



The Paw Print

Volume 5, Issue 7

April 2016

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OUR MISSION STATEMENT

The Lovejoy Preschool PTA (LPPTA) is an organization for parents with infant, preschool and kindergarten children in the Lovejoy Independent School District. The LPPTA will encourage and enhance the intellectual, social and emotional development of these children by providing parent

Presidents Note:

Congratulations to **Lisa Bose Sullivan** and **Rusty Nickols** for receiving the Lovejoy Preschool Lifetime PTA member award. They were honored at the Lifetime Member Banquet on Monday, April 4th. Both Lisa and Rusty are huge supporters of the LPPTA and help make the organization a success.

A little about Lisa:

Lisa is married to Danny and is the mother of Naveen and Rohan. Shortly after moving into their new home, Lisa found the LPPTA. She was impressed with the community and the people she met and volunteered to be on the 2014-15 board. She served as the Membership Chair. This year she helped the organization by holding two positions; Membership Chair and Technology Chair. Throughout the year, she sought to use new technology and to streamline processes with respect to membership. Lisa also worked with board members to support and optimize their roles using technology.

As membership chair she grew our membership by personally contacting each new "lead" and inviting them to be a part of the LPPTA. She has done a great job welcoming new members and making them feel connected.

Next year she is looking forward to continuing as Technology Chair and participating on the Puster PTA as the LGA Puster Liaison.

Who is Rusty?.....

Rusty Nichols is the Business Administrator at Creekwood United Methodist Church. While he does not have any preschoolers and is not a member of LPPTA; he has a heart for supporting kids and contributes to our success.

Rusty supports many community organizations through their access to Creekwood facilities: Boy Scouts, 4H Club and Young Men in Service. Each of these groups has unique needs but are all highly dependent on Rusty. The preschool PTA has been fortunate to utilize Creekwood's facilities over the past eight years. In all these years, and countless events and meetings, Rusty has been behind the scenes supporting our needs. Each time the tables are precisely arranged, the doors unlocked and the audiovisual primed, Rusty has made this happen. When we have a complication with a presentation, Rusty comes to the rescue! He has personally flipped slides, worked on microphones, chased down batteries and even brought in TVs, computers and projectors to support our emergency needs. He always has a fix but most importantly he is the calm in the chaos. Rusty does not get paid extra to come in on the weekends and he does not have help when he is away from his desk "fighting preschool fires". He has a great heart and believes in our success and gives of himself to make this possible.

Please congratulate our two recipients and thank them for all that they do.



Cheraina Dunn
2015/16 President



A Day in the Life of a Kindergartner

When: April 14th

Where: Creekwood Methodist Church

Time: 11am-1pm

Join us for a lunchtime meeting with the principal of Hart Elementary and one of the Kindergarten teachers from that campus.

Find out what it is like to be a kindergartner at LOVEJOY and ask questions about how to best prepare your child for their first year of school.

Look for information on [MeetUp](#).

Upcoming Events

April 3: LPPTA Spring Party at Lucas City Hall Park at 3pm

April 4-8: Kindergarten 2016 Round Up- Early Registration (At each school)

April 9: Denim & Diamonds Gala and Auction at 6:30pm (See Meetup or District website for more info)

April 14: General Member Meeting - Lovejoy ISD, A Day in the Life of a Kindergartner. 11am

April 20: Dr. Ray Levy "Strong Willed Child" Managing your difficult child and teen. Regaining control of your house. 11:30-1pm, District Administration Board Room

April 23: Fairview Firefighter's Spring Pancake Breakfast. 8-11am at the Fairview Fire Station #2

May 7: Lovejoy Country Run [Click here](#) to sign up!

May 12: General Member Meeting - Round Table Summer Around Town

Please visit our group at meetup.com for more info and to RSVP to monthly events

Four top parenting tips from Play Therapists

Play therapists are kid counselors. They combine what they observe in the playroom with basic play therapy techniques to provide tailored feedback for parents. Some of the most commonly provided tips are listed below.

Don't do for your children what they can do for themselves: Children not only have an innate desire to do for themselves, but an astounding ability to figure things out without adult intervention. It is so tempting to jump in to help your child when you see them struggling to get the straw into their juice box, fiddling with their zipper on their coat, or get the tape stuck to itself when ripping a piece of the masking tape. However, these moments of perceived struggles are the perfect time to let your children figure it out for themselves. Allowing children to do so heightens their frustration tolerance, helping them now and in the future feel able and empowered. Children will ask for help when they need it; provide encouragement (see below) as they work towards something, and resist coming to the rescue. If your child does in fact need you to help them with a task, see if you can have them "help you help them" instead.

Encouragement (not praise): Some of the many benefits of encouragement include building your child's intrinsic motivation and encouraging children to seek and explore challenges without aversion to failure. Instead of focusing on the end product and saying things like "good job" and "that's beautiful", focus on the process and time your child puts into achieving something. When you see your child working hard on something or when they show you completed projects, try comments like: "You really concentrated to finish that," "You put a lot of time into that," or "Man, you're working hard." Hearing phrases like this will help your child's intrinsic motivation blossom.

Give choices: - If there is something you're trying to get your child to do, give them two options to choose from. The trick with choice-giving is that both of the choices have to feel both fair to your child and acceptable to you. Giving a mealtime side-dish choice of "green beans or broccoli" is acceptable to you and perceived as more fair to your child than a choice of, say, "green beans as a side, or no dinner." The latter is actually a threat dressed up as a choice. Allowing children to make their own choices early on not only helps them feel empowered, but also sets the stage for healthy choice-making as they get older.

Reflect your child's feelings: When you notice your child feeling sad, happy, angry, etc.-comment on it! As adults, our emotional vocabulary is pretty limited, so what better way to help our children grow up with a strong emotional vocabulary than by reflecting feelings we see in them. Reflection of feeling helps children feel understood, heard, and cared for. When commenting on feelings, it's important that your tone and facial expressions match the feeling you are reflecting so as to convey maximum empathy. Try an excited, "You're so happy about that!!" when you see your child smiling with glee; or, when your child is in tears, crying about a lost toy, comment with empathy, "You're feeling really sad right now; that toy meant a lot to you." These types of reflections will also help children be able to understand what is going on in their bodies when they have emotional reactions, thus helping them become more in-tune with their feelings and better able to self-regulate emotions.

Authors: Sarah Satinsky, M.S. and Brandy Schumann, PHD of Therapy on the Square.

If you would like more information on this topic or if you have suggestions for future newsletter topics please contact us at info@tots.pro.



Membership

Welcome to the Lovejoy Preschool PTA! Thank you to everyone for turning in your membership application and dues!

***If you have not yet received your LPPTA directory and would like one, please contact [Lisa Sullivan](#)!

The 2015-2016 membership application is available on our Meetup site.

Please [click here](#) to view the application. Both new and returning members need to fill out the application. Submittal of the application and dues are required for membership.

Application and dues can be turned in at general meetings, be sent in the mail, or dues can be paid via PayPal on our MeetUp site. Please see the application for details. If you have any membership questions please contact [Lisa Sullivan](#)!

Hospitality News

Do you know of an LPPTA member in a time of need due to the arrival of a new baby, illness or loss of a family member? If you know someone in need of a little sunshine, please contact our hospitality chair, [Jana Wammack](#) so we can be of assistance during those times. (We are happy to help; no thank you required!)



2015 - 2016 LPPTA Board

President: Cheraina Dunn
1st Vice President: Stephanie Merrifield
Treasurer: Tracy Cummins
Secretary: Leslie Tucker
Membership: Lisa Sullivan
Ways and Means: Linda Lange
Programs: Mary Jo Ciatto
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Publicity: Lorraine Muns
Hospitality: Jana Wammack
Newsletter: Rachel Butler
Technology: Lisa Sullivan
Community Outreach: Erin Woods
Principal/Lovejoy ISD Liason: Tonya Vining

And Committee members...

Fundraising Events: Alyssa Boyd

VP Committee: Liz Goertz

Interested in helping on a committee? Please contact [Cheraina Dunn](#) .



STAY CONNECTED:

