

# First Presbyterian Weekday School

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Winchester, VA 22601  
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## Upcoming Dates

Wednesday, January 2<sup>nd</sup> – School re-opens  
Friday, January 18<sup>th</sup> – NO SCHOOL  
Monday, January 21<sup>st</sup> – NO SCHOOL  
Monday and Tuesday, February 4<sup>th</sup> and 5<sup>th</sup> – 2019-2020 registration  
Wednesday, February 6<sup>th</sup> – Noon Dismissal  
Friday, February 15<sup>th</sup> – NO SCHOOL  
Monday, February 18<sup>th</sup> – NO SCHOOL

## JANUARY NEWS



### MEALS FOR MOMS

This program at the WDS, provides meals for WDS family members who are welcoming a new baby or needing support for other reasons. The meal comes in the form of a gift card to local restaurants and is usually given in a small basket with other items. We are in need of gift cards to support our families, if you would like to donate a card or money, please give it to your classroom teacher or the office staff, clearly labeled *Meals for Moms*.

### PARKING

We know that parking is a struggle at the WDS. Being a downtown preschool, it is a shared issue with other facilities.

This is a reminder that the small lot adjacent to the playground is not owned by First Pres, and we have been asked NOT to park there.

### The Seven Powers for Conscious Adults

- 1. Power of Perception** *BIG IDEA: No one can make you angry without your permission. GOAL: To teach adults and children to take responsibility for our own upset*
- 2. Power of Unity** *BIG IDEA: We are all in this together. GOAL: To perceive compassionately, and offer compassion to others and to ourselves.*
- 3. Power of Attention** *BIG IDEA: Whatever we focus on, we get more of. GOAL: To create images of expected behavior in a child's brain.*
- 4. Power of Free Will** *BIG IDEA: The only person you can change is you. GOAL: Learning to connect and guide instead of force and coercion.*
- 5. Power of Acceptance** *BIG IDEA: The moment is as it is. GOAL: To learn to respond to what life offers instead of attempting to make the world go our way.*
- 6. Power of Love** *BIG IDEA: Choose to see the best in others. GOAL: Seeing the best in others keeps us in the higher centers of our brain so we can consciously respond instead of unconsciously react to life events.*
- 7. Power of Intention** *BIG IDEA: Mistakes are opportunities to learn. GOAL: To teach a new skill rather than punishing others for lacking skills we think they should possess by now.*



### WDS Registration for 2019-2020

Registration for next year (Sept 2019 – May 2020) will be Monday, February 4<sup>th</sup> and Tuesday, February 5<sup>th</sup> in Loudoun Hall during school hours.

If you have any questions about your child's placement for next year, feel free to discuss with your classroom teacher or stop by to see Ms. Christen in the office.