

Director: Frances Harrelson



APLC DAY SCHOOL NEWS

September
2021

Mask Policy and tips for children



1. Explain why.

Children need to understand the reason why they will need to wear masks. Explain how masks prevent germs from spreading among people, and keeps others safe and healthy. Let your children's questions guide your conversation. Listen and answer their questions with facts in a way they can understand.

2. Demonstrate good mask etiquette.

Children model behaviors of the adults in their lives, so set a good example with your actions. Be consistent about wearing a mask each time you are in public. Show your children how to keep their mask over their mouth and nose. Explain that they should not touch or share their mask.

3. Practice at home.

Have your children practice wearing a mask for a few hours while at home. A good time to start is when they are allowed screen time, as they are more likely to forget about the mask. Have your children practice talking clearly while wearing a mask so others can understand what is being said. You can make practice fun while playing board, card or I spy games.

4. Play pretend.

For younger children, provide masks for stuffed animals and dolls during playtime. This can lessen any fears your children have with seeing other people in masks.

5. Keeping the mask on.

If your child is having trouble keeping their mask on or it falls on the floor—consider using mask extenders or lanyards. Children play hard and sometimes it can be difficult to keep their mask in place.



Mask wearing amongst teachers and students/day schoolers will be in accordance with current CDC recommendations. Currently that recommendation is written below:

Due to the circulating and highly contagious Delta variant, CDC recommends universal indoor masking by all students (age 2 and older), staff, teachers, and visitors to K-12 schools, regardless of vaccination status.

If you are thinking about sending your child to school with a mask—we have listed some tips to help you and your child be successful.

Calendar Dates....

Board meeting—Sept. 2

Parent Coffee—Sept. 16

Board meeting—Oct. 7

Firetruck Visit—Oct 14

Parent Coffee - Oct. 21

Board meeting—Nov. 4

Community Events, Parenting Tips and Resources

Guiding Your Child's Behavior—Keri Giordano

Your preschooler is learning positive behaviors just like they're learning new words and skills. Challenging behaviors often happen when children feel they don't have another way to express their feelings or another way to get what they need. It's important to stay calm, patient, and consistent as you help your child understand your expectations.

Your child is very upset and having a temper tantrum. Try this:

- › Think about what might be connected to the tantrum. Is he hungry or tired, or does he need to go to the bathroom? Address those needs first. ›
- Encourage your child to take deep breaths; you can do them together.
- › Speak quietly and bend down to your child's level.
- › Develop logical consequences related to the undesired behavior, promise them, and follow through on using them. ("If you can't wait for your turn on the swing, we'll go over to the slides.")

When your child is calm and relaxed, it is a good time to put some things in place to encourage positive behavior. Try this:

- › Talk about family rules and expectations. Your child can help come up with rules and the consequences for not following them.
- › Reinforce positive behaviors ("You're using your words to explain what you want!").
- › Help children with behaviors they're struggling to learn, such as waiting for their turn. Practice them together.
- › Be supportive by modeling positive behaviors.

Enjoy free admission for grandparents and seniors age 65+ in celebration of Grandparent's Day on Sunday, September 12. Bring the grandkids to explore hands-on science exhibits, including the Jurassic Flight 4D virtual reality experience. Make memories together and share stories—what technologies were new when you were a kid?

101 S. Lady Bird Lane
Johnson City, TX 78636

Phone: 8442636405

Website:

sciencemill.org



12+ EASY SCHOOL LUNCH IDEAS that are healthy, kid-friendly and perfect for picky eaters! Tons of ideas for nut-free, dairy-free, sugar free, and gluten free options. Lots of options for no cooking, no heating or microwave needed! <https://lifemadesweeter.com/easy-school-lunches/>

Brain Building Moments

New science tells us that our children's first 5 years are when they develop the foundation for all future learning. Every time we connect with them, it's not just their eyes that light up -it's their brains too. In these moments, half a million neurons fire at once, taking in everything we say and do. We can't see it happening, but it's all there, all at work. That's why Vroom is here.

Vroom turns shared moments into brain *building* moments. Whether it's mealtime, bath time, or anytime in between, there are always ways to nurture our children's growing minds. There are so many ways YOU can be a brain builder.

It is so easy to download the app "daily Vroom" from the App Store and begin to spark those brain building moments! For more information go to www.joinvroom.org





APLC Church Activities

Wonderful Wednesday- Pizza Dinners

A simple pizza and salad dinner is served each Wednesday to help families participate in the evening activities - choirs, study groups, confirmation.

Keyboard Collaborations/Piano & Organ Recital

Dr. Shelbie Simmons and Geoffrey Waite will perform works by Handel, Bach, Mendelssohn, and Raney as keyboard solos and duets. All are Welcome. The recital is FREE and open to the public.



August 29
4:00pm

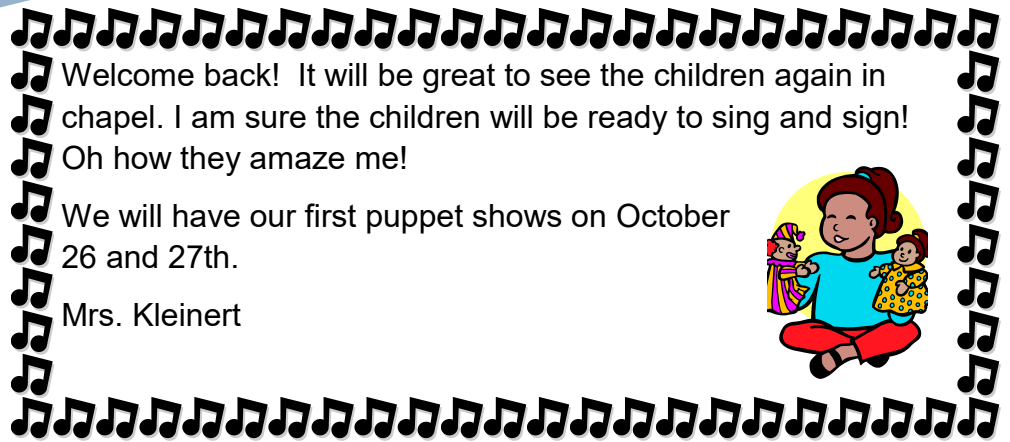
In-person Worship
8:30 & 11:00 am Sunday /
5:30 pm Saturday

Abiding Presence is following recent CDC and City of San Antonio recommendations that everyone, vaccinated and unvaccinated, wear a face mask when in indoor public settings. Facemasks are encouraged as you enter the sanctuary and for the duration of the worship service.

Online Worship

11:00 am Sunday livestream and on demand through the week. Click on the Worship page for the video link.

Chapel Notes



Welcome back! It will be great to see the children again in chapel. I am sure the children will be ready to sing and sign! Oh how they amaze me!

We will have our first puppet shows on October 26 and 27th.

Mrs. Kleinert



A quote from Fred Rogers:

When I was a boy and I would see scary things in the news my mother would say to me:

"Look for the Helpers. You will always find people who are helping."

To this day, especially in times of "disaster," I remember my mother's words, and I am always comforted by realizing that there are still so many **caring people in this world.**

Snack and Lunch Ideas

As a reminder, the following foods are not allowed for children under 4 years since they present a choking hazard: **hotdogs (whole or sliced), pretzels, whole grapes, spoonful of peanut butter, nuts or peanuts, raw carrots, popcorn, raw peas.** Even if your child is in the PreK-3 class and turns four during the year—you must refrain from sending these foods since all the children have not turned four years old.

Check out the whiteboard as you drop off or pick up your child for some good suggestions for lunch and snack. A former parent of APLC, Erin Chase, has a website called 5dollar Dinners.com with fresh ideas for lunches.

Happy First Weeks of School!



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