

# ST. GEORGE'S APPLE SEEDS

February 2009

A monthly Preschool update  
for parents, teachers,  
and friends

## Helping Children To Love Themselves And Others

You have one of the world's most important jobs. You help children feel strong, able, and loveable. Your positive, caring attitude is catching. As caregivers, your job is to encourage children to think about how people are alike and different, to ask all kinds of questions, and to find answers they can understand. Your words and attitude tell children that differences are wonderful.

From birth, children begin to learn to love themselves and others. Infants and toddlers start to see differences between people. They notice skin colors, hair colors and textures, eye shapes, and other features of race and ethnic background. Toddlers may reach out to feel each other's hair. Older 2-year-olds may stare or say things such as "What's that?"

Three-year olds figure out how to recognize boys and girls. Preschoolers are curious, too. Will skin color wash off? Eye shape and color is of great interest.

Unfamiliar languages puzzle them. Even elementary-age children seem "old." Preschoolers also notice that people have different physical and mental abilities. Children often make comments that embarrass us.

By age 4, children are very much tuned in to our attitudes. They sense how we feel about them and other people. Many children grow up feeling good about who they are. "Here, let me do it," they volunteer. Most children

feel comfortable being around other people, too. They are eager to have fun together. "Let's play firefighter!"

Many other young children already have negative ideas about themselves. "I can't," they say. Or you overhear them mutter, "I never do anything right." They may not know how to get along well with other children. Such children may seem quiet and shy, or they may be bullies.

Preschoolers may even believe some common biases and stereotypes about other people. They hear put-downs on TV. They see holiday decorations that poke fun. They are indeed aware of what is happening around them and between people.

How do you help children love themselves and others? First, look at your own attitudes, values, and behaviors. Then, include activities to help children appreciate each other's differences, develop a sense of fairness, and learn to stand up for themselves and others.

Mr. Rogers said, We are all different in many ways, but sometimes children are afraid to be different because they want to be like the people they love. Some children may even come to feel there's something wrong with being different. That's why grown-ups need to help children learn that being different is part of what makes them special to the people who love them.

When you help children notice and accept, in fact, celebrate differences, you pave the way to prevent prejudice and promote compassion, tolerance, and understanding.

Reprinted from National Association for the Education of Young Children

Dates to  
Remember

**MON., FEB. 2—  
SPRING SESSION OF  
EXTENDED DAY  
CLASSES  
BEGIN**

**MON. & TUES.,  
FEB. 2 & 3 - IN  
HOUSE REGISTRA-  
TION FOR RETURN-  
ING STUDENTS AND  
THEIR SIBLINGS**

**WED., FEB. 4 -  
REGISTRATION  
FOR 2009-2010  
OPENS TO THE  
COMMUNITY**

**WED. & THURS.,  
FEB. 4 & 5—  
STORYTIME WITH  
MS. KAREN**

**WED., FEB. 11-  
KINDERGARTEN  
READINESS PRES-  
ENTATION @ 6:30  
PM, ROOM 204**

**THURS. & FRI.,  
FEB. 12 & 13 -  
VALENTINE'S DAY  
PARTIES**

**MON., FEB. 16 -  
NO SCHOOL -  
PRESIDENT'S DAY**

**TUES. & WED., FEB.  
17 & 18—CHAPEL  
WITH PASTOR DE-  
NISE**

**FRI., SAT., & SUN.,  
FEB. 27, 28 &  
MARCH 1—BARNES  
AND NOBLE FUND-  
RAISER**

PRESCHOOL  
REGISTRATION FOR  
2009-2010

It is time to register for the 2009-2010 school year! The preschool has completed its registration with St. George's congregation on Sunday, January 25. On Monday morning, registration opens to the preschool's currently enrolled students and their siblings. On Wednesday, February 4, the preschool opens registration to the community. If you plan to register your child for next year, please make sure you hand in your form and fee on Monday or Tuesday. After Tuesday, the preschool cannot give your child priority for a space in a class.

St. George's Preschool is offering the following classes for 2009-2010:

- T/Th 2 ½ and Young 3's - \$155.00
- M/W/F 3-year-old class - \$210.00
- MWF 3½-year-old class - \$210.00
- M-Th Transitional classes - \$240.00



## A Few Seeds from the Director

What an incredible winter we are having! As I write this note, we are experiencing one of the coldest days of the year. It definitely made our January themes of winter, snow, hibernating animals and weather easy for the children to understand. The weather also keeps us on our toes with school delays and closings. Thank you for being so flexible and patient with the schedule changes in our parent-teacher conferences. Because we are having such a cold winter, please remember to send in those coats, mittens, and hats for the children to wear outside. Even though it may be cold, we do go outside whenever possible. Please label these items with your child's name. Many children have similar items, and we do not want to mix them up.

As we enter February, the classes are talking about love, sharing, healthy teeth, the five senses, nutrition and healthy bodies. All of our classes plan to celebrate Valentine's Day on February 12 and 13. Ask your child's teacher about valentines for your child's class.

As our 2009-2010 preschool registration approaches, I have given numerous tours to parents who heard about our program from you, our families. Thank you for recommending our school to your friends and family members. Your support and kind words are truly appreciated!

## Spring Extended Day Classes

Our Spring Session of Extended Day classes begins Monday, February 2nd. Please remember to send a "peanut-free" lunch to school with your child. There are still a few spots available in each class. If you are interested in registering your child, please see Nicole or Linda in the Preschool Office. The following classes are being offered:

- Monday—Fun with Fitness**
- Tuesday—Creative Arts and Music**
- Wednesday—Finger Play Fun**
- Thursday—Games, Games, Games**

### ST. GEORGE'S PRESCHOOL SNOW POLICIES

If Fairfax County Schools are canceled due to snow, our preschool is also canceled.

If Fairfax County Schools open **ONE HOUR LATE**, St. George's Preschool opens **ON TIME**.

If Fairfax County Schools open **TWO HOURS LATE**, all classes begin **at 10:00 a.m. unless parents are notified**.

In the event Fairfax County Schools close **EARLY**, our preschool will close one hour early at 11:00 am.

Snow days are not made up.

\*\*\*Fairfax County Schools post their closings on Cox Cable Red Apple 21 by 6:00 am. Also, the local news channels usually run the postponements or closings across the bottom of their TV broadcasts. Local radio stations such as WTOP (FM 107.7) broadcast the information as well.