



▶ DIRECTOR'S CHAIR & PASTOR RANDY'S WORDS 2

○ ISSUE 5 | ○ VOLUME 28 | ○ JANUARY 2010



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# Preschool *press*

A MONTHLY COMMUNICATION OF DAVID LUTHERAN CHRISTIAN PRESCHOOL



By Brian Tracy

## Planning Your Year

There has never been a better time in all of human history to be alive than today. There are more opportunities for you to accomplish more things, in more different fields, engaging in more different activities, than have ever existed before.

Resolve today to make the coming year the very best year of your life. Resolve today to draw a line under your past and to focus very clearly on your future. Resolve today that you are going to set goals, make plans, take actions and achieve more in the coming year than perhaps you have ever accomplished in any one single year before.

One of the great rules for success is this: "It doesn't matter where you're coming from; all that really matters is where you're going!"

No matter what you have done or accomplished in the past, "that was then and this is now."

The very best days, weeks, months and years of your life lie ahead. The most exciting accomplishments and the greatest achievements are still to come. As Shakespeare said, "The past is merely a prelude."

As it happens, everyone has goals. But some people seem to accomplish their goals far more systematically and with greater assurance than others. Why is this? The answer is simple. People who accomplish goals at a higher rate than the average are people who use a systematic, proven method of goal setting and goal attainment.

Perhaps the two most important qualities of success are focus and concentration. Focus means knowing exactly what it is you want and concentration means having the discipline to concentrate single-mindedly on one thing, the most important thing, until it is complete.

If you have these qualities, and both of these qualities are learned through practice, you can accomplish virtually anything. There are no limits on your future if you can focus and concentrate every hour of every single day.

The starting point of setting goals for the coming year is for you to project forward and think back. Practice what we call "Back from the Future" thinking. Project forward to the end of the next twelve months and ask yourself, "If everything happens perfectly, what will it look like?"

The one quality of men and women who become leaders in their own lives and societies, throughout all of history is the quality of vision. They have the ability to visualize. They can see the future well in advance of it becoming a reality. They can then see the steps that they will need to take to get from where they are to where they want to go.

So if your next twelve months were ideal, in every respect, what would happen or, what would have happened, at the end of that twelve month period?

You need to set goals that are multi-dimensional. You need to set goals for every part of your life so that you function



like a well-oiled machine, like a balanced wheel that goes around smoothly in every respect. You need goals for your health, for your career, for your finances, for your relationships, for your personal and professional development, for your community and for your spiritual growth. Nothing happens by accident. Everything happens for a reason. And you are the "primary creative force" in your own life. You are the reason. Things are happening in your life because you make them happen, not because you sit around and wait for them to happen.

Here is the basic seven-step model of goal setting. You can use this like breathing in and breathing out on a regular basis to accelerate your attainment of any goal you can imagine for yourself.

Step number one is for you to decide exactly what you want. This immediately moves you into a separate category of people because most people have no idea of what they really want. Clarity is the most important single quality of goal-setting and perhaps the most important single quality of success. Decide exactly what you want in each area of your life. Instead of fuzzy goals like more money, better health and happiness, be specific about exactly how much more money you want to earn in a specific

Continued on page 4

## UPCOMING EVENTS:

### January

- 1 NO SCHOOL—  
Christmas Break
- 13 & 14 Devotions with Pastor  
Randy
- 18 NO SCHOOL— Martin  
Luther King Jr. Day
- 20 & 21 Special Science  
Programs with Mrs.  
Dillman
- 28 & 29 Children's Programs  
with Kithi Bustch

### February

- 6 \*\*5th Annual PPC  
Carnival from 4-7pm
- 10 & 11 Devotions with Pastor  
Randy
- 15 NO SCHOOL—  
President's Day
- 25 & 26 Children's Programs  
with Kithi Bustch

### March

- 7 Preschool Sunday & Art  
Show
- 10 & 11 Devotions with Pastor  
Randy
- 11 & 12 PPC PJ Day
- 17-19 NO SCHOOL—Parent/  
Teacher Conferences
- 23 & 24 Special Science  
Program with Mrs.  
Dillman
- 29-Apr 2 NO SCHOOL—Spring  
Break

**\*\*Denotes PPC Events**



I hope you all had a wonderful holiday. Now that the hustle and bustle of the Christmas season is done, hopefully you will have time to relax and recuperate!

Thank you to all the parents that took the time to complete the NAEYC evaluation and the Interest Survey. I truly appreciate

*A monthly column by DLCP Director, Julie Benedict*

## From the Director

ate your feedback. The feedback on the Interest Survey involving Mom's Day Out and Parent's Night Out seems to be split 50/50 so far. I am hoping to get more returned so that we can better plan for next school year.

We have added to all classroom tables a yellow sheet of paper for you to write down ideas of what you would like to see taught to your children. Please take a moment to look this over and add your input.

We have been working extremely hard on NAEYC re-accreditation. We are due for re-accreditation this school year and NAEYC will be here

sometime between February and May. It is A LOT of work! (If we ever seem scatter-brained this may be why—ha!)

With winter weather here, I would like to remind you of our closing policy. We follow Canal Winchester School District. If they are closed, we are closed. If they have a delay, our morning session is cancelled. Our cancellations will also be on channels 4, 6, and 10.

If you have any questions, let me know! Have a great month everyone!

Blessings,  
Julie

*From the Staff of DLCP, we wish you a...*



## All things new...again

2010. A new year. When growing up 2010 was some way out in the future time period, but now it is here. Again we turn the page of the calendar and think of new beginnings, new resolutions, and new ideas. I think that when you are parenting young children, you are constantly reminded that you don't have to wait until the start of a calendar year to experience something new. The reason is that almost

each day, brings a new idea, new growth, and a new experience for your child. It is often amazing to watch this take place right in front of your eyes. I believe that having your children participate in a Christian preschool enhances this even more. By being here, the children get to learn and experiences new opportunities in their development that often cannot be replicated in other settings. Also, in hearing about

God's love, they are reminded that God is always doing something new in them. May your household have a great new decade.



~Pastor Randy O'Donnell

A monthly column by 3's & 4's Teacher Faye Heintz

## Mrs. Heintz

Happy New Year!

Hope everyone had a safe, happy and joyous holiday. It doesn't seem possible that we are half way through the school year. We have enjoyed getting to know and watching the children grow. It was a pleasure to watch them perform at the Christmas Program and see how much they have grown. The children did a wonderful job. A special thanks to those who helped with the Christmas Party. A great time

was had by all.

During the month of December, we learned about Jesus' birth. We worked on the letters J, C and G. The 3's tasted and painted with vegetables that are green. They worked on the numeral 6 and the triangle shape. The 4's worked on their letter pages J, C and G. They are also working on writing their name.

In January, the 4's will be talking about winter, winter ani-

mals, snow and ice, the five senses, and learning their telephone numbers and address. The 3's will be talking about winter snow and ice, winter animals, the color blue, and the numerals 3 and 9. All classes will work on the letters I, U and W. The children will be learning a new prayer to say at snack time.

We will begin our assessments of the children in preparation for our Parent Teacher Conferences.

Thank you, to the parents who visited our classroom during the month of December. Please sign up for a day in January and February. You are always welcomed to visit the classroom.

If you have questions or concerns, please schedule a conference either before or after school or a phone conference.

Mrs. Heintz

A monthly column by 3's & 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 Jingle Bells!

In the 3's class, the theme unit for January will be Outer Space. We'll be learning about our solar system including the sun, moon, stars and each of our planets. We will have plenty

of music and art activities and letter and number recognition relating to the theme.

In the 4's classes, we will get right back into academics with letters and numbers. We will be studying the letters I, J, K, L, M, and N and the numbers 4, 5, and 6. As usual, we will be making our pages for letter and number books. We'll make our own ice cream on letter I day, 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 time and noodle necklaces for letter N.

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

guins. What fascinating creatures they are! We will learn about ice, sleet, freezing rain, frost, and snow and how to tell the difference. 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 if the weather will cooperate this year. Whether we are inside or out, it looks like it will be a very busy January at preschool.

God Bless,  
Mrs. Mayer, Mrs. Kandy, Ms. Karen

A monthly column by 3's Teacher Kathy Nelson

## Mrs. Nelson

Speaking of thankfulness, Mrs. Kandy, Ms. Karen 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 learn about bears.

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 Thursday, January 14, 2010 (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 Teddy Bear. We will play games, make pizza and watch a movie. There will be a sign up sheet for those of you who would like to donate ingredients for the pizza. 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).

We will have a visitor by the name of Buddy Bear who will spend the night with each child. He will come with a suitcase of clothing, a journal (to write about the wonderful fun he had while visiting your home) and a camera to take a couple of pictures.

HAPPY NEW YEAR!  
Mrs. Nelson

continued from page 1 period of time and combine that with exactly what level of health and fitness you desire.

Most people are unconsciously preoccupied with the fear of failure. It is the greatest single obstacle to success in adult life. And the fear of failure can work on you unconsciously by blocking you from setting clear specific goals. Why? Well, if you don't set clear, specific goals, then you can't fail to achieve them. So your subconscious mind is actually protecting you by helping you to avoid failure.

You must resist and overcome this tendency by having the courage to be bold and specific about exactly what you want. This is step number one.

Step number two is for you to write it down. Only three percent of living Americans, or adults anywhere for that matter, have written goals. Everyone else that thinks about a written goal and plans to write them down, someday. But they never get around to it. Most people spend more time making a list of groceries before they go shopping or planning a vacation than they do in planning their lives. But again, this is not for you. Success begins with a pad of paper, a pen and a few minutes of your time. One of the most important keys to success is to "think on paper."

All successful people "think on paper." And here are two important points. If you cannot write it down clearly and specifically on a piece of paper, then it means that you are not really clear about it yourself. Perhaps you don't even want it. What is

worse, it may be that you are afraid that you may not attain it. Nonetheless, a goal that is written down is merely a fantasy or a wish. A goal that is clearly written and described on a piece of paper takes on a power of its own, it is now something concrete that you can touch and feel and work with.

The second principle of writing goals down is that something miraculous happens between the head and the hand. When you actually write a goal down, it is as if you are programming it into your subconscious mind and activating a whole series of mental powers that will enable you to accomplish more than you ever dreamed of. By writing it down you intensify your desire for the goal and you increase your belief that the goal is possible. You begin to expect to achieve the goal and you start to attract people and circumstances into your life that are consistent with the attainment of the goal. Writing your goal down is one of the most amazing of all goal-setting skills and it is a key to your success.

The third step is for you to set a deadline. If it is a large goal, set a series of sub-deadlines. A deadline acts as a "forcing system" on your subconscious mind and begins to move you toward your goal rapidly while it moves your goal toward you.

Sometimes people ask me, "What if I set a goal and I don't achieve it by the deadline?" The answer is simple. Set another deadline. Remember, a deadline is a guess-timate of when you will achieve it. Sometimes you will achieve your goal well in advance of your deadline.

Sometimes goals will take much longer than you expect. But you must have a target time before you set off.

It is like making a reservation at a restaurant. You may be five minutes early or five minutes late, but you always have a specific time for which your dinner is reserved.

The fourth step is for you to make a list of everything you could possibly think of that you will have to do to achieve your goal. The more comprehensive your list, the more motivated you will become, the more intense will be your desire and the more you will believe it possible.

One of the things that hold people back is even if they get to the point of a written goal; they do not take the time to lay out a



list of all the little things they will have to do to get there. And with additional experience, you will add new items to your list until it finally becomes complete.

The fifth step of goal setting is for you to take your list and organize it into a plan. A plan is really quite simple. It is a list organized by priority and importance. You decide what you will do first and what you will do later. You decide what is more important and what is less important. And most of all, you decide upon the one thing that

is more important than anything else that you can do immediately to begin moving more rapidly towards your goal.

Step number six is for you to "take action!" This is the big killer for most people. They are procrastinators. They have great ideas combined with great hopes and dreams. They may even get to the point of writing down their goals. But when it comes to taking action, they always have a reason or excuse to procrastinate to put it off until a later time. However, as the Bible says, "Faith without deeds is dead."

It is when you launch toward your goal that you begin to feel the desire and power that goes along with goal setting. And once you have launched toward your goal, it is much easier for you to continue moving in that direction.

Step number seven is for you to do something every day to move you toward your major goal. Never let a day go by without you engaging in some action that helps you move another step in the direction of what you really, really want in life.

Remember, you can't hit a target that you can't see. And if you don't know where you are going, any road will get you there. The simple seven step act of deciding exactly what you want, writing it down, setting a deadline, making a list, organizing the list into a plan, taking action on the most important item on your list and then doing something every day towards your goal will change your life and your future in ways that you cannot even dream of today.

Featured Recipe from FamilyFun.com

## New Year's Hats



These chocolate-covered cones are a stylish addition to a New Year's celebration, serving as both festive decorations and a sweet topping for a scoop of ice cream.

### Ingredients

- Sugar cones
- Ice cream
- Chocolate chips (one 12-

ounce bag for 10 to 12 cones)

- Icing
- Fruit strips or shoestring licorice (we used Kellogg's Fruit Streamers)
- Nonpareils

### Instructions

1. Spread melted chocolate chips over each sugar cone with a small spatula.

Let the chocolate harden for about 1 hour (or 20 minutes in the refrigerator).

2. For chinstraps, use icing to attach the ends of a fruit strip or a length of shoestring licorice to the inside of each cone.
3. Use icing to decorate the hats and attach nonpareils.

A monthly column by 5's Teacher Tina Dillman

## Mrs. Dillman

First of all, thank you to all the parents that helped and visited in the month of November and December. Miss Karen and I so appreciate everything you do for us.

The Thanksgiving feast was a wonderful success. The "pilgrims" were so adorable. It was a so much fun to spend some time with the "Native Americans". Thank you to Mrs. Johnston and her class for the music, the food and learning the games that Native American played.

December is a busy month. We worked on our last names, and printing our numbers. We added the letters S and J and reviewed the letters we knew. We started printing our lower case letters for our letter book. Of course, we learned all about the season.

- ✓ Learned about advent
- ✓ Learned the Christmas story
- ✓ Present for Mom and Dad made
- ✓ Present for Mom and Dad wrapped
- ✓ Lesson plans taught
- ✓ Christmas program learned
- ✓ Christmas program sung
- ✓ Letter to Santa
- ✓ Christmas party

Wow, we were busy!!!

In January, we will learn all about winter. We'll learn about the winter season, winter animals, winter clothing, and do snow experiments. We'll learn about Martin Luther King and how he changed the world. We'll also celebrate National Puzzle day on the 29<sup>th</sup>, by building and making puzzles. We'll review the numbers and letters that

we've learned and continue to spell and print our last names. We'll add the letters; w, c and k.

Parents, just a note about winter and outdoor recess: we will continue to go outside unless the temperature is below freezing and/or it is raining. Miss Karen and I will always make sure your child is dressed appropriately. If you would like to keep an extra set of mittens or a hat at school, I will keep them handy. We will not stay out long, but will need to be out some for our winter lessons.

Have a Blessed Christmas and a safe winter break. See you all next year!

Mrs. Dillman

## HAPPY New Year!

A monthly column by 4's Teacher Sue Johnston

## Mrs. Johnston

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

December was filled with Christmas stories and activities. We studied Jesus' birth in many ways: small figures, flannel board, and parables (such as **The Legend of the Candy Cane**) and other stories (such as Max Lucado's **The Crippled Lamb**). We made ornaments, gifts, wrapping paper, and cards. On Kindness week Claude the Dog was a springboard for discussion on giving and thankfulness.

We also had fun with the secular side of Christmas. Two favorite stories were **The Night Before Christmas** by Clement Moore with pop-up illustrations

by Robert Sabada and **Dream Snow** by Eric Carle. The four-year-olds, also heard **The Polar Express** by Chris Van Allsburg read on tape by Liam Neesen. Following the reading, they found the items on their wish list in magazines and put the pictures in clouds above a cut out train.

The week before vacation we viewed a video provided by AEP on electricity and safety with its use.

The letter book additions were J is for Jesus and J is for Jeweled Journey and C is for Christmas, Corn Print and Cut "C". In addition the children listened to a reading of Robert Sabada's **Christmas Alphabet**.

January topics will include Narnia (**The Lion, Witch and Wardrobe** by C. S. Lewis), winter, snow and snowmen.

Thank you parents, for volunteering during December, especially with our Christmas parties and for attending our Christmas program on December 12.

Note: Parents of four-year-olds please continue to work on address and phone numbers at home. When your child demonstrates knowledge of his/her phone number (January) and address (February), he/she will receive an award and a treat.

Love and blessings,  
Mrs. Johnston

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

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### Preschool Teachers

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Sue Johnston  
Elizabeth Mayer  
Kathy Nelson

### Assistants

Karen Boyer  
Kandy Deemer  
Mary Lou Kunkler  
Dorothy Nolan

### Preschool Ministry Team

Pastor Randy O'Donnell  
Todd Lewis  
Bob Hoffman  
Jennifer Nack  
Nancy Staggs  
Amy Walch

Meetings are the first Tuesday of the month at 7pm in the Sunday School room upstairs.

# PPC



**Preschool Parent Committee**

**Next PPC Meeting**  
**January 6**  
**7:00pm**

*In room 10, upstairs*  
**UPCOMING MEETINGS:**

FEBRUARY 3



David Lutheran Christian Preschool PPC

# WINTER CARNIVAL

February 6th 4-7pm

The PPC 's 5<sup>th</sup> annual Winter Carnival will be held on February 6<sup>th</sup>. The Winter Carnival is an evening full of games, arts and crafts, face painting, hair painting, cookie decorating and more. This all inclusive evening is \$4 pre-sale or \$5 at the door and adults and under 2 are free. Please mark your calendar and plan on joining us for this fun filled event.

## PPC Board

### Co-Chairmans

Penelope Roush  
Sheley Kolonchuk

### Treasurer

Ranae Hamilton

### Secretary

Marilyn Keane

### PMT Liaison

Amy Walch

## CARNIVAL VOLUNTEERS NEEDED

In order to make Carnival a success we will need parent volunteers to help with carnival day events, ticket sales and more. Volunteer forms will be coming home with students. Please consider volunteering your time to help with this event. If you are interested in volunteering please complete the volunteer form or contact Marilyn Keane at [mskdisney@aol.com](mailto:mskdisney@aol.com) or Lisa Dickerson at [lisadickerson3@gmail.com](mailto:lisadickerson3@gmail.com).

## Poinsettia/Candle Sale

*The DLCPPC is pleased to announce the great success of this year's Holiday Sale. We would like to acknowledge Kennedy Schmidjell as our top seller this year, collecting 538.00 dollars in sales. Kennedy will be awarded a DLCP t-shirt. We appreciate all of those that participated and helped to make this a great event that will benefit the entire Preschool.*

Poinsettias and Home Interior Products have all been delivered. If you did not receive your order or have questions regarding your order please contact Shonna Riedlinger at [triendlin@insight.rr.com](mailto:triendlin@insight.rr.com)