



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

○ ISSUE 8 | ○ VOLUME 28 | ○ MAY 2010



▶ TEACHER'S COLUMNS..... 3 & 4



▶ PRESCHOOL PARENT COMMITTEE..... 6

# Preschool *press*

A MONTHLY COMMUNICATION OF DAVID LUTHERAN CHRISTIAN PRESCHOOL



From [www.onetoughjob.org](http://www.onetoughjob.org)

## Feeding Your Family

### It's about more than the food

Although packing lunches and planning dinners can be stressful, your child's nutrition is important. It is important to start early and expose your child to a variety of foods from a young age to help her make healthy and balanced choices. In addition to nutrition, meals are a wonderful way to interact with your child, as well, through involving her in preparing her lunch or engage her in conversation at the dinner table.

### Tips to make mealtimes go smoothly

**Combine mealtimes with family time.** Every family is unique and daily family dinners may not work for everyone. Your older child may get home from an activity when your younger child is getting ready for bed. Family meals do not need to happen every day, and they don't even have to be dinners. Even if your family makes and eats brunch together on Sundays, or goes out for pizza on Friday night, these family rituals are important and you should schedule them as often as possible.

**Make a mealtime routine.** Mealtimes can also be a great way to get your child to help out around the house by involving him in meal preparation, setting the table, helping with the dishes. Teach your child to do certain things without being asked, like washing his hands before dinner and clearing his dishes when he is done eating, to avoid arguments and lectures. Also, set a schedule for snacking. Although your child should not go hungry, eating balanced meals with small snacks in between is best. Constant snacking should be discouraged. Also, give him healthy options to snack on.

**Keep the atmosphere pleasant.** You may be tempted to discuss a bad report card, share a note from your child's teacher, or scold her for not doing her chores, especially if dinnertime is the one of the few times your family sits down together to discuss things. However, avoid letting the dinner table become a battlefield. Mealtimes should be pleasant, without lecturing or arguing. Don't force your child to clean her plate but instead encourage her to serve a small portion the first time and then take



more later if she wants. Also, although mealtimes should not go on forever, some children do eat slower than others, so you may need to be patient.

**Don't pick on picky eaters.** If you have an infant who has recently started eating fruits and vegetables, you may be surprised when he one day decides that he no longer likes baby green beans and refuses to open his mouth. *(Continued on Page 5)*



Vacation Bible School will be held at David Lutheran Church this summer July 12-16. There will be classes for ages 3 through 6th grade. Children must be 3 years old by June 1st to be enrolled. All classes will be held from 9am until 12p (noon) each day. Our theme this year is "Baobab Blast—God's Great Get-Together."

Please pre-register your children. There are registration forms available on the table in the narthex and outside of each classroom. If ordering a T-shirt we ask that it be paid for when ordered. The cost of the shirt is \$7.00. We are also in need of more volunteers to help. If you are interested in helping there are sign up sheets for helpers on the table in the narthex. We are looking forward to seeing you at VBS this year.

## UPCOMING EVENTS:

### May

- 4 NO SCHOOL—Election Day
- 12 & 13 Devotions with Pastor Randy
- 20 & 21 Last Days of School
- 24 & 25 Graduations (10am & 1pm)
- 25 Picnic at Slate Run at 6pm



### August

- 1 Paperwork & Supply Fee due to preschool office
- 30 3-year-old Parent Orientation (7pm)
- 31 4 & 5-year old Parent Orientation (7pm)

### September

- 1-3 Visitation Days
- 7 & 8 First Day of Classes (90 minute sessions)



The last month of the school year! I am amazed at how fast my first year here has gone. I want to thank each of you for making me feel welcome and being supportive. I have thoroughly enjoyed getting to know each of you and your children.

DLCP has accomplished a lot

*A monthly column by DLCP Director, Julie Benedict*

## From the Director

this year and we couldn't have done it without PPC and our amazing staff. Thank you to all of you for your hard work and dedication to this preschool.

We will be in touch with all of the returning families for next year over the summer. We look forward to having orientation and visitation before next school year begins! As you are probably aware, some small changes will be occurring next year within our program. One change is that the preschool will be supplying snack! My hope is that this makes it easier

on you and the staff. Also, we will be implementing "Mom's Day Out." This will occur on Fridays from 9:00-1:00. It will only occur on the Fridays that it can be staffed. Families will know which Fridays that will be one month prior to that date. This should give families plenty of time to decide if they want to participate in it or not. If you have any questions, please stop by and see me any time! Here's to a great school year this year, and an even better one next year!

Blessings, Julie

# PRESCHOOL



# GRADUATION

May 24 & 25  
10am & 1pm

**Family Picnic @ Slate Run**  
**May 25th, 6pm**  
**Buzzard's Roost Shelter**

Bring dinner for your family and a potluck dessert to share!

The preschool will supply the paper products for the desserts!



## Have A Great Summer!

## A Word of Thanks.

In the church we are currently celebrating the season of Easter. We remember Christ alive again and giving new life. And as the season of spring, and the blooming and greening of things occur, we are visibly reminded of how life is always renewing around us. This is certainly true with growing children. So much is

happening in their lives all the time. I hope that this summer is a great one for your family. I hope to see many of you again this fall. I want to thank our preschool staff for all their hard work, and especially thank our director Julie for her dedication to our school this year. We are excited about our future. May God bless all of you this sum-

mer as you enjoy your family and the wonders of God's creation.



Blessings! Pastor Randy

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

## Mrs. Heintz

What beautiful weather! I think we are all happy to see winter weather fade away and enjoy the beautiful May flowers. The children are enjoying the warm temperatures, the sunshine and being able to play outside.

During the month of April, we talked about Easter, studied pond life and bike safety. Thank you for all your help and support provided during the Trike-A-Thon to benefit St. Jude Children's Research Hospital. We had terrific weather and the children had a great time. It was fun to watch them ride. They were really into it.

We also had a special visitor on

April 7<sup>th</sup> and 8<sup>th</sup>, The Turtle Lady, who brought her turtles, bearded dragon lizards, toads, and snakes to share with us.

During the month of May, we will be talking about fish, the beach, Moms and Dads, and learning songs for Graduation. Graduation for the Monday-Wednesday-Friday class

will be Monday, May 24<sup>th</sup> at 10:00am. Graduation for the Tuesday-Thursday class will be Tuesday, May 25<sup>th</sup> at 10:00am. Children should be in the classroom by 9:40am. We will meet you in the Sanctuary at 10:00am. Everyone is invited. The children have been practicing a few songs to share

and everyone will get recognized with a certificate.

We will be putting our finishing touches on our color and number books. The children will be inviting their special person to come the last hour of class on Thursday, May 6<sup>th</sup> or Friday, May 7<sup>th</sup> to share getting their finished color and number books. They will sing a few songs and enjoy sundaes. We hope you will be able to attend. More information will be coming.

Don't forget the end of the year Family Picnic on Tuesday, May 25<sup>th</sup> at 6:00pm at Buzzard Roost Shelter located at Slate Run Park. Each family is to

bring their dinner and a dessert to share.

We have enjoyed working with your children this year. They have all grown, so much. Thanks for sharing the most precious gift you could give, your children, with us. Everyone have a safe and blessed summer.

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

Your Preschool Teachers,  
Mrs. Heintz, Miss Mary Lou,  
Miss Dorothy

A monthly column by 3's Teacher Kathy Nelson

## Mrs. Nelson

I can not believe we are in entering the month of May. It seems that this school year has gone by much too fast. On behalf of Mrs. Kandy, Ms. Karen and I, we would like to thank you for allowing us to be a part of your child's life. We have enjoyed the time spent with your child on Tuesday and Thursday of each week. Our prayer is that you and your child are pleased as well.

For the month of May we will

learn about all types of animals. Also during this month we will review all the major things we have covered this year. We will focus more on lowercase letters, fine tuning the writing of our names and cutting, cutting and more cutting.

We will have two special days celebrating Mom and Dad. On this day the children will sing two songs, play games and present their parents with a gift that they have created. This celebra-

tion will be at 10:30 for the morning class and 2:00 for the afternoon class. Please make every effort to attend this celebration.

Here are some important dates to remember:

- 5/4 No School (Election Day)
- 5/06 Celebrating Mom (during snack time)
- 5/11 Special Presentation "All about Cows" (We will get to see a real cow and a calf)

- 5/13 Celebrating Dad (during snack time)
- 5/20 Last regular day of school and Graduation Party
- 5/25 Graduation- Morning Class 10:00 am Afternoon Class 1:00 pm
- 5/25 Family Picnic-Slate Run Park 6:00 pm

Please have a safe and wonderful summer and remember that I will be praying for you.

Mrs. Nelson

A monthly column by 5's Teacher Tina Dillman

## Mrs. Dillman

Wow! The last newsletter of the year, I can't believe it.

A special thank you to Mrs. Karen and her assistants, they did a terrific job while I was away. It was so nice to visit the children and I am soooooo happy to be back. I missed them all so much. Thank you for all the cards and prayers. I would like to give a special thank you to all the preschool family and the PPC for their kind gifts. It is so nice to work in an atmosphere of friendship and love. I am truly blessed to

work at DLCP.

May is going to be another fun month. We'll start our unit on weather. We'll set up a weather station on the playground and record daily weather facts. We'll also learn about the concepts of time, money and magnets. We'll make a recycled paper project and keep a record of the visitors at our bird feeder.

There are several special days to remember in May. Our Mother's Day Tea will be on

Wednesday, May 5 at 10:30 am and 2 pm. The children can bring any special friend to the tea. May 20 and 21 will be our last day in the classroom. Graduation will be on the 24 and 25<sup>th</sup> at 10am and 1 pm. Our annual picnic will be at Slate Run Park on May 25<sup>th</sup> at 6 pm.

Since the children aren't the only ones with spring fever, we will be spending more time in an outdoor classroom setting. We will be doing our best to keep your child shaded. Our classroom can very warm, es-

pecially in the afternoon, so it is best to dress you child in layers.

I wanted you to know that Mrs. Karen and I were truly honored to be your child's preschool teachers this year. We thoroughly enjoyed getting to know each child and their family. Thank you for letting us be a part of their life. Please stop and visit anytime you get a chance. It is so great to see them grow.

God Bless, Mrs. Dillman

# Mrs. Mayer

It's hard to believe that this is our very last newsletter of the school year. The year has flown by, but it's not over yet! We still have lots of fun and special activities planned for the month of May.

In the 4's classes, we will be putting our finishing touches on our alphabet, color, and number books while we do lots of review in each area. All of the classes are also looking forward to spending time with moms and dads during our Mom's and Dad's days coming up in May. There will be special

gifts, snacks, and even a little entertainment. We hope that all moms and dads can arrange to spend an hour with us on these special days. Mom's Day is Thursday May 6 at 10:30 for the A.M. 3's class and 2:00 for the P.M. 4's, and Friday, May 7 at 10:30 for the A.M. 4's class. Dads will be with us on Thursday, May 13 and Friday, May 14 at the same times.

We hope to end the school year with an outdoor fun day on our last regular days of classes, weather permitting.

Graduation days and the end of the year picnic are also just around the corner. The 4's classes will graduate on Monday, May 24 at 10:00 a.m. and 1:00 p.m. The 3's will graduate on Tuesday, May 25 at 10:00 a.m. We'll see you all at Slate Run for our end of the year picnic on Tuesday, May 25 at 6:00 p.m.

We've had a terrific year and we couldn't have done it without the kindness and support of our preschool families. We sincerely thank you for all you have done for us throughout the

year. We thank you for the blessing of getting to know your children and being a part of their lives for the past school year. Mrs. Kandy, Mrs. Karen, and I hope that we have gotten them off to a good start on their long journey of learning. We hope that we have created some wonderful memories for them, and we wish them much success in the years to come.

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

# Mrs. Johnston

Spring is finally here! It seems like the year has flown by. I've enjoyed working with your four-year-old students this year. Thank you for all the ways you volunteered, especially, by helping with parties and field trips and assisting in class. You make all the difference. We could not accomplish all that we did without you.

In the last part of March and beginning of April our unit was based on a book by Denise Fleming called In the Tall Tall Grass. Our dramatic play center had tall grass covered with shape insects and flowers made by all the classes. In the center the children sorted insects, played with animal puppets, moved a flying paper mache bee, played with paper towel spiders, dug plastic worms from dirt, and observed the stages of

a frog from the tadpole. We studied the stages of butterflies and examined the characteristics of ladybugs and butterflies. A few of the books we read included The Very Hungry Caterpillar, The Very Busy Spider and The Grouchy Ladybug by Eric Carle. We made insects, worked on patterns with rubber insects, and studied insect parts and metamorphosis.

During April the children studied pond life including insects especially dragonflies, frogs, turtles, fish and ducks. Our dramatic play center was Slate Run Wetlands, complete with a nature center, picnic area, and two ponds. The children explored characteristics and stages of these animals. They dramatized Jump Frog Jump by Robert Kalan. We read Fish is Fish by Leo Lionni, In the Small, Small

Pond by Denise Fleming and One Duck Stuck by Phyllis Root. In addition we sang frog and duck songs. During the session on ducks all classes made experience charts and drew ducks in unexpected places after I read Make Way for Ducklings by Robert McCloskey. On April 7/8 we had a special visitor, the Turtle Lady, who shared her turtles, bearded dragon lizards, and snakes with us. On April 19 and 20 we viewed "See How They Grow: Pond Animals" which showed dragonflies, frogs, salamanders, and ducks through all their stages from egg to adult. We just began our ice cream unit.

In Bible our emphasis was a common caterpillar named Hermie by Max Lucado. God assures Hermie He is not finished with him yet. We discussed how

God has special plans for each of us.

MARVELOUS MAY WILL BE FULL OF EVENTS IN MY CLASS:

- 3**—J2 Publisher Party
- 6/7**—Mother's Day Ice Cream Socials (J1-10:30, J2-2:00, J3-10:30)
- 10/11**—Publisher Parties (J1/J3)
- 13/14**—Teddy Bear Picnics
- 17/18**—Outdoor Art
- 19**—Track and field
- 20/21**—Diary Queen (10 & 1:30)
- 24/25**—Graduations (10 & 1)
- 26 and beyond**—HAVE A GREAT SUMMER! FOR THOSE GOING ON TO KINDERGARTEN, HAVE A GREAT YEAR IN YOUR NEW SCHOOL!!

Blessings, Mrs. Johnston

## DLCP has instituted a new referral program!

Refer a friend who enrolls her child with us and you will receive a 10% reduction on one month's tuition!

facebook

Keep up with DLCP on Facebook!



# Slipper Cookies



Surprise Mom with a pair of these comfy-looking cookie treats. Mom's heart will feel as warm and fuzzy as her favorite slippers when she lays eyes on these cute cookies.

## Ingredients

- 2 halves of an oval sandwich cookie
- 1 doughnut hole
- frosting
- shredded coconut tinted with red food coloring
- pink decorators' gel

## Instructions

1. To make a pair, first separate the 2 halves of an oval sandwich cookie (we used a Cameo) and re-

move the filling with a butter knife.

2. Next, slice a doughnut hole into thirds. Coat the rounded sides of the 2 end pieces with frosting (you can eat the middle piece), then roll them in shredded coconut tinted with red food coloring to create a pair of fuzzy slipper tops. Use a dab of frosting to stick each slipper top to a cookie sole, then adorn the edges of the cookies with pink decorators' gel stitching.
- 3.

*(Continued from Page 1)* Children of any age can be picky. Sometimes it takes days and days of presenting the same food to a child and having him try it before he gets used to it. You do not need to force your child to eat, especially if he is healthy and eating some variety of foods, even if it's only fruit, cereal, and milk. However, you should discuss this with your pediatrician if you are worried. Sometimes it takes days and days of presenting the same food to a child and having him try it before he gets used to it. Do not use dessert or even another food your child likes as a bribe.

**Offer a few choices.** When your child is

young, start offering her a variety of foods. Provide a few healthy choices at mealtimes. It may take time for your child to develop a taste for some of these. While it is good to let your child choose what she wants to eat whenever possible, you may be setting yourself up for a tantrum if you leave things open-ended. Instead, give her choices, and ask her to pick some healthy sides to go with her meal of choice.

**Sweet treats.** Both pediatricians and dentists agree that parents should relax when it comes to sugar consumption on special occasions like birthdays or Halloween. Forbidding your child to eat sweets will make

him want them more. Although dessert should not be something that comes after every meal, the occasional milk and cookie for snack, candy in the lunch box, or ice cream after dinner is ok in small portions. Try to ration your child's intake of sweets to once a day, and make sure he brushes and flosses his teeth.

**Give yourself a break!** No one feels like cooking on a regular basis, or eating leftovers several days in a row. It's ok to order take out or go out for dinner as a treat to yourself and your child every once in a while. And if your child just wants pizza and wants to skip the salad, it's not the end of the world.



**The food pantry is in need of shampoo and conditioner for the month of May. Donations can be dropped off at the church office!**

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

Any questions or corrections should be directed to:

**Julie Benedict**  
Director

**Jennifer McKenzie**  
Business Manager

DLCP  
330 Groveport Road  
Canal Winchester, OH 43110

(614) 920-3517  
(614) 920-3531 FAX  
preschool@davidlutheran.org

[www.davidlutheran.org/preschool.htm](http://www.davidlutheran.org/preschool.htm)

## Preschool Teachers

Tina Dillman  
Faye Heintz  
Sue Johnston  
Elizabeth Mayer  
Kathy Nelson

## Assistants

Karen Boyer  
Kandy Deemer  
Dorothy Nolan  
Kim Vipperman

## Preschool Ministry Team

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

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



**Next PPC Meeting  
MAY 3—last of year!  
7:00pm**

*In room 10, upstairs*  
**UPCOMING MEETINGS:  
LOOK FOR US NEXT YEAR!**

## Thank you to our Chairs!

The Parent Preschool Committee members would like to extend a heartfelt thank you to Penelope Roush and Sheley Kolonchuk who have co-chaired the PPC for the past two years. Both Penelope and Sheley will be greatly missed as their families move on to kindergarten and leave behind David Lutheran Preschool. Penny has been with the PPC for the past 4 years and has been a monumental part of making the PPC the success that it is today. Sheley has been a co-chair for the PPC the last two years and has helped with many activities along the way. We thank you both for your time & dedication to the preschool, best wishes to you both!

**Big  
Thank  
You!**

### TRIKE-A-THON



## Trike-A-thon was a huge success!

The weather was beautiful Thursday, cooperated Friday and the kids had a great time. Thank you to everyone who helped, by donating their time, donating a tricycle, and/or collecting monies for this important event. Donations are still coming in but we have so far collected over \$3000. With Thrivent and Endowment funds still pending we are well on our way to our goal of \$7000. Way to go! Prizes will be ordered at the beginning of May for all children who collected over \$35. Prizes should be in and delivered before the end of school. Again thanks to all who helped make this a huge success.

## PPC Board

### Co-Chairmans

Penelope Roush  
Sheley Kolonchuk

### Treasurer

Ranae Hamilton

### Secretary

Marilyn Keane

### PMT Liaison

Amy Walch



## Spring Sale Update

Thank you to all who participated in the Spring Flower and Longaberger Sale. The sale was a successful one. Flowers will be available for pick-up on Wednesday, May 5 behind the church. Pick-up times are 11 am -1 pm or 5-7 pm that day. Longaberger products will be distributed the week of May 3<sup>rd</sup> also.

With monies raised from all our fundraisers the PPC has been able to provide several items for the preschool this year. Monies were used to purchase 5 new tricycles for the outside area. Monies were also used to provide a photo printer and photo paper for the teachers use as well as additional die cuts for our Ellison machine.



The PPC will be honoring our teachers during Teacher Appreciation Week. We ask that you remember to thank your child's teacher as well during Teacher Appreciation Week May 3-7!

**FUND  
RAISER**

**A big thank you to Thrivent Financial for Lutherans for their continued support and donations this school year!!!**