



Wee Wuns Weekday Ministries
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WEE WUNS WEEKDAY MINISTRIES MONTHLY NEWSLETTER - NOVEMBER 2019

"I will give thanks to the Lord with my whole heart." Psalm, 111:1

Gratitude is a skill. An *attitude of gratitude* is a positive way of looking at life. Gratitude can increase our children's happiness, teach them to be more empathetic and help them to be more thankful for everything they have.

Ideas to Cultivate an Attitude of Gratitude in Your Children (Adapted from <https://biglifejournal.com/blogs/blog/grateful-children-printable-challenge>)

Say please and thank you - Our manners show that we don't believe we're entitled & we appreciate whatever comes our way.

Help someone less fortunate - This could be a neighbor down the street, grandma, or someone you know is in a tough spot.

Send out thank you cards. - Express your gratitude for those who have added value to your life.

Look for awe-inspiring moments in your day - If the sunset is particularly beautiful, comment on it. If the sound of a baby's laughter warms your heart, tell your children. Encourage them to look for awe-inspiring moments & share them with you.

Share your gratitude - Take 5 minutes at bedtime to ask your child what he is thankful for that day or take a moment at dinner time to share what you are thankful for. Allow each family member a chance to vocalize their gratitude.

Look for the positive - Find something positive in frustrating situations and discuss it.

Practice turning complaints in to praises - Coach your child to reword his complaint in to something that he appreciates instead.

Create a gratitude jar - Encourage your kids to add to it anytime they are feeling grateful for something or someone.

Take gratitude walks - While you walk, look for simple pleasures in the day, such as the warm sun or the birds singing and express appreciation for them. Use this time to ask your kids what they are grateful for.

Work through envy - Help your child work through any feelings of jealousy she may have. Envy can come when we are not feeling thankful for what we have, and are focusing instead on what others have.

~Geraldyn and Lori

THANKSGIVING FEASTS

All Preschool families and friends are invited to our annual harvest celebration at 12:00 on Monday, November 18th and Tuesday, November 19th. A form will be sent home so that you can let us know how many people from your family will be attending.

Toddlers will enjoy a special harvest treat at 9:00 on these days.
Check the sign up sheet at the Classroom door for details.



THANKSGIVING HOLIDAYS: No classes will be held November 25th-29th.

Have a happy Thanksgiving!

Just a
friendly
reminder...

Tuition is due on the 1st of each month!

We have several payment options available, check, cash or credit card.

Check: Please print your child's name in the memo.

- Preschool payment should be handed to staff on car line duty.
- Toddler payments should be placed in the envelope provided at each classroom sign-in table.

Cash: A receipt will be issued for all cash payments.

Credit Card: Pay online at www.weewuns.org under ADMISSIONS or pay in the director's office.

Thank you, we appreciate you!

FALL BOOKFAIR

Our fall book fair will be November 18th-December 6th. Shop for a selection of great books for our Christmas classroom book exchange and find books to give your child, other family members and friends. The book fair will be open each day from 8:30-3:00.



During the month of November, our students are invited to bring non-perishable food items for chapel to share with those who may be in need. A box will also be available in the Wesley Lobby for toddler donations. All contributions will be delivered to Cypress Assistance Ministries (CAM) to be distributed to local families. We have been informed that many families are in need of help during the holidays. Please consider a donation of food, shampoo and personal care products, diapers, etc. Your gift will surely be a blessing.

Upcoming Events and Reminders

- ☀ Please remember to include a jacket & change of clothes for cooler weather in your child's backpack.
- ☀ The Sights and Sounds of Christmas will be Tuesday, December 3rd & Wednesday, December 4th. These days are filled with Christmas activities including sights, sounds & smells to enhance the spirit of Christmas. Volunteers are needed. Watch for an opportunity to help with this event.
- ☀ November 3rd - Daylight Savings ends
- ☀ December 11th and 12th - Happy Birthday Jesus
- ☀ December 18th and 19th - Christmas Parties
- ☀ December 20th - January 3rd - Christmas Holidays

HEALTH AWARENESS REMINDER

A sick child who is unable to participate in school in a meaningful way should be kept home to rest and recover until symptoms resolve. We continue to ask for your cooperation in keeping your child at home at least 1 week after a flu diagnosis. Also, remember that your child needs to be fever free and symptom free from illness, including diarrhea and vomiting for 24 hours before returning to school. Keeping a sick child home also protects other children and school staff from contracting an illness that can be spread from person to person.

You can place online orders for our Yankee candle fundraiser through the first of the year! Visit www.yankeecandlefundraising.com & click on the "Seller Login" button, fill out the "Sign up to be a seller" form & use Group #990032641.

Spanish in November

- Cultura y tradiciones / Culture and traditions
- Otono / Fall
- Figura/shape: rectangulo / rectangle
- Colores: Café, Anarillo
- Numeros / Numbers: 5-10
- Letters: A, E, I
- Fruits

Semana / Week

- 4-8 Las frutas saludables / Healthy fruits
- 11-15 El Otono / fall
- 18-22 Tradiciones y cultura (Dia del accion de gracias/Thanksgiving)
- 25-29 Thanksgiving break

I'm very proud of the kids in the Spanish class. They are doing an excellent job! This month we are going to talk about fruits. The kids will see the difference between fruit color, taste and size. Also, we will learn about the changing of the leaves in fall and we will learn new vocabulary about the Thanksgiving celebration.

Que tengan una bendecida celebracion de accion de gracias
Have a blessed Thanksgiving day!

Houston Cy-Fair Lions Club Early Vision Screening

The Houston Cy-Fair Lions Club is offering a free vision screening to all students. They use a special camera by Plusoptix, which takes a picture of your child's eyes and within 3-5 seconds vision problems including nearsightedness, farsightedness, astigmatism, unequal pupil size, "lazy eye" and other vision problems can be detected. The Plusoptix Vision Screener gives a message of PASS or REFER immediately at the screening. Children who are referred should be seen by a professional for a complete vision examination.

Thank you to our PTO, parent volunteers and staff
for the hard work, creativity and time you have
given to make our 30th Annual Fall Festival a success!



2019 WEE WUNS FALL FESTIVAL SPONSORS

Diamond Level

- ☀ *Freckles Children's Boutique & Payton Family*
- ☀ *ICS Holdings, LLC & Holder Family*
- ☀ *Seco Industrial Maintenance & Controls, INC
& Sullivan Family*

Gold Level

- ☀ *Corb's Auto Repair, LLC*
- ☀ *Bowen Law Firm, PLLC*

Silver Level

- ☀ *M&R Machine Works, Inc*
- ☀ *Balleza Roofing & Construction*
- ☀ *Amanda Mims Realty*

Bronze Level

- ☀ *Hummel Construction Company*
- ☀ *Lone Star Pest Control*
- ☀ *Safe Splash Swim School*

Blue Ribbon

- ☀ *Mr. Sold Real Estate -
Julia Dodds, Realtor*

FOOD SPONSORS

- ☀ *Kroger*
- ☀ *Food Town*



Early Years

WORKING TOGETHER FOR A GREAT START

November 2019

Wee Wuns Weekday Ministries

KID BITS

Watch closely

Boost your child's concentration with this fast-paced game. Line up three colored plastic cups upside down, and put a coin under one. Have him watch the cup with the coin as you quickly rearrange the cups for 10 seconds. Then, ask him to tap the cup the coin is under. Was he right? Switch roles, and see if he can stump you.

Getting enough sleep

A good night's sleep prepares your youngster's body and brain for a new day. It may be tempting to let her stay up late or sleep in on weekends and during school breaks, but try your best to keep a consistent schedule. This will help her get the 10–13 hours of sleep she needs each night.

Thanksgiving helper

Involve your child in your Thanksgiving plans. If you're hosting guests, he could hang up coats or refill water glasses. Or if you visit relatives, he might pick out a game to take and share with his cousins. He'll feel proud to contribute, and he'll learn to be a good host or guest.

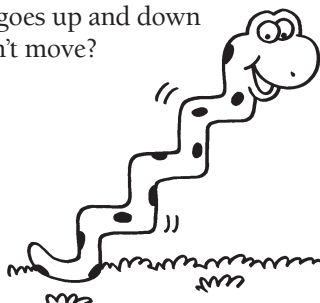
Worth quoting

"You can't use up creativity. The more you use, the more you have." *Maya Angelou*

Just for fun

Q: What goes up and down but doesn't move?

A: Stairs.



Ready to read

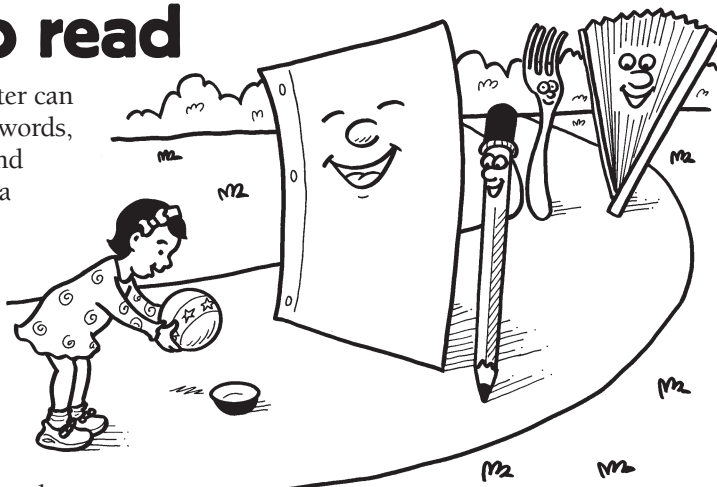
Before your youngster can identify letters or read words, playing with sounds and syllables in words lays a strong foundation for reading. Try these ideas.

Match beginning sounds

Gather pairs of small household objects with beginning sounds that match. *Examples:* ball and bowl, pencil and paper, fork and fan. Mix them all up—can she put each item with its partner? Now have her collect objects for you to pair up. Each time, she'll work on hearing beginning sounds in words.

Spy the rhymes

Play this version of "I Spy," and your youngster will practice hearing rhymes. You might say, "I spy something green that rhymes with *beef*" (*leaf*) or "I spy something on the table that rhymes with *boy*" (*toy*). She could point to or bring you the correct item. Then, let her come up with "I Spy" rhymes for you.



Jump for syllables

Help your child hear individual syllables in words. Think of a familiar word with multiple syllables (*tomato*, *helicopter*). Say the word slowly while she does a different movement for each syllable. Since *tomato* has three syllables, she might hop for *to-*, spin around for *-ma-*, and stomp for *-to*. What four movements will she do for *he-li-cop-ter*?♥

Keep going!

A child with grit knows how to work through challenges and handle setbacks. Use these suggestions to promote a stick-with-it attitude in your youngster:

- Encourage him to use positive phrases like "I can try" or "Can you help?" instead of saying "I can't" or "I don't know how." This shift in thinking will make a big difference! *Tip:* Remember to model positive language when you talk to him. ("I know you can do it!")
- Do a new activity together, such as making your own play dough or bubble solution. It might take a few attempts to get the recipe just right, but you'll show your child that continuing to try leads to learning—and fun.♥



Good behavior habits start early

Encourage your child to behave well by letting him know what you expect—and following through if he doesn't meet your expectations. Here's how.

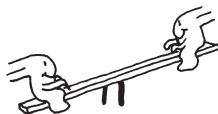
Be clear and positive. Tell your youngster how you want him to behave—and that you know he can do it. Before you go into a movie theater, you might say, “We want everyone to be able to hear the movie, so I know you'll



whisper quietly if you need something.” Or at bedtime, maybe you'll say, “You've been doing better at staying in bed and not asking for things. I bet you'll do great tonight.”

Be consistent. Set consequences that your child can count on. If he talks loudly in the theater, you might take him into the lobby and explain you'll need to leave if he does it again. Or if he gets out of bed to ask for another snack, perhaps you will have him go to bed earlier the next night. It

may not be easy to follow through, but when he sees you mean what you say, he'll be more likely to meet your expectations in the future.♥



Q & A Holding a pencil

Q: I'm not sure my son holds his pencil correctly. Is it important for him to hold it a certain way?

A: A strong “tripod” grip will help your child write comfortably. That means he should grasp his pencil between his thumb, forefinger, and middle finger.



If your youngster isn't using a tripod grip, try this when he writes. Let him hold a small toy, such as a bouncy ball, in his palm with his ring and pinky fingers. That will keep those two fingers out of the way, leaving the other three to grip the pencil.

Or if your son's fingers are too far from the tip of his pencil, give him a pencil that's about half the length of a regular one. He'll need to move his fingers down to control it.♥

ACTIVITY CORNER

Put together a healthy plate

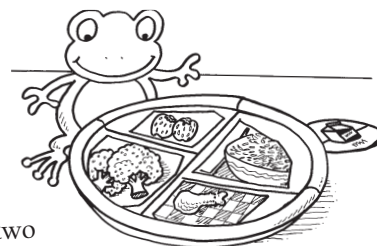
What does a nutritious meal look like? Your youngster will find out with this activity.

Materials: paper plate, marker, old magazines or grocery circulars, scissors, white paper

Help your child draw lines to divide a paper plate into four sections, two slightly larger and two a little smaller (see choosemyplate.gov). She can label the bigger sections “Vegetables” and “Grains” and the smaller ones “Fruits” and “Protein.” Then, she could cut a small paper circle to represent “Dairy.”

Browse through magazines together, and have her cut out healthy foods from each group. *Examples:* Strawberries (fruit), spinach (vegetables), brown rice (grains), chicken (protein), milk (dairy).

Let her experiment with different combinations of foods, creating delicious meals by putting photos into the right sections of the plate. Each time, she'll see that a healthy plate has a variety of foods. Now make it for real! Your youngster might fill up her dinner plate that looks a lot like her favorite paper plate.♥



PARENT TO PARENT

Conferences: Involve your child

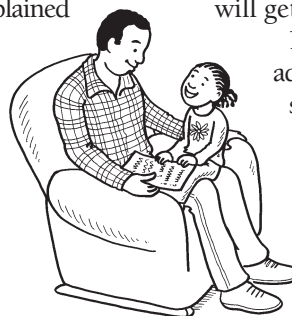
I had my first parent-teacher conference last year, and afterward my daughter Vera was worried about why I met with her teacher. I explained that having a meeting is one way her teacher and I work together to help her learn.

This year, I decided to talk to Vera about the conference ahead of time. I asked if there was anything she'd like me to

say or ask. And there was! She wanted her teacher to know that she likes math group—and she loves being the calendar helper. Vera also wondered if her class will get to study butterflies this year.

I wrote down Vera's ideas and added my own, such as “What does she like to do during playtime?” and “What can I do at home to help her learn?”

I feel prepared for this year's conference, and Vera is looking forward to hearing what her teacher says.♥



OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

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