

# Nursery School News

A Monthly Newsletter of St. Paul's Episcopal Nursery School

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Summer 2005

## From Jane: Finding Time to Rest

As summer program comes to an end and I look back at the school year I am aware of what a productive and satisfying year this has been at St. Paul's in so many ways. I am also aware that even though it is summer, I have once again been unsuccessful in finding a way to balance my life in terms of work and rest. I bring this up because I know that many of you are in the same dilemma. We live in a culture that seems to encourage all of us to over function in many areas of our life. I keep thinking that I can find some way to do a better job of not only balancing my own life, but at the same time, to model and encourage ways for all of the staff and ultimately all of you folks to slow down!

We need to find a balance between work and recreation and rest not only for ourselves, but also for our children. Giving our children time and occasionally our undivided attention is extremely important for their well-being. If we are to successfully meet our children's needs we must first take the time to listen to and observe them, and not always impose our hurried adult agendas upon them. And for our children, there seems to be an increasing number of extracurricular activities and lessons available for them at younger ages than ever. Because of this we need to be careful not to be pressured, by the mere availability of so many choices of activities, to over schedule them, which will surely cause too much stress far too early in their lives.

When we are exhausted with our adult lives, not only are we unable to muster the energy to parent well and enjoy other relationships in our lives, we are role modeling our culture of frantic stressed out over functioning to our children on a regular basis. With these thoughts in mind I would like to ask each of you to reflect on the pace of your life, and the endless lists of activities and "to do's."

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## From Jane: (Continued)

A couple of years ago I shared an article by the Australian writer, Michael Leunig, entitled *Learn to Rest*. A number of people have asked me for reprints, so I thought this might be a good time to once again share this article with all of you.

*In Response to the question, "What is worth doing and what is worth having?" I would simply say this. It is worth doing nothing and having a rest; in spite of all the difficulty it may cause, otherwise you will become RESTLESS! I believe the world is sick with exhaustion and dying of restlessness.*

*While it is true that periods of weariness help the spirit to grow, the prolonged, ongoing state of fatigue, to which our world seems to be rapidly adapting, is ultimately soul-destroying. The ecology of evil flourishes and love cannot take root in this sad situation. Tiredness is one of our strongest, most noble and instructive feelings. It is an important aspect of our CONSCIENCE and must be heeded or else we will not survive.*

*When you are tired you must HAVE that feeling and you must act upon it-sensibly you MUST rest like the trees and animals do. Yet tiredness has become a matter of shame! This is a dangerous development. Tiredness has become the most suppressed feeling in the world. Everywhere we see people overcoming their exhaustion and pushing on with intensity-cultivating the great mass mania which all around is making life so hard and ugly-so cruel and meaningless-so utterly graceless-and being congratulated for overcoming it and pushing it deep down inside themselves as if it were a virtue to do this.*

*And of course, you know what happens when such strong and natural feelings are denied-they turn into the most powerful and bitter poisons with dread consequences. We live in a world of these consequences and then wonder why we are so unhappy. So I gently urge you, learn to rest-feel your noble tiredness-learn about it and make a generous place for it in your life and enjoyment will surely follow. I repeat: It's worth doing nothing and having a rest.*

On behalf of the staff and myself I urge you all to enjoy the rest of your summer - pun intended. I will try to do the same. I plan to take the first three weeks of August off and spend that time relaxing on the Rideau Lake in Perth, Ontario where my husband and I have summered with our family for more years than I would like to count up at this point! Have a great restful and safe summer. I look forward to seeing you all in September.



## Mayfair Picnic

We changed things a bit this year and had really good feedback about Mayfair that included a year-end picnic. Everyone seemed to enjoy the picnic rolled in with our Mayfair games, rides, plant sale, and activities. We'll do the same next year.

A big thanks to all of the teachers who pitched in to help out with the games so that parents could enjoy the day with their children. Rosetta Coco and Laverne Duffy did a fabulous job of co-chairing the event, we had perfect weather and everyone seemed to enjoy the day!



## New Parent Handbook

This year when your child's teacher comes to your house for her home visit, she will be delivering our new parent handbooks. Thanks to Lauren Bloch and Sarah Falbo who helped me totally revise and expand our old outdated handbook. Also, thanks to Betsy Dillon for doing lots of tedious proof reading.

We have placed the new handbooks in loose leaf binders for everyone. Included in the handbook is valuable information about the educational goals, beliefs, curriculum, school policies, and other important general information. You will also find information

that will help you prepare for the first day of school, as well as an explanation of the many forms of communication that we will be using to inform you of the events and activities going on at St. Paul's throughout the year. Please take some time to read through it, and use it as a reference as needed throughout the year.

As the year progresses we will include all newsletters, class lists, and other literature that you might want to keep on 3 hole punch paper so that you can more easily store all of your papers pertaining to St. Paul's together in one place. Hopefully it will be a helpful way to organize preschool communications. So...hold onto this newsletter and you can place it in your binder once it arrives.



## St. Paul's Web Site

We're working on a web site! Technology is not one of my strong points - thus here it is 2005 and we are just getting around to a web site. We are working with one of our former parents who now professionally designs web sites and is a graphic artist. It will definitely be up and running sometime during the 2005 - 06 school year.

Hopefully, among other things, it will cut down on the amount of paper communications and be a good source of information for those of you who like to get information electronically. I'll keep you up to date as things progress.

## Summer Program

We had a grand time this summer playing inside, outside, doing lots of fun crafts, and most of all playing in the water on hot summer days! Mindy and her staff did a great job of keeping things smooth for the children. I'd like to thank Mindy and her staff including Pat Hurd, Dottie Lust, John Mattie, Rita Neher, and Stephanie Woodruff. I'd also like to thank Elyse Easton and Maggie Dudley, our college and high school helpers.

Now that summer program is coming to an end I can turn my focus to September and the changes that will occur as new groups of children are formed and new friendships are made. The staff and I look forward to welcoming the new children that will be coming in September, and of course we look forward to seeing all of the children and parents who will be returning.

## Back to School



The first day of school will be Wednesday, September 7<sup>th</sup>.

This will be a visiting day for everyone in MWF and four day M-Th classes.

The first day of school for T-Th classes and T-F classes will be Thursday, September 8<sup>th</sup>. A visiting day permits the parents to stay with their child in order to make the separation easier. The first days of school will be short hours and your child's teacher will provide you with the details.

Be sure to fill out the BLUE forms included in this mailing to give to your child's teacher when she comes for her home visit. If you have any questions about the forms your child's teacher will be glad to help you.



## Lunch Bunch

We will continue to offer this popular program. Lunch Bunch is offered Monday - Friday. Morning session children should be picked up at 12:30 pm and afternoon session children should be dropped off at 11:40 am. Kathi Workman will distribute sign up sheets with complete instructions sometime after the first week of school.

## Homeroom Parents Needed

If you would be interested in volunteering to be a homeroom parent please let your child's teacher know when she comes for her home visit. I cannot emphasize what an important role homeroom parents play in communicating information regarding field trips, snow days, class meetings, and other important information that the teacher may need to have distributed to the parents. It is also a great way to get to know other parents in the school and to work closely with your child's teacher. If you would like more information about being a homeroom parent you can call me here at the school office. Diane Riley (412-429-3499), or Linda Shapiro (412-343-4518) our homeroom parent representatives for Parent

# United Way Option

Once again St. Paul's Episcopal Nursery School will participate in the United Way Donor Option Plan. In the past we have received many generous donations from this plan as a non-profit human service agency. We use these donations to help fund our financial aid program.

At this time, many corporations are beginning their 2006 United Way Campaign. We ask you to consider choosing St. Paul's Episcopal Nursery School to receive part of your annual donation. We have been designated the code name of **St. Paul's Episcopal Sc** and our code number is **2774**. These designations are important to be included on your pledge form to ensure that St. Paul's Episcopal Nursery School receives your contribution.

If you have any questions or would like a pledge form, please call the school. Many thanks for your continuing support.



## Save Your Junk

We will put the recyclable box out once again in September. The children use these materials for projects in order to encourage hands on exploration, learning, and creativity as they choose their own materials to create many different kinds of representations. This type of child directed self-expression also promotes a solid self-concept for children. Young children immensely enjoy representing the "culture of childhood" by creating models of all sorts of things that are universally fascinating, from vehicles to dinosaurs, through the use of interesting materials that they can choose on their own.

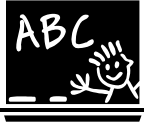
With this in mind, please save some of the following items for the school:

Fruit and vegetable Styrofoam trays (NO MEAT)  
 Cardboard paper towel and toilet paper rolls  
 Tissue boxes  
 Large and small oatmeal boxes  
 Plastic and metal jar lids - all sizes  
 Plastic liter bottles  
 Interesting or unusual packing materials  
 Excelsior  
 String, cord, yarn (all grades)  
 Blueberry and strawberry baskets

Wooden materials such as dowel rods  
 Picture framing mat board  
 Plastic band-aid boxes  
 Used wrapping paper and ribbons  
 Spools (plastic and wood)  
 Beads of any type including those from broken costume jewelry  
 Bottle corks  
 Buttons

Or anything you can think of that can be recycled for children's art projects - use your imagination!

## Mark Your Calendar For St. Paul's Activities and Events



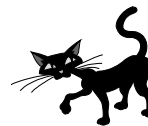
# September



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
Labor Day 5	6	7 First Day of School	8	9	10	11
12	13	14	15	16	17	18
Parent Orientation 7:00 PM Big Room 19	20	21	22	23	24	25
26	27	28	Parent Partnership 7:30 PM Church Lounge 29	30		



# October



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
Open House MWF and M-Th classes 7:00-8:00 PM 17	18	19	20	21	22	23
Open House TTH and T-F classes 7:00-8:00 PM 24	Parent Teacher Conferences No School 25	Parent Teacher Conferences No School 26	27	28	29	30
Halloween 31						

