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○ ISSUE 1 | ○ VOLUME 28 | ○ SEPTEMBER 2009



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# Preschool *press*

A MONTHLY COMMUNICATION OF DAVID LUTHERAN CHRISTIAN PRESCHOOL



By Joy Frost, taken from iParenting.com

## Super Self-Esteem

As a teacher with over 25 years of experience, I have often been asked for advice by parents about how they can help their children develop high self-esteem. It is widely accepted that high self-esteem, the collection of positive beliefs about oneself, is the single most important factor in leading a happy and successful life.

Children with high self-esteem are able to express their ideas willingly, share their feelings and opinions assertively and take risks. Children with high self-esteem use failure as a message to approach a problem differently and to try again until success is achieved. High self-esteem gives forth an "I can do it" attitude.

How can we help to develop a child's self-esteem? Since self-esteem is an internal feeling, it can only be developed by the child. That is why we can encourage a child and create a nurturing, safe environment, but not change what a child thinks of himself or herself.

What can parents do to provide a nurturing environment where self-esteem can flourish?

### Model Good Self-esteem

You are the role model for your child. Express through your actions and words that you respect yourself and others. Children are great imitators. As a high school student, I was a frequent babysitter for my sister Gerry's two young children. One day as my sister ran out the door she yelled back to me, "Don't let them play Gerry and Joe!" I was confused. However, an hour or

so later it became clear. My 7-year-old niece and my 5-year-old nephew were acting out the relationship that they witness in their home. They became their parents, Gerry and Joe. Well, let's just say that we all know about "too much information!" If you think you need to do so, work on boosting your own self-esteem. Children are watching and absorbing.

### Talk About Life and the World in Positive Terms

Share stories with your children of your happy childhood experiences. Talk about the things you love about them and the other people that they know. Talk and read about heroes who model traits of honesty, perseverance and respect. Read about people who have overcome adversity to achieve beyond anyone's expectations. Allow your children to hear you express admiration for those you respect and admire.

### Watch What They See on Television

Avoid putting news TV on when your child is present. Even though there is much negativity in the world, don't dwell on it with your child. If you must watch the news on TV or listen on the car radio, do it when your child cannot hear it. A child can be negatively affected by events over which he/she has no control and does not understand. When the United States entered the Gulf War in 1991, at 9 p.m. EST, we watched the bombs flare in Baghdad on television. Just 11 hours later, by 8 a.m. the next morning, my kindergarteners were



making guns out of Unifix Cubes and pretending to shoot one another. Why did they need to know about the war?

### Provide Opportunities for Your Child to Contribute

Nothing builds self-esteem more than a job well done. Give responsibility that is appropriate for the child's age and ability and a child will have the satisfaction that comes with achievement and a sense of importance to his/her family. Allow a child to do something for the family that only he/she is responsible to do. For example, 3- or 4-year-olds can place the napkins on the table for dinner. A 5-year-old can wipe the (Continued on page 5)

## UPCOMING EVENTS:

### September

- 8 & 9 First Days—90 minute sessions
- 27 \*\*PPC Family Photos

### October

- 1 & 2 School Pictures
- 4 \*\*PPC Family Photos
- 8 & 9 \*\*High School Spirit Days!
- 11 \*\*Raindate for PPC Family Photos
- 16 NO SCHOOL—COTA Day

### November

- 3 NO SCHOOL—Election Day
- 9-13 \*\*PPC Bookfair
- 19 & 20 \*\*OSU/Michigan Spirit Day
- 25-27 NO SCHOOL—Thanksgiving Break

### December

- 12 Christmas Programs—1pm, 3pm & 5pm
- 21-31 NO SCHOOL—Christmas Break

### January

- 1 NO SCHOOL—Christmas Break
- 18 NO SCHOOL—Martin Luther King Day

**\*\*Denotes PPC Events**



Welcome to the school year! We are very excited to have each of you here and to begin this wonderful and exciting journey together. First off, I would like to again introduce myself. My name is Julie Benedict and I am the new Director here at David Lutheran Christian Preschool. I come to this school with 9 years of experience in the Early Childhood Education field and 4 years of

*A monthly column by DLCP Director, Julie Benedict*

## From the Director

experience as a Preschool Director. I look forward to meeting all of you and your children and working together to make this a successful and fun school year!

It's nice to hear little voices and little footsteps in the building again. Over the summer, it was too quiet! I understand that the transition from summer back to school can be hard for both you and your child. We are here to help you and your child in any way that we can, so if you have any questions, please do not hesitate to ask Jenn, the Business Manager, or myself!

Don't be surprised if you ask your child what they did at school and they say, "I don't know" or "Nothing." This is very typical for preschool age

children. Because of this, your child's teacher will communicate with you at the end of each day what was learned in class for that day. Additionally, at the end of each week, your child's teacher will send home a weekly activity sheet. This form will highlight the areas of the week so that you are always informed about what is taking place in the classroom.

I hope that your experience this school year has been a great one so far. If you ever have any concerns, please see me! We have an open door policy at all times!

I look forward to growing with you and your family.

Sincerely,  
Julie



**David Lutheran Christian Preschool teams up with David Evangelical Lutheran Church to collect donations monthly and supply the Canal Winchester Food Pantry. Occasionally a special collection will be done**

**for other area groups needing food donations. Please bring any donations to the church side of the building where there is a collection cabinet outside the church secretary's office.**

**This month's special focus:**

## ***Bagged Rice***

**No boxed rice please.**

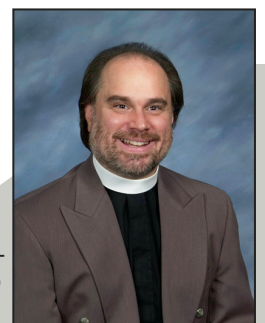
## Welcome to David Lutheran Preschool

Welcome back! It will be great to see all the faces around the building again. Also it will be great to see familiar faces of the children who have grown so much over the summer and those who will be brand new. I hope you and your children are excited for the upcoming year. I know that I am.

I also want to take this opportunity to extend an invitation

to everyone to feel welcome to participate in any of our church events. Also if you are looking for a church, I especially encourage you to attend our worship services on Sunday. We currently have three Sunday morning services. Our 8:00AM service is our traditional service, our 9:29AM service is our contemporary service, and we have a family worship that begins at 10:30AM. Again,

please feel welcome to attend any of these services or church activities. I look forward to seeing and meeting you. Please don't hesitate to contact me with any questions.



*~Pastor Randy O'Donnell*

A monthly column by 3's & 4's Teacher Elizabeth Mayer

## Mrs. Mayer

My name is Mrs. Betsy Mayer and it is my privilege to be teaching your children this year. This is my seventh year at David Lutheran Christian Preschool. My assistant with the 4-year-olds, Mrs. Kandy Deemer, is beginning her twelfth year here. My assistant with the 3's is Mrs. Karen Boyer. Karen has been with DLCP for many years. We are so excited to be on this journey of fun and learning with your children.

During the month of September, the theme for the 3's class will be "All About Me". We will be focusing on getting to know each other and realizing how God made us all so very special. We will be exploring how we are all alike and different and how much God loves each and every one of us. We

will talk about our favorite things and probably even some things we don't like. We'll also talk about our families and our homes and even explore some different types of homes around the world.

All classes will be introduced to basic colors and shapes (red, blue, yellow, green and circle, square, triangle, rectangle). The 4's will also learn to recognize the letters, A and B, learn their sounds, and practice writing them. We will begin working on our alphabet, color and number books in the 4's classes. Themes for September will include learning all about apples and ants.

The beginning of a new school year can be stressful for both the children and parents. I

hope that the opportunity for your children too meet their teachers and take a look around the classroom before the start of school has helped make the transition go more smoothly. We have many fun activities planned.

We have an open classroom and welcome your visits. Extra hands are always appreciated. We ask that you wait until October to spend time with us and give us the month of September to settle in. Mrs. Kandy, Mrs. Karen, and I look forward to getting to know you and your children throughout this school year.

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

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

## Mrs. Heintz

Where did the summer go? It doesn't seem possible that in seven weeks it could frost and in eleven weeks there could be snow. I hope everyone had a great summer and is looking forward to an exciting new year.

For those who are new to the Preschool, my name is Faye Heintz. I will be teaching three's and four's with Dorothy Nolan and Mary Lou Kunkler. I

taught three's and four's last year and finished the year for Miss Kim. I have taught 3<sup>rd</sup>, 2<sup>nd</sup> and Kindergarten in the public schools for sixteen years and worked in the Preschool setting for thirteen years. I have a degree in Early Childhood Education.

We enjoyed meeting and visiting with you and your child during classroom visitation day (*meet the teacher sessions*).

We are excited to have your child in our class and look forward to getting to know him/her and you throughout the school year. We will be sharing our preschool experiences together.

We will begin by learning each other's names and getting acquainted with our room and class rules and procedures. We will talk about how God made us each special, our families, how much God loves

us, our emotions (being happy, sad, and worries), the letters M and A, colors, painting, recognizing our names and lots of other fun things.

If you have questions or concerns, please do not hesitate to call.

Thank you, for trusting us and sharing your child with us.

God's Blessings, Mrs. Heintz

A monthly column by 5's Teacher Tina Dillman

## Mrs. Dillman

Hello to all the new students and their parents,

Welcome to a wonderful new adventure! Mrs. Karen and I are really looking forward to working with your children and getting to know all of you.

We have so many exciting things planned throughout the year. Most of all, we will PLAY. Yes, I did say, play! Lessons, socialization, religion, music, playground time, everything we do, will seem like play to your child. At least, we hope so. We will "play" together as a class and spend some of our time

together "playing" in small groups. We will explore topics like Bible stories, Jesus, farms, dinosaurs, holidays, birds, safety, health, community helpers, the ocean, astronomy, plants and much more. All while learning our letters, numbers, phone number and address. And don't forget socialization and personal skills needed for Kindergarten. We'll even include special trips and visits from the family.

Whether this is your child's first, second or third year at preschool, remember that every year is a brand new ad-

venture for your child. Your child may be apprehensive about leaving you, and that is very normal. (Let's face it, if they weren't, wouldn't we feel bad) Some days will be harder than others. Mrs. Karen and I will do everything we can to make the transition easy. You can help, by saying goodbye, and giving the hugs and kisses in the hall. (This is not always easy. I remember when Mrs. Karen had to peel my son off of my leg and take him into the very same room. He was always fine 5 minutes later.)

I also believe that communica-

tion between us is essential to a good year. If you have any questions or concerns throughout the year, please, just let one of us know. I will try to return calls ASAP and am usually at the school until 3:45 pm.

Remember, if you ask your child "what did you do today?" And they answer, "we just played" That is the right answer. We'll let you know what we learned while we "played"

Take care and God Bless,  
Mrs. Dillman

# Dessert Nachos



These This Mexican-style treat swaps the heat of jalapenos for the sweetness of fresh strawberries. Set out the ingredients buffet style for kids to serve up

their own after-dinner treat.

### Recipe Ingredients:

- 3 6-inch tortillas
- Cooking spray
- 1 1/2 tablespoons of sugar
- 1 1/2 cups of fresh strawberries, cleaned and hulled
- 1 tablespoon orange juice
- 8 ounces of vanilla yogurt
- 1 cup chopped strawberries

- 1/2 cup shredded coconut or white chocolate shavings

1. To make the tortilla chips, heat the oven to 350°. Cut the tortillas into triangles, lay them on a baking sheet, and spritz them with cooking spray.

2. Sprinkle 1 tablespoon of sugar over the tops of the tortillas and bake for 12 minutes or until crisp.

3. For homemade strawberry

sauce, combine the strawberries, orange juice, and the remaining 1/2 tablespoon sugar in a blender. Puree the ingredients until smooth.

4. Once the chips have cooled, set them on a plate. To complete the buffet, set out separate bowls containing the strawberry sauce, yogurt, chopped strawberries, and coconut or chocolate shavings.

Serves 4 to 6.



A monthly column by 3's Teacher Kathy Nelson

## Mrs. Nelson

It was wonderful to meet with all of you during the conferences. I enjoyed the look on each child's face as they entered the classroom. Some were extremely excited, while others were very cautious, but after a few minutes they all warmed up. For those of you who this is your first experience with preschool, I can assure you that this will be a very enjoyable experience for you and your child. Mrs. Kandy and

I will make every effort to ensure that your child has a comfortable and inviting learning experience.

I am very excited about the things that are planned for this school year. Our theme for September is "All about me" and "A is for Apples". We will talk about how God created us in His own special way. The children will do some measuring activities, a

cooking project, and learn about feelings. We will do a taste comparison of red apples versus yellow and green apples and chart which apples we like best. We will also talk about words that begin with the letter "A".

Please remember that while we are doing our best to teach these skills in the classroom, it is imperative that you practice with your child at home as well, be-

cause children learn through repetition.

As I said in our conferences, I am available to you for any questions or comments you may have concerning your child. Please do not hesitate to call me. Best wishes for you and your child for the upcoming school year!

Love, Mrs. Nelson

Welcome to an exciting new school year at David Lutheran Preschool. I'm looking forward to getting to know you and your precious children. I am also blessed to see some of my former families returning to my four-year-old classroom.

For those new to the school and/or my classroom, I want to introduce myself to you. My name is Mrs. Sue Johnston. This year will be my ninth year at David Lutheran Preschool. My previous experience in-

cludes (5 years prior to David) and elementary/middle school (15 1/2 years full-time). My education includes a BA in elementary education from Capital University and an MA from Ohio State University in education.

I completed coursework at OSU to update my certificate in 2002. My pertinent coursework included a kindergarten course, a course on language and development and drama. During the summer of 2005 I took a course through AEP on science in the

preschool classroom. This course provided me with kits to teach various science concepts. During the 2005-2006 school year, I attended classes at Columbus State in language and social development.

During each session I encourage the children to make good choices and cooperate with peers. In my classroom I provide a variety of leaning experiences including art activities, science and math activities, language experiences, and

drama to encourage social and academic growth.

But uppermost in my mind is my belief that the most important aspect of our session together is learning to love God and worship Him. Therefore I provide Bible related curriculum and worship experiences.

My God bless you and your children during our year together.

Blessings, Mrs. Johnston

A monthly column by 4's Teacher Sue Johnston

## Mrs. Johnston

# Did I pay this month's tuition?

Instead of wondering (and possibly worrying) if you've paid or if you will acquire a late fee, sign-up for automatic deduction from your checking, savings or credit card account. This service is free of charge and would eliminate the need for you to remember. Forms are available in the Preschool Office.



(Continued from page 1) table after dinner. A 7-year-old can fold the towels after they are washed and hang-up his/her clothing.

## Allow Children to Solve Their Own Problems

Encouragement gives a child the internal desire to learn, to achieve, to explore and to solve problems. Don't try to fix your child's problems. It is empowering for a child if you believe in their ability to achieve on their own. Encourage with statements such as: "You can do it" or "I

have seen you do difficult things before." Ask open-ended questions such like "How would you solve that problem?" or "What could you do to make things better?" Before stepping in to "fix" something for your child, allow your child to solve his or her own problem. It is difficult for most parents to stand by and watch a child working out solutions, but it is through this process that a child gains confidence.

Encourage a child to deal openly and directly with friends, teachers and siblings. Encourage a child to try new things and if not successful, try again. Show through your own example that you are willing to accept failure as motivation to do things differently. Finally, encourage a child to speak up for his/her rights and those of others.

Offering children a chance to

build self-esteem is offering them the keys to achievement. High self-esteem gives them:

- The courage to express their thoughts, feelings and ideas appropriately.
- The willingness to persevere in the face of failure.
- The sensitivity and sensibility to act responsibly.
- The motivation to set and accomplish goals.

What greater gifts can we offer a child?



## GOD LOVES ME

**Each week your child will have a time of Christian Education with the Children's Minister from David Evangelical Lutheran Church, Jackiethia Butsch. Also, once a month the children will go to the sanctuary for a short Devotion time with Pastor Randy O'Donnell.**

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

Any questions or corrections should be directed to:

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## Preschool Teachers

Tina Dillman  
Faye Heintz  
Sue Johnston  
Elizabeth Mayer  
Kathy Nelson

## Assistants

Karen Boyer  
Kandy Deemer  
Mary Lou Kunkler  
Dorothy Nolan  
Heidi Smart

## Preschool Ministry Team

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

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



**Next PPC Meeting**  
**October 7**  
**7:30pm**  
 UPCOMING MEETINGS:  
 NOVEMBER 4, DECEMBER 2 & JANUARY 6

Welcome to the 2009-2010 school year!!! The Preschool Parent Committee (PPC) is made up of dedicated parents working together with the teachers and staff to make DLCP the best preschool for our children. We would like to welcome all parents interested to join us in our mission to support the school through fellowship, programs and fundraising projects. PPC will hold its first meeting Wednesday, October 7th at 7:30 in room 10 (upstairs in the Education Wing of the church). Again we invite all interested to join us for our first meeting, to meet other parents and help plan events for the upcoming year. If you have any questions feel free to contact Penelope Roush at [davidlutheranppc@yahoo.com](mailto:davidlutheranppc@yahoo.com). Have a great year at DLCP and we hope to see many new faces on October 7th.

# Fall Family Photos

By appointment on **September 27 and October 4th**  
 Taken by Portraits by Carmen  
[www.portraitsbycarmen.com](http://www.portraitsbycarmen.com)

Contact Penelope Roush at [davidlutheranppc@yahoo.com](mailto:davidlutheranppc@yahoo.com) or (614) 837-9381



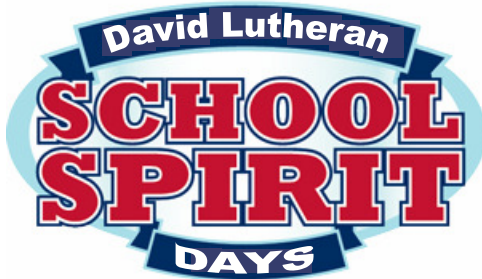
**PPC Board**

Co-Chairmans  
 Penelope Roush  
 Sheley Kolonchuk

Treasurer  
 Ranae Hamilton

Secretary  
 Marilyn Keane

PMT Liaison  
 Open at this time



**October 8 & 9**

Wear your David Lutheran t-shirts or your favorite school shirt!

Preschool Parent Committee is looking for a few Independent Consultants of various home-based businesses for an upcoming event. If you sell jewelry, scrapbooking supplies, food specialty items, or have other home based ventures and would be interested in working with our parent committee please contact Sheley Kolonchuk ([sheley@wideopenwest.com](mailto:sheley@wideopenwest.com)) for more information.



**DLCP T-Shirt Sale**

Shirts are red with white lettering and are a 50/50 cotton blend.

The order will be placed on August 14th and shirts are expected in the last week of August.

Contact [davidlutheranppc@yahoo.com](mailto:davidlutheranppc@yahoo.com) to place your order today!