

OLGC Preschool

February 2024 Newsletter



February is here and we are looking forward to seeing whether the groundhog predicts six more weeks of winter or an early spring. We're hoping for an early spring!

Please make sure that your child is dressed for the weather. We do go outside as long as the temperature is above 32 degrees. If your child wears **boots** to school, please send in a pair of sneakers for him/her to wear in the classroom.

Classes will be exchanging Valentine cards on Wednesday, February 14th. Each teacher will be in touch with the instructions for their particular class.

We appreciate your prompt arrival in the mornings. School begins at 8:00. If you know that you will be arriving after 8:10, please call or send us an email so that we'll know to expect your child.

Screen Time

One of today's biggest parenting challenges is monitoring screen time. Tablets, phones, iPads, computers, TVs - screens are everywhere - and some screen time can be educational. So how do you manage your child's screen time?

The AACAP recommends one hour per day of screen time for children ages 2-5. Too much screen time harms both mental and physical health, and is linked to obesity, inadequate sleep, behavior problems including violence and aggression, attention issues, and language delays.

Look for programming that is interactive and educational, that includes music, movement and stories. Watch together; help your child understand what they are seeing and how to apply it to real life. Preview games and apps before allowing your child to use them. Keep screens out of your child's bedroom, as they can be

stimulating and interfere with sleep.

Eliminate background TV. If no one is watching the TV, turn it off.

Remember, passive screen time should never replace playing, reading, or problem solving. Unstructured playtime is more valuable for a child's developing brain than electronic media.

Important Dates

2/2 : 11:15 Dismissal, teacher work day

2/12: No school, Pastor's **Holiday**

2/14: Ash Wednesday, Valentine card exchange

2/16: No School, professional development day for staff

2/19: No School, Presidents Day

2/20: Dentist Visit