the sanctuary; parents invited
Saturday, April 1	CFUMC Easter Egg hunt; 10:00 a.m. on the front lawn
Mon – Fri, April 3 – 7	NO SCHOOL (spring break)
Thursday, April 13	Chapel 9:15; in the sanctuary; parents invited
Friday, April 14	Tuition Deposit DUE – Kindergarten class
Thursday, April 20	Staff meeting; school closes at Noon; Kindergarten closes 12:45
Wednesday, April 26	Chapel 9:15; in the sanctuary; parents invited

SUMMER CAMP

Join us for summer camp this summer! Chamblee Methodist Kindergarten will have summer camp for children who will be 3 by 9/1/22 through rising 1st graders. Each week is filled with a variety of fun activities and staffed by CMK teachers. Camp dates are June 19-22 and June 26 - 29 from 9:00 – 1:00. Snacks will be provided and each child will bring a lunch from home. Registration will begin after spring break.

VACATION BIBLE SCHOOL AT CHAMBLEE FIRST UNITED METHODIST CHURCH

Vacation Bible School at Chamblee First UMC will be June 12-16 from 9 -12 for children ages kindergarten – 5th grade. More information can be found on the church website in the coming weeks.

PARENT INFORMATION

1. Child Growth and Development

Have you ever wondered about your child's growth and development and have wanted to see ways to help your child "play?" **Parenting Road Maps** is a wonderful resource for great growth and development information written and explained by one of our teachers, Ann Council. Ann does a great job of explaining, demonstrating and showing examples of great ways to help your child grow and develop. Follow this link to sign up for weekly information videos. <https://www.parentingroadmaps.net/>

2. The Importance of Sleep for Young Children,

Sleep Center at Texas Children's Hospital, Samira Armin, MD, FAAP

How much sleep does a child need each night according to his or her age?

Sleep patterns and behaviors change in children, from birth to adulthood. There is a great deal of variability with the amount of sleep children should get, but this table is a good overall guide to use for recommended total sleep per day.

Newborns, 0-1 year: 16 hours

Toddlers, 1-2 years: 11 to 14 hours

Preschoolers, 3-5 years: 10 to 13 hours

Why is adequate sleep important for a child?

Sleep is especially important for children due to the impact it has on both mental and physical development. Sleep is the time for restoration and for children's bodies to recharge and retain the information they have learned throughout the day. During deep non-REM sleep, the body's energy is restored, growth and repair occurs and important brain development hormones are released.

Sleep deprivation stifles the immune system, negatively affects mood and behavior, and can also hinder a child's performance in school. Good sleep is a vital component for a healthy lifestyle.

What can parents do to help ensure their children get a proper night's sleep?

Consistency is key. Children should go to sleep at a consistent time every night and wake up at approximately the same time every morning. This is often more difficult in the summer, but try to adhere to a schedule as much as possible!

The bedroom is a place for sleeping. This means removing distracting elements (books, TVs, games, light-up toys and electronic devices) from the room.

Always ensure children are eating a well-balanced diet and are getting plenty of exercise as well!

[Follow these links for more articles on this topic:](#)

<https://childrenatrisk.org/the-importance-of-structured-sleep-for-families/>

<https://www.mghclaycenter.org/parenting-concerns/the-importance-of-sleep-for-kids-mental-and-emotional-well-being-2/>

www.cdc.gov/sleep.

3. The Importance of Schedules and Routines

Familiar activities can provide comfort for both adults and children during challenging and uncertain times. Just like adults, children feel more confident and secure when their daily activities are predictable and familiar. A consistent daily schedule and step-by-step routines give children a predictable day. Schedules and routines in the group care setting and at home help children:

- Feel in control of their environment
- Feel safe, secure, and comfortable
- Know what is happening now and what comes next
- Know how to do an activity or task
- Engage in learning

Learn more at <https://eclkc.ohs.acf.hhs.gov/about-us/article/importance-schedules-routines>