



# First Presbyterian Weekday School

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Lara Davis, Director

Dear Weekday School Families:

Think of a time when you were preparing to begin a new job. Anticipation, anxiety, and excitement all mingled as you contemplated a new:

- schedule.
- building.
- transportation plan.
- boss.
- group of co-workers.
- set of expectations.

These same feelings are also normal for our children as they prepare to transition into a new classroom or move to a new school.

Our brains are pattern-seeking. The routines that have been established during this school year are about to change. Summer months will bring a different schedule.

September will bring yet another change in routine and schedule. During these times of transition, children's brains may experience some chaos as they search for the new pattern. Children may not be able to put words to the feelings they are experiencing.

How can we help support children (and each other) through these normal transitioning times? Awareness is a first crucial step. Change can be tough for any of us! Preparing children for transitions will be important. Young children lack the ability to think in mental pictures. Creating pictures showing daily routines for them may be helpful. Take photos and place them on the refrigerator to serve as visual reminders of the new routine. For example, a summer routine might include photos of eating breakfast, getting dressed, playing outside, reading a book, etc. Before school starts, discuss the changes that will occur in daily routines. Take photos of children riding in the car, entering the school, meeting the teacher, etc. Create a book: "(Child's Name) Goes to School" with simple sentences such as: "(Child's Name) rides the bus" or "(Child's Name) says 'hi' to Ms. Lara (or other teacher)." Read the book often.

Children's literature is another resource to use. Here are some titles that may be helpful: The Kissing Hand by Audrey Penn; Mouse's First Day of School by Lauren Thompson; If You Take a Mouse to School by Laura Numeroff; Bye-Bye, Mom and Dad by Mercer Mayer; Is Your Buffalo Ready for Kindergarten? by Audrey Vernick; Jake Goes to School by Michael Wright; The Night Before Kindergarten by Natasha Wing.

It's also normal for parents to feel unsure and anxious about leaving their children with unfamiliar people. These feelings are natural and okay! Begin by acknowledging your feelings. Say to yourselves, "This is normal. It's okay. Keep breathing. I can handle it." Try not to transfer your anxiety to your children. Your words may say to your children: "You will be okay," but your face may be saying something totally different. Your children will notice! It may require your best "academy award performance!"

I am wishing you well during times of transitions and always!

*Ms. Lara*

## April, 2013

### School Calendar

April 2013

- **Tuesday, April 2<sup>nd</sup>**  
School Reopens
- **Wednesday, April 3<sup>rd</sup>**  
Noon Dismissal  
(Staff Training Day),  
Spirit Day\*
- **April 15<sup>th</sup> - 19<sup>th</sup>**  
Week of the Young Child  
\*\*\* Children's Art  
Gallery will be set up in  
Loudoun Hall all week
- **Wednesday, April 17<sup>th</sup>**  
**Informational Treasure  
Hunt at 4:00-5:15.**  
4<sup>th</sup> Annual WDS Dinner  
and Auction, beginning  
at 5:30 p.m. in the  
Fellowship Hall

May 2013

- **Wednesday, May 1<sup>st</sup>**  
Noon Dismissal  
(Staff Training Day),  
Spirit Day\*
- **May 1<sup>st</sup> and 2<sup>nd</sup>**  
Apple Blossom Parades,  
Loudoun Street Mall
- **May 3<sup>rd</sup> - No School!**
- **Thursday and Friday,  
May 9<sup>th</sup> and 10<sup>th</sup>**  
Mother's Day Luncheons
- **Wednesday, May 22<sup>nd</sup>**  
Celebration of 4's and  
5's
- **Friday, May 31<sup>st</sup>**  
**Last Day of School!**

\* Don't forget to wear your WDS shirt or something with a heart on it.

## Spring Break Dates

**School is Closed: Thursday, March 28<sup>th</sup>; Friday March 29<sup>th</sup>; & Monday, April 1<sup>st</sup>.**

### YOU ARE INVITED

In conjunction with the dinner and silent auction, the WDS staff invites you to participate in an **INFORMATIONAL TREASURE HUNT** (To learn more about how your treasures spend their day!)

Several classrooms will be set up to provide information and answer questions:

- What is our curriculum like?
- How do we handle discipline?
- What is process art?
- What is the plan/work/review process?

Plan to visit **April 17<sup>th</sup>, from 4:00 - 5:15**, then join us for dinner and the auction!

### PARKING SPACE UP FOR BID!

The Fourth Annual WDS Dinner and Silent Auction will be held Wednesday, April 17<sup>th</sup> at 5:30 pm in the Fellowship Hall. Tickets are \$5 for adults and \$3 for children. Ticket forms are attached! We are pleased to announce that, in addition to multiple items of various values donated from local businesses and WDS families, a highly-coveted parking space in the church parking lot will be up for bid. To encourage school-wide participation and attendance, WDS classes have been encouraged to contribute a special homemade class project! You won't want to miss these!

We would love to celebrate the school year with all the WDS teachers, students, and families and hope to see you there! Please contact Kelly Tierney ([kellybroocket@hotmail.com](mailto:kellybroocket@hotmail.com)) with any questions.



Mr. Todd invites you to....



#### VACATION BIBLE SCHOOL!

VBS will be June 23-27 from 4:30-8pm and our theme is Kingdom Rock! Watch a short preview video and download the theme song from our new children's ministry home page! <http://fpcwinc.org/children>  
Registration will open at the end of April.

#### Art Gallery

During the Week of the Young Child, April 15<sup>th</sup> - 19<sup>th</sup>, please be sure to visit the children's Art Gallery (located in Loudoun Hall). Each child's art work will be represented. Come take a look at "process art" in action!



#### New Security Measures in place...

Beginning on April 2<sup>nd</sup>, the back door of the church will be unlocked at 8:45 am to accommodate arrival time. It will be relocked at 9:15. For dismissal, the door will be unlocked at 12:45 and relocked at 1:15.

The Weekday School is organizing a committee to look at security, address concerns, and consider options for improvement. If you are willing to serve on this committee, please contact Lara: [fpwdsdirector@gmail.com](mailto:fpwdsdirector@gmail.com) or Courtney Warner: [cehoben@aol.com](mailto:cehoben@aol.com).

#### HAVE YOU NOTICED?



Signs of spring are abounding in our flower bed outside the back door. Stop and take a look.

HOWEVER, let's keep our flowers safe by looking at them and not walking on them.

#### Meals for Moms

We need volunteers to take families meals!



Contact Jen Volkman at [jvolkmann\\_99@yahoo.com](mailto:jvolkmann_99@yahoo.com) or 703-587-9890

#### WHAT'S HAPPENING IN THE COMMUNITY?

The bulletin board in the main hallway of the church has a section labeled "News." Be sure to check this bulletin board for listings of community events and opportunities. You will also find our newest members of the Weekday School family (birth announcements) and other helpful Weekday School information. To highlight some events:

From Handley Regional Library: Wednesdays, March 6 and March 20, at Handley Library Children's Room, 6:30 p.m.

**PJ Storytimes.** Free and open to the public. (Other fun events can be found on

[www.handleyregional.org](http://www.handleyregional.org))

Other events:

04.06.2013	<a href="#">12th Annual KiteFest</a>	<a href="#">Sherando Park</a>
04.30.2013 - 05.05.2013	<a href="#">Apple Blossom Festival: Carnival</a>	<a href="#">Ward Plaza Shopping Center</a>



**Some of the items up for bid include:**

- Simply Charming: Gift Certificate
- Super Splasher: Swimming Lessons
- Rugs Direct: Area Rug
- Hand Works Gallery: Ceramic Bowl
- PreK Learn & Play: Birthday Party



## 4<sup>th</sup> Annual WDS Dinner & Auction

We hope you can join us on Wednesday, April 17<sup>th</sup> at 5:30 pm to enjoy dinner and silent auction festivities! This is a great time for WDS families and supporters to celebrate together and bid on a wide range of contributions from local businesses, WDS parents and staff, and even the classes!

**Please return this order form with payment to your child's teacher by Weds., April 10<sup>th</sup>.**

**Name (please print):** \_\_\_\_\_

**# Adults (Ages 10 & up):** \_\_\_\_\_ @ \$5.00 each=\_\_\_\_\_

**# Children (Ages 2-9):**\_\_\_\_\_ @ \$3.00 each=\_\_\_\_\_

**(Children under 2 are free) Total:** \_\_\_\_\_

**\*We cannot attend, but have enclosed a donation of \$\_\_\_\_\_\***

Thank you for supporting First Presbyterian Weekday School!!!

**Bidding will be 5:30-6:30. Winning bids will be announced at 6:45.**

