



First Presbyterian Weekday School

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Lara Davis, Director

FROM THE DIRECTOR



Dear Weekday School Families:

February...the month of love. Unconditional love...love which makes no demands.

In Easy to Love, Difficult to Discipline, Becky Bailey relays this message:

When we choose loving thoughts when our child is challenging us the most...

*Then we are demonstrating unconditional love:
the greatest power of all.*

This month I encourage you to practice one of the seven skills and powers of conscious discipline®...the skill of encouragement. This skill comes from the power of unity, which states that we are all in this together. In particular, try to focus on the uniqueness vs. the specialness of your children. We can do this by noticing and describing what we see.

Very often the words “good job” come rolling off our tongues. Our intent is to recognize the child and let him know that we noticed. “Good” can imply that we are judging our children. “Good” can also be a very abstract term for our children. By noticing and describing what we see, we are helping to stimulate and develop the frontal lobes of our children’s brains. We can notice and recognize their kindnesses, efforts, and achievements by using the phrase:

“You (tell the child what he/she did). That was (kind, considerate, helpful, thoughtful....).” Ex: “You carried your lunchbox and put it in your cubby. That was responsible.”

What are some other phrases we can use?

- Way to go!
- Look at you!
- That took determination!
- That was helpful!
- Wow!
- You did it!
- You go!

If you haven’t stopped by to see the latest bulletin board in the main hallway, I encourage you to do so. There you will see photos of the loves of our lives!

I’m Wishing You Well,
Ms. Lara

February 2012

School Calendar

February 2012

Wednesday, February 1st
– noon dismissal (staff training day), Spirit Day*

Monday and Tuesday,
Feb. 6th and 7th –
REGISTRATION FOR
2012-2013 SCHOOL
YEAR, Loudoun Hall

Monday, Feb. 20th – NO
SCHOOL



March 2012

Wednesday, March 7th –
noon dismissal (staff training day), Spirit Day*

* Don’t forget to wear your WDS shirt or something with a heart on it.

Registration for 2012-2013 School Year!

Registration will be held *Monday, February 6th and Tuesday, February 7th*, from 8:30 – 10:00 a.m. and 12:00 – 1:00 p.m. each day in Loudoun Hall. Registration is open to church members and returning WDS Families on Monday, and open to the public on Tuesday.

Winter Reading Programs through Handley Regional Libraries

Storytimes from February 4th through April 7th, 2012 at these times and dates

- *Clarke County Library*: Tuesdays, 10:30
- *Bowman Library*: Wednesdays & Saturdays, 11:00
- *Handley Library*: Thursdays, 10:15 for toddlers; 11:00 for preschoolers
Tuesdays, 10:30 for babies 2-15 months.

For more information, go to www.handleyregional.org

Also, don't miss the annual "Bowman Bill Groundhog Program, Bowman Library, Sat. Feb. 4, 11 a.m.

Tortilla Soup a la Crock Pot

1 chopped onion
2 minced garlic cloves
1 sliced yellow squash
2 cans veggie broth
1 small can tomato sauce
1/2 t. cumin
1/2 cup chopped green or red pepper
1 sliced zucchini
16 oz bag frozen corn
1 28oz can diced tomatoes
1/2 cup chopped cilantro
1/2 t. chili powder
1 can black beans
Tortilla chips and shredded cheese to garnish

Sauté onion, garlic, pepper, zucchini and squash in a little olive oil. Toss everything into crockpot (except cheese and chips). Cook on low for 6 hours. You can also add 2 cups cubed, cooked chicken at the end.

Submitted by Jen Volkmann