

# OLGC Preschool December News



We hope everyone had a restful Thanksgiving holiday, enjoying time with family and friends.

It's time for hats, gloves, and mittens! The children go out to the playground each day, provided the temperature is above freezing. Please make sure your child is dressed appropriately. In the case of rain or snow, your child may wear boots to school, but please send in a pair of sneakers in a bag. We will help them change into the shoes.

On Tuesday, December 20th, we will highlight the "reason for the season" with a birthday party for Baby Jesus. We invite all families to join us that morning at 10:30 in De Sales Hall. An invitation will be sent home on December 9<sup>TH</sup>. Please be sure to RSVP! The children will be singing Christmas songs – and we know there's nothing better than this to put us in the holiday spirit! And it wouldn't be a party without birthday cake! Children may dress in their Christmas finest that day. Please bring a small baby item (bibs, socks, pacifiers, etc.) as a present for Baby Jesus. Please do not wrap the items. They will be donated to HOPE in Northern Virginia. Thank you for your generosity!

## Keeping the Holidays Calm

Everywhere we look, we are inundated with holiday decorations, music, and television commercials. This sensory overload, excitement, and disruption in daily routines can lead to meltdowns – for both parents and children! Here are some tips on keeping the stress levels down:

- Don't let the kids wait too long for Santa. A lengthy anticipation can lead to over-stimulation and anxiety. Remember, children do not have a highly developed sense of time, and a week can seem like a month to them!
- Prevent holiday meltdowns by slowing down and simplifying. It's better to do one thing calmly than ten things frenetically.
- Stick to comfortable routines. Children need consistency, such as bedtime rituals, to give them a sense of control.

## Important Dates

Friday, 12/2: Dress out day (\$1 donation for We Care Week)

Tuesday, 12/6: St. Nicholas Day

Tuesday, 12/20: Birthday Party for Baby Jesus, 10:30 (Families invited, please RSVP)

Dec. 21-Jan. 2 Christmas Break

School resumes Tuesday, January 3rd!

## A Grace for December

In Christmas prayer, to God above,  
We thank Him for His gift of love.  
Amen.

*All of us at OLGC wish you and your family a very Merry Christmas!*

