



▶ DIRECTOR'S CHAIR ..... 2



▶ TEACHER'S COLUMNS.. 3-4



▶ PRESCHOOL PARENT COMMITTEE ..... 10

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# Preschool *press*

A MONTHLY COMMUNICATION OF  
DAVID LUTHERAN CHRISTIAN PRESCHOOL



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## Who Makes the Decisions?

Once upon a time there lived a Little Red Hen who decided to allow her chicks to begin making choices. Everything she'd read in her favorite parenting publication, *The Well-Centered Chicken*, indicated that making choices was an important part of growing up. "From now on, I'm going to let them decide things," she clucked firmly. "Good idea," crowed her husband. "I'm sure there'll be fewer squabbles around here!"

The Little Red Hen wondered if there wasn't more to it than that. She pecked thoughtfully at a grain of wheat. "It's not so much that I want to avoid confrontations," she said. "It's more that I want to be a good mother. I mean, before we know it they'll be pullets. What is some silly goose offers them a nip fermented corn? I don't know...times have changed. The barnyard just isn't the place it was when we were young. Our chicks have got to be able to make responsible decisions as they grow up."

So, that very morning, the Little Red Hen put her new plan into action. "Would you like some breakfast?" she inquired sweetly as the chicks tumbled sleepily out from under her wings. They blinked in surprise and glanced at each other. "No! No breakfast!" chirped the chicks.

"I've got some nice juicy bugs here. They're just the kind you like," urged the Little Red Hen.

"No! No breakfast!" chirped the chicks. "But you'll be hungry later!"

"No! No breakfast!" chirped the chicks, switching the TV to see if *TeleTurkeys* had started yet. It hadn't, so leaving their breakfast bugs untouched, they raced outside to play. The Little Red Hen tilted her head to one side and sighed as she watched them go. This wasn't working out the way she thought it would.

"I'll keep trying," she told herself as she went outside to start the engine on her old Falcon. It was almost time to drive the chicks to school.

"No! No school!" chirped the chicks.

"But your teacher will miss you!"

"No! No school!" chirped the chicks.

The Little Red Hen shook her head and turned the ignition off as she brooded about what to do next. This business of letting the chicks have choices was definitely putting her in a fowl mood.

Her husband stuck his head in the window. "Hey, can I stay home, too?" he asked hopefully. "I don't feel like going to work today."

"No!" squawked the Little Red Hen. It was the last straw. "There are some things we all have to do, even when we don't feel like it."



She paused. Maybe that was it. She was asking her chicks to make decisions she knew she couldn't live with. They really did have to go to school. And having them start the day with a nutritious bug for breakfast was important to her.



*Nurturing A Foundation  
for Tomorrow*

*Continued on page 9...*

# UPCOMING EVENTS:

## January

- 7 Back to School!
- 16 & 17 Devotions with Pastor O'Donnell at 9:30, 9:45 or 12:45
- 19 Carnival 4pm -7pm
- 21 **NO SCHOOL!** Martin Luther King Day

## February

- 5 Pork & Sauerkraut Dinner—David Lutheran Church
- 5 & 6 Devotions with Pastor O'Donnell at 9:30, 9:45 or 12:45
- 13-15 **NO SCHOOL!** Parent/Teacher Conferences
- 18 **NO SCHOOL!** President's Day

- 19-21 2008-2009 Registration for church members
- 22 2008-2009 Registration for preschool parents enrolling more than one child
- 25-29 2008-2009 Registration for preschool parents

## March

- 3 2008-2009 Open Registration
- 5 & 6 Devotions with Pastor O'Donnell at 9:30, 9:45 or 12:45
- 9 Preschool Sunday & Art Show
- 21-28 **NO SCHOOL!** Spring Break



I hope everyone had a wonderful Christmas season. Now we are on to a new year. I have been a preschool educator for over 25 years and it never ceases to amaze me that the children always come back to school after the holidays calm and ready to learn. Is it because all the months of special days are over? They are more comfortable with the school routine? Or developmentally they are moving on. It's probably a little bit of all those things. We are just glad it happens!

During the next few months you will see the teachers all doing different units in their classrooms. They will also start evaluating the individual children for progress reports that will be in February. Registration will occur in February too. You need to start thinking

# From the Director

A monthly column by DLC Preschool Director,  
Charlotte Nau

about what days and classes you will want your child in next year. At this time class schedules will remain the same.

Also this month I strongly encourage you to have your child's speech and hearing tested. Pam Cook a speech pathologist will be here on 1/17 and 1/18 from 9am to noon both days. If these hours aren't when you child is in school please, make an effort to bring your child first thing in the morning or at 11:30. Many of the teacher's will talk to you if they feel you should do this. Pam is excellent and I recommend her highly.

Also this month, PPC will be holding our third annual Winter

Carnival! Put the date on your calendar! It is a great time! All the activities are geared for children three through five and the price is extremely reasonable. This is not a fund raiser, just a night to have lots fun and we all do! See you there.

**Sometimes you just have to have faith that everything will turn out for the best.**

Starting in January Sue Johnston will be having a new assistant to replace Ms. Lauren Her name is Ms. Faye! She has a degree in early childhood and will be an asset to our program. Please, stop by and welcome her.

As you can see we are off and running in 2008! I wish you a lovely month hopefully with some sunshine to keep us half way warm.

Sincerely in Christ, Charlotte

# All Things New!

Another new year already! Are things getting back to normal as you put the decorations away?



As we "get back to normal," we are reminded that, in the spirit of the new year, we also look to make a fresh start and

maybe even to change some things. However, if your household is like mine – there really is no "normal" time.

As parents raising children we come to appreciate the craziness of life, the spontaneity that life can bring. But even within that framework of busyness, we still work to provide and build a foundation for our children. How in

2008 are you planning that next step of building, and what types of issues are critical to your foundation – Education? Faith? Family? And how much time are you making for them?

May 2008 be a year of blessing and faithful building in your household.

~Pastor Randy O'Donnell

## Speech & Hearing Screening

**\$10 per child**

Anyone with concerns is encouraged to bring their child in for screening. Afternoon students will need to be brought in during the morning.

More information will be coming home soon.

**January 17th-18th  
9am-12pm**



A monthly column by 3's & 5's Teacher Tina Dillman

## Mrs. Dillman



As I write this letter, I am realizing all the Christmas preparation I still need to accomplish. I am trying not to panic, but I know I will. I always do.

I also think back to a time before I became a Mom. Christmas came and went and although I celebrated His birth, it wasn't as fun. To cele-

brate Christmas through a child's eyes is a true miracle. This month has been so fun. We've learned about the Nativity-the journey, the birth and the gift that God gave to us.

The Christmas program was awesome. I've spent the last four years in the audience, so this time was special to me. Your children worked so hard learning and practicing. I had to wipe my eyes after the program. Thanks to all parents for the goodies and fellowship. We also had fun making all the presents and card for you. Does anyone know how to get glitter out of hair?

January will be month dedicated to winter. I have so many science projects to do-always send a hat & gloves as we will be going outside-especially on snowy days!

The 5's will also learn to print their last names and we'll start our word wall. The 3's will be busy with ABC and our first names.

I will be working individually with each child to assess their progress. I would also like to invite every parent to visit our class and spend some time with us. The children and I would love to see you.

I would like to say a special thank you to Mrs. Karen, Miss Mary Lou, Mrs. Nau, Jenn and all the teachers for their help this year and especially to all the parents for sharing their children with me.

I hope you all have a wonderful and restful Christmas.

Oh no! I still have to shop, bake, wrap, decorate.....

See you next year!  
Mrs. Dillman

A monthly column by 4's Teacher Sue Johnston

## Mrs. Johnston

Happy New Year ! I hope you had a wonderful Christmas.

December was a super busy month. We studied Jesus' birth in many ways: small figures, flannel board, and parables (such as The Legend of the Candy Cane). We made gifts, wrapping paper and cards.

We also had fun with the secular side of Christmas. All groups heard

The Night Before Christmas by Clement Moore with pop-up illustrations by Robert Sabuda. We also heard The Polar Express by Chris Van Allsburg read on tape by Liam Neesen. Following the reading, they found items on their wish list in magazines and put the pictures on clouds above a cut out train.

The letter book additions were Jesus' joyful birth joined to a jigsaw

puzzle "J" and Kisses on "K".

January topics and Bible are undecided at this writing.

Thank you parents for your help during December especially with our Christmas parties.

Note: Parents please continue to work on address and phone numbers at home. When your child

demonstrates knowledge of his/her address and phone number, he/she will receive an award and a treat.

Love and blessings,  
Mrs. Johnston



December has been a very busy month for us in pre-school. The Christmas programs were wonderful! Many thanks to the children for singing so well, parents for coming and encouraging and also for the delicious snacks after the program.

We made Christmas cards and sent them to our military personnel far from home. We want to spread

some hope, love and peace especially as this time. We read many stories about the birth of Jesus, Our Savior, what that means for us, doing fun activities and learning new songs. A big thanks to all the parent volunteers in our room with games, crafts and snacks for our parties.

During January we will be learning about different kinds of bears, hibernation and some other animals that hibernate. We have

## Ms. Kim

some really neat books and pictures of bears. We continue working on letter recognition and the sounds they make. We are trying to write our names, however you may not be able to recognize them.

Thanks for your prayers and support during Mr. Colliton's illness. We are hopeful things are now on the positive side.

God Bless You.

A monthly column by 3's Teacher Kim Colliton

A monthly column by 4's Teacher Elizabeth Mayer

## Mrs. Mayer

We have had a wonderful time talking about Advent and Christmas and hustling to get everything ready before it's time for our Christmas break. Thanks to everyone for their time and generosity this year. It was wonderful seeing everyone at the Christmas programs. The children did a wonderful job. I don't think we will ever get enough of singing Rudolph!

When we come back to school in January, we will get right back into academics with letters and numbers. We will be studying the letters I, J, K, L, and M; and the num-

bers 5 and 6. As usual, we will be making our pages for letter and number books. Letter I will bring us some fun with ice cream, while during letter J time we'll be talking about and tasting jam and jelly. Letter K brings us fun with kaleidoscopes and we will be making fresh lemonade for letter L. Get ready for macaroni maracas during letter M. I will also begin our assessments of the children in preparation for our parent/teacher conferences in February.

Our theme unit for January is Winter. We will be talking about win-

ter weather, how we can prepare for it, and the changes we need to make to stay warm and healthy. We'll look on the world map to find some places where it stays cold all the time and we'll learn about the animals that live there. We'll talk about our animal friends and how they survive the harsh winter weather in many ways including hibernation. We also will take a good look at penguins. What fascinating creatures they are! We will learn about ice, sleet, freezing rain, frost, and snow. There will be lots of winter



art including snow scenes, snowflakes, and ice painting. It would be great if we can get out and play in some snow also. We'll see what the weather brings us. Whether we are inside or out, it looks like it will be a very busy January at preschool.

God Bless,  
Mrs. Mayer

A monthly column by 3 & 4's Teacher Kathy Nelson

## Mrs. Nelson

I can not believe we are in 2008! I am thankful to God for preserving the lives of all my family and friends, for allowing me to experience the great joy of becoming a grandmother, but most of all I am thankful to God for extending His grace and mercy towards me. I'm sure by now you have thanked God for bringing you through 2007. (If not there is no better time than the present).

Speaking of thankfulness, Mrs. Kandy, Ms. Mary Lou and I would like to thank you for all the wonderful Christmas presents, gift cards and poinsettias that you gave us. We feel so loved and appreciated for your kindness. Thanks again.

This month we are beginning a curriculum unit on winter. The children will be learning about the coldest season by taking a look at winter clothing, weather characteristics that occur during this season indoors and outdoors, and winter sports. Throughout the unit, the children will develop an awareness of winter activities. The children will also identify the winter holidays and animals that hibernate during the winter. Some of our learning experiences related to winter include:

- creating snow people
- sorting mittens by size, shape and color
- enjoying stories about winter
- setting up an ice-skating rink

- in the dramatic play area
- experiencing snow and ice in the sensory table
- learn right and left

In order to show that we dress differently at night during the winter; we will have a pajama party on Tuesday, January 22, 2008 (I know my reason is weak, but it works for me). We will wear our pajamas to school. Each child may bring a sleeping bag or small blanket and a snuggle buddy. We will play games, make pizza, watch a movie and eat popcorn. There will be a sign up sheet for those of you who would like to donate ingredients for the pizza. We will pop the popcorn just before the movie.

This party will last the entire class time, so I will need a couple of parents to volunteer. (A word to the wise: Only the bravest parents should apply). Lol HAPPY NEW YEAR!

Love, Mrs. Nelson



I hope all of you had a lovely Christmas. Ours was quiet, as we wait patiently for our new Grand daughter to make an appearance!

A monthly column by 5's morning class Teacher Charlotte Nau

## Mrs. Nau

This month will be spent on winter weather. All math, literacy and science activities will revolve around the winter season. We will talk about winter activities too. Please, help your child memorize their address and phone number this month if they already don't know it. Letters for this month will be I, C, S, B. We will do one letter a week.

I will also be doing some observations of where the children are as far as their skills go. Some of the activities we will be doing are, writing winter stories, making a snowman out of a clean white sock (everyone will have to bring in one white sock at the beginning of the month), making ice cream, watching ice melt, making

pretend snow, graphing this month's weather. As you can see we will be busy!

Know you can volunteer in the classroom any day you choose.

Hope to see all of you at the Winter Carnival.

Love, Charlotte

# News from David Lutheran Evangelical Church



As stewards of God's creation, we are called to care for the earth. In response to this calling, we have begun a paper recycling program with Abitibi Paper Retriever.

Did you know that for every ton of paper recycled through Abitibi we will save 7,000 gallons of water, 4,102 Kwh of electricity, and 60 lbs of air

pollution will be avoided? Just think of the possibilities if we could do two, three, or even four tons of paper each month! So, please remember to bring your newspapers, magazines, catalogs, office and school papers, envelopes (even those with windows), junk mail, and even shredded documents to the new green and yellow Abitibi Paper Retriever bin located behind the church garage.

Please do not put cans, glass, cardboard or wrapping paper in the bin. If you have any questions about what can and cannot be recycled please stop by or call the church office. Thank you for your participation in helping to make our world a little cleaner.

~Intern Ron Mathews



# PORK AND SAUERKRAUT DINNER



FEBRUARY 5TH

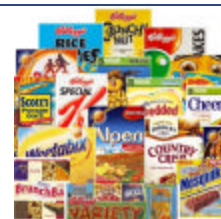
SERVING BEGINS AT 4:30PM

Want a scrumptious time with GREAT food and a lot of community fellowship. Then mark Tuesday, February 5th on your calendar as it is DELC's annual Pork and Sauerkraut Dinner! Different organizations have been hosting this event for 40 years, and with a mouth-watering menu of roast pork garnished with a taste that just won't let you quit talking about it...traditional sauerkraut, mashed potatoes dripping with melted butter, green beans flavored with maple flavored bacon, applesauce with a dash of cinnamon, warm rolls and homemade pie. YOU CAN'T BEAT IT!

Tickets will be available in advance or at the door. The cost is \$6.00 for adults and \$3.00 for children under 10 years. If your schedule does not allow time for joining in fellowship with the folks at the church, carry-out is available.



**David Lutheran Evangelical Church Needs**  
**CEREAL**  
**during January for the CW food pantry**



# Cheesy Chicken Crunchers



### Ingredients:

- 1 cup all-purpose flour
- salt
- pepper
- 4 egg whites
- 1/2 cup 2% reduced fat milk
- 1 1/2 cups cornflakes
- 1 cup (4 ounces) reduced fat, shredded Cheddar cheese
- 6 chicken breast filets; cut into strips
- Non-stick cooking spray

### Preparation:

1. Preheat oven to 375° F.
2. Set up three bowls with the following: 1) flour mixed with a pinch of salt and pepper; 2) an egg-wash, made by beating the

- eggs and milk together; 3) cornflakes mixed with cheese.
3. Coat a 13 x 9-inch baking pan with non-stick cooking spray.
4. Dip chicken pieces in flour, then into the egg-wash, then roll in the cheesy-flakes mixture, coating the entire piece of chicken and place on the baking pan.
5. Discard any unused cornflake mixture after coating chicken.
6. Bake for 25 minutes, turning halfway through to ensure even browning.
7. Serve with ketchup or BBQ sauce if desired.

### Nutrition Facts:

Calories: 320

Total Fat: 8 g  
 Saturated Fat: 4 g  
 Cholesterol: 90 mg  
 Sodium: 320 mg  
 Calcium: 20% Daily Value  
 per serving for people 6-12 years old  
 Protein: 37g  
 Carbohydrates: 24 g  
 Dietary Fiber: 1 g

**Nutrition Notes:** Some people think healthy meals are hard to come by. But that’s not the case at all. By thinking ahead, you can help your family make healthy meals and snacks to freeze. Then they’ll be ready to go when you need them. These chicken crunch-

ers are perfect to make ahead and eat later as a meal or snack. This recipe contains flour and corn flakes from the grain group, reduced fat milk and Cheddar cheese from the dairy group and chicken from the protein group - 3 of the five basic food groups. Add a glass of lowfat or fat free milk to the meal and you have met half of your daily requirement for calcium from dairy foods.

## Monthly Activity Idea

- Make homemade ice cream
- Build a snowman
- Have family movie night and make popcorn
- Have a camp out in the living room in sleeping bags
- Make hot chocolate
- Go sledding
- Take a nighttime winter walk
- Visit your local library

Continued from page 1...

She tapped her beak slowly with one wing feather and reconsidered. Maybe she was offering choices that were much too big for little chicks. Maybe smaller, limited choices would make more sense and be easier on everyone. After all, what she wanted was for them to learn to make choices—not raise themselves.

I need to hatch a new plan, she thought, one that doesn’t mean giving up my responsibility as a

parent. From now on, I make the decisions that matter to me and they can practice on smaller ones.

“Come, chicks,” called the Little Red Hen. “It’s time to get in the car and go to school. Do you want to eat your bug in your car seats or shall we have a picnic on the playground after we get there?”

**Smaller, limited choices make sense and allow children to learn to make choices—not raise themselves.**

“Picnic! Picnic!” chirped the chicks, climbing into the car.

The Little Red Hen fastened each chick’s seatbelt, gave her husband a peck on the cheek, and drove off. “Offer them chick-sized choices,” she smiled to herself. “Not hen-sized ones.”

And there was nary a cheep of disagreement from the back seat.

## Thank You from Kuwait



To the Staff and beautiful children of David Lutheran Christian Pre-school,

From the MWR staff of Camp Virginia in Kuwait we would like to say thanks. When your ornaments arrived the soldiers and staff’s faces light up with such happiness. Again we thank you for remembering us at this time of the year. We have printed the pictures of the students decorating from the CD and have added them to the trees as

well. Many of the soldiers say that the children look and remind them of their own children that are so far away from them. After we have decorated the trees we plan to send you a thank you slide to share just how much your contribution means to us. More pictures are to come. THANK YOU!!!! Have a very Merry Christmas and a Happy New Year.

Natashia K. Gunter  
 Administrative Assistant  
 MWR—Camp Virginia



**Next Meeting**  
**Wed. January 9th**  
**7:00pm**  
**David Lutheran Chapel**



**Notes from the PPC:**

- Important dates for the Winter Carnival Volunteers:
  - \* Volunteer Meeting-Tuesday Jan. 15th, 7pm
  - \* Decorate & Prep for Winter Carnival-Friday Jan. 18th, 6pm
- Thank you to everyone who contributed to the 2nd Annual DLCP Coat Drive in November. 108 coats were delivered to the Shepard's Place.
- Thank you to everyone who participated in the 2nd Annual Poinsettia and Candle Sale. Proceeds will go to purchasing additional die's for the Ellison Die Cut Machine, as well as a trash can for the playground.
- Upcoming Events:
  - \* Valentine Food Drive-February 4th-12th
  - \* Chocolate Bunny Sale -February 18th-March 4th
  - \* PJ Day! March 13th & 14th

# Save your Labels!

Watch for  
 information about an  
 upcoming contest at  
 our school!



Get **MORE FREE Stuff**  
 (for your school)



**Thank You To All Who Donated Food for the  
 Emergency Food Drive for the Mid-Ohio Food Bank.  
 364 pounds were collected!**

Preschool Press is a monthly publication of David Lutheran Christian Preschool, a not-for-profit organization.

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# Winter Carnival

## January 19<sup>th</sup> 4-7pm

All families of David Lutheran Christian Preschool are welcome to attend our Winter Carnival. We will have games, prizes, arts & crafts, raffle, food and family fun!

Wristbands are \$3 if purchased prior to the carnival. They will be \$5 the day of the carnival.

