

KIDZONE Kronicles

July 2010

Letter from the Director

St. Mark's
Preschool /
KIDZONE

July 2010

Dear Parents,

I would like to thank all of our parents and guardians for their support during the recent time of transition we have had in the KIDZONE administration. KIDZONE has a quality early childhood education program and it is our priority to remain just that. As always, please do not hesitate to bring your questions and concerns to Teri or Billie.

It is that time of year when we organize our fall school-age rosters so please make sure you let Teri or Billie know if you will be needing transportation this fall. We have sent out preliminary questionnaires, so if you did not fill one out please let us know as we will be working on transportation schedules this month. Zeman school is operating off-site this year, so we will be picking up at the relocated site off of Yankee Hill. We will also be sending out contracts for

the school year as we have a lot of children that are needing care this year for school out days.

Miss Teri will be on vacation July 6th through July 9th (South Dakota) and also gone July 26th, 27th and 28th (New Mexico) as the memo to each family stated. Miss Billie will be working some power days during this time.

Just a reminder; if your child/ children will be gone for a vacation, day at home or illness, please make sure you let someone at the front desk know as this does effect staffing.

We are still accepting preschool children for the fall as we have a few full-time openings, so if you know of any families needing care please let them know.

We hope your summer is going well.
God Bless!

July is National Ice Cream Month

You scream, I scream,
we all scream for
ice cream!



Lamb's Room Fundraiser
on Friday, July 16th
Enjoy a root beer float
on your way out for \$2!



National Ice Cream day is
Sunday, the 18th, just in
case you want to
celebrate.



Kid Tips: Kids need to learn to entertain themselves

by Tom McMahon

Posted June 19, 2010 at midnight

Boredom happens. For teens and adults, it's a choice out of many possibilities. For young children, it's a choice, too, but one made due to lack of experience in knowing or remembering all of the options. Children need to learn how not to be bored. Parents can help children learn to avoid boredom by reminding them of their alternatives, including past and new activities. Parents should not feel obligated to always entertain their children. Sometimes children need to learn how to entertain themselves!

Ask your children to list 20 or more things that they can do all by themselves (reading, drawing, etc.). Save this list and present it to them the next time they say, "There's nothing to do." It reminds them of fun things to do. Other boredom stoppers are: unopened junk mail (let the kids open the mail and fill out the forms they find), watching home videos, dominoes (line them up, then knock them down by pushing one against another) and puzzles.

Dorothy Parker said it best: "The cure for boredom is curiosity. There is no cure for curiosity." Create situations that will trigger your child's natural curiosity. Place two or more large cardboard boxes in your living room; drape a large blanket over a table; scatter library books on a variety of topics around your house. Think of creative possibilities.

Some ideas submitted by parents:

1. Occasionally when my young children are tired or bored and I'm tempted to put on a video, I'll get out one or more of our family photo albums for them to look at. It keeps them occupied for quite some time. They especially enjoy looking at photos of themselves when they were younger.

Barbara G., Portland, Oregon

2. I never dreamed that a pair of walkie-talkies could offer so much fun for my kids and peace of mind for me. We use them to keep in touch with each other at ski resorts, shopping malls, biking, hiking and camping trips (even around the campsite). They also are useful for staying in contact with other carloads of kids on a multiple-car scouting trip. Kids love walkie-talkies, so there is no fuss when I ask them to take a walkie-talkie with them to a friend's house. My son takes one in his school backpack and calls me when he starts to walk home from the bus stop. They also love to play hide-and-seek with them. When the kids were younger, the walkie-talkies even doubled as a baby monitor when ours was on the blink.

D.L., Stamford, Conn.

3. Before you make an important or lengthy phone call, set up an activity for your children, one that is fun and that will keep their attention for the amount of time you will need.

B.D.B., Syracuse, N.Y.

4. Peer pressure can have an incredible influence on children. Ask your child questions using the names of friends who try to negatively influence your child. Also, explain that the individual who provided the pressure to do certain things almost never will take any responsibility for what happens. After the damage is done, he/she probably will say, "You didn't have to do it" or "I didn't twist your arm." It also is helpful to role-play ways of saying "no" in peer-pressure situations.

Tom McMahon is the author of the parenting books "Kid Tips" and "Teen Tips" (Pocket Books). Send your favorite tip to tom@kidtips.com or call 925-461-6080 (voice/fax); www.kidtips.com. Always keep safety, age-appropriateness and your intimate knowledge of your own child in mind when considering use of any tip.



Why it is important to eat together!

In the life of a busy family, dinner is the perfect time for connecting with your children, really listening, and delving a little deeper into thoughts, feelings and imaginations.

Eating together at the dinner table brings families together and not just to fill hungry bellies. It's a natural moment, where family bonds strengthen spontaneously as you reflect together. How did your day go? How was school? How was your day at work? The more that families engage in this kind of open communication when children are young, the more likely the communication lines will remain open into the teenage years.

It may take more than the usual yes or no questions to get the ball rolling in your family conversation starters listed below. These open-ended questions can help you learn more about your family. At the same time you'll be giving your children practice at thinking quickly, forming responses, and expressing their thoughts.

It's important for you to help guide these conversations from time to time to keep them upbeat and free-flowing. Letting one family member monopolize the discussion can lead to resentment. Be sure to try starting with a different family member each night-even mom and dad.

You can also encourage your children to come up with questions of their own. Conversation starters based on movies they've seen recently or books they've read will strike a chord. Before long, your family will look forward to dinnertime as the best part of their day.

CONVERSATION STARTERS:

- What was the nicest thing you did for someone else today?
- Teach us one thing that you learned today that you think we don't yet know.
- If you won \$10,000 where would you donate it?
- If you could go on any vacation, anywhere in the world, where would you go?
- If you could make a movie, what would it be about?
- What makes you laugh the most?
- What is the toughest thing about being a kid?

Good luck and happy eating!

KIDZONE is Closed on Monday, July 5th

In honor of Independence Day (a.k.a. 4th of July) on Sunday, July 4th, St. Mark's Preschool/KIDZONE will be closed on Monday, July 5th. We hope you have a safe and enjoyable holiday weekend and look forward to seeing you on the 6th!

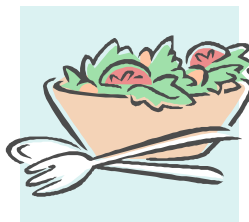


Recipe from Miss Wendi

Taco Salad

Ingredients:

- 2 lbs ground beef
- 1 small jar of Dorothy Lynch
- 3 cups cheese
- 1 head of lettuce
- Salsa



Instructions:

- Cook hamburger
- Mix everything together
- Put salsa on top
- Eat and enjoy!

St. Mark's Preschool/KIDZONE Mission Statement

8550 Pioneers Blvd.
Lincoln, NE 68520

Phone: 489-6051

Fax: 489-8343

Email: kjenkins@stmarks.org
tbeem@stmarks.org

The Governing Board of KIDZONE invites any inquiries that you may have. The Board Chairman can be e-mailed: roltman@lps.org or you may choose to submit a letter to:

St. Mark's Preschool/KIDZONE Board
8550 Pioneers Blvd.
Lincoln, NE 68520

It is our mission at St. Mark's Preschool/KIDZONE, INC. to exceed expectations in providing an outstanding program that offers child care services in a Christian environment. Our first priority is to ensure the health and safety of your children while encouraging them to have fun, build relationships and discover the world around them.

Preschool/KIDZONE Non-discriminatory Policy

St. Mark's Preschool/KIDZONE Child Care Center admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the center. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admission policies or any other center-administered programs.



Reuse, Reduce, Recycle
KIDZONE appreciates the following items:

Children's clothing
Scratch Paper
Plastic Bags

Please bring in any of the above to the front desk and we will distribute to the appropriate classrooms.

Thank You!

