



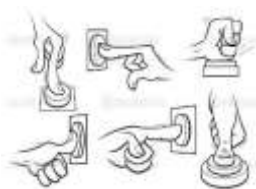
# First Presbyterian Weekday School

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Lara Davis, Director

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What happens when our buttons get pushed?

Usually, three things can occur:

1. We become reactive. Our brains go to “survival of the fittest” mode. Or our brains begin to repeat those dreaded lectures that we may have experienced from our childhood years.
2. We demonstrate the skill that we are trying to eliminate. We may grab a toy away from a child while saying, “I said don’t grab your sister’s toy.”
3. We feel guilty. We realize later we have been reactive and done something that causes us to feel guilty. That feeling of guilt can cause us to become permissive. (i.e. Your child has whined all evening that he wants cookies. You tell your child “No cookies.” The whining goes on until you lose your cool and scream, “I told you, no cookies. Go to your room.” When calm is restored, you begin to feel guilty. You go to the cabinet, get the cookies and take them to your child.)

What is a helpful strategy to use when our buttons get pushed?

- Take three deep breaths before opening our mouths.
- Repeat, “I’m safe, I’m calm, I can handle this.”

Developing this skill will take a willingness to change old thoughts and patterns. It will also take practice and patience. We can do it! And our children can, too!

What have we taught our children when we practice this strategy?

1. We stop and breathe before we respond, thus helping to encourage use of words vs. a physical reaction.
2. We demonstrate a skill that we want our children to imitate.
3. We feel empowered, thus helping our children to feel empowered.
4. We model respect.

From my heart to your heart, I’m wishing you well!

*Ms. Lara*

## LOVING



## DATES TO REMEMBER

**October 2<sup>nd</sup>: NOON DISMISSAL**

Please be prompt as our staff needs to attend training.

**October 7<sup>th</sup>:** Sundaes with Dad (6:30 p.m. in Fellowship Hall)

**October 30<sup>th</sup> and 31<sup>st</sup>:** Halloween Parades on the Loudoun Street Mall (12:30 p.m.)

**November 4: NO SCHOOL FOR CHILDREN**  
Conference Day

**November 6: NOON DISMISSAL**

## Calling all DADS and Special Guys!

It’s time again for one of our favorite Weekday School traditions . . . Sundaes with Dads (or another special guy in your life)! All Dads or guests are invited to join their WDS children for sundaes on Monday, October 7<sup>th</sup>, beginning at 6:30 p.m. in Fellowship Hall. You will have the chance to make a delicious sundae and enjoy some fellowship with your kids and other dads.

After dessert please visit your child’s classroom to see the fun things that have been happening so far this year.

We hope to see you on the 7<sup>th</sup> !



## NEEDED.....



**The infant and toddler classes are in need of strollers...double strollers would be great. If anyone has a stroller to donate, the infants and toddlers would greatly appreciate it.**

## Connecting with our Community....

Each year we host the childcare II class from James Wood High School. Once a month, these ladies observe and create fun learning activities for our children. This opportunity provides practical experience for those who are planning to work in a childcare setting. Their first visit will be October 16.



We will send our first message using Blackboard Connect® on Tuesday, October 1. PLEASE let us know if you do NOT receive this message. This is the way that we will contact you for school delays or closings or for any emergencies.

## FOOD SAFETY

*Thank you for your diligence in keeping our children safe by observing and honoring the “nut-free” rooms.*

For the safety of all children, the National Association for the Education of Young Children (NAEYC) standard 5.B.02 says:

“Food that comes from home for sharing among the children must be either whole fruits or commercially prepared packaged foods in factory-sealed containers.” Please let your child’s teacher know if you plan on bringing a special snack or birthday treat to school.

Wash, wash, wash your hands...

Just a reminder that children must wash their hands before entering the classroom each morning. Accompany your child to the bathroom and let him/her show you the “proper” way to wash.

This will help keep germs at bay and protect against allergic reactions.

## Disaster Preparedness Plan

We are in the process of updating our disaster preparedness plan to include procedures for use for an intruder/stranger incident. These plans have detailed information, along with code specific words for staff and children. For the safety of our school family, we will not be sharing this information.

## Strategic Plans

Each year, the Weekday School team meets to discuss results of parent surveys and to evaluate the goals/objectives of our program. Using these results, the school’s one year and five year strategic plans are revised to reflect the current needs and goals of the school. Copies of these plans are available for you on our website: [www.fpwwds.com/documents](http://www.fpwwds.com/documents)

## PARENT LIAISONS

If you signed up to be a parent liaison, we invite you to attend our first meeting on Wednesday, Oct. 2 or Thursday, Oct. 3 at 9:15. Come and find out how you can be involved in our school family!

## Blog With Us



Our first blog post is on the website. Go to [www.fpwds.com](http://www.fpwds.com) and click on the blog tab at the top of the home page. You are welcome to follow along and leave a comment.

You may purchase a copy of Easy to Love, Difficult to Discipline in the Weekday School office for \$13 and follow along with us.



## NEW SECURITY MEASURES

The staff at First Presbyterian Church and the Weekday School is committed to providing a safe and secure environment where optimal learning can take place. Based upon recommendations from the Weekday School Security Committee, the following safety procedures will be implemented:

- All exterior church doors will remain locked during school hours. Personnel will be in place at the doors during the following times in order to accommodate arrival and dismissal:
  1. 8:45 - 9:15
  2. 12:45 - 1:00
- Families are welcome at other times. However, in order to gain access to the building, please call the Weekday School office at 662-7588 and someone will meet you at the door.
- All classrooms as well as the Weekday School office and the church office have a walkie-talkie so that communication can occur in case of any emergency.
- Classrooms are equipped with removable blackout shades to be used ONLY if there would be a need to secure children safely in place inside the classroom.

### Additional Security Measures to be installed soon:

- A new buzzer system for the Weekday School to be located at both the front and back doors.
- A security camera will also be located at the front and back doors.

## Worship and Other Opportunities for Fellowship at First Presbyterian Church

**Sunday Morning Worship Services:** 7:30 a.m. in Boyd Chapel with Holy Communion  
8:30 a.m. New Stone Gathering in the Fellowship Hall (a more casual and conversational service with contemporary music)  
8:30 and 11:00 a.m., Traditional service in the Sanctuary  
**Sunday School** classes for all ages on Sunday mornings from 9:45 – 10:45 a.m.



For more info, visit [www.fpwds.com](http://www.fpwds.com) and click on

## Linking Up With the Community

Saturday, October 12 and 26, November 9 & 23 and December 7, Bowman Library, 1:00-2:30 p.m.

**Paws for Reading.** Children can read a favorite story to a willing listener--a specially trained dog! Our dogs love to listen to stories. The program is every other Saturday. ([www.handleylegional.org](http://www.handleylegional.org))