

OLGC Preschool March 2024 Newsletter



March is here, and as we observe the children in our care, we see that not only are they growing physically, they are also developing intellectually, socially, emotionally, and spiritually. We see three year olds who not only put on their coats independently, but also zip them up! We see four year olds who write their names with confidence and who are interested in sounding out and writing words. We are privileged to have the opportunity to witness and nurture this growth and development in our students at OLGC Preschool!

Miss Rosio, a dental hygienist from Children's Dentistry of Oakton, visited us last week and talked about dental health. The children enjoyed learning about eating healthy foods, flossing, and going to visit the dentist. They also learned that it is important to brush their teeth twice a day (and to let mom and dad help!).

Have you been to an OLGC Lenten Fish Fry? It's a wonderful opportunity to meet other families and enjoy delicious food. Fish Fry's are held on Fridays during Lent, from 4:00 – 7:00 in De Sales Hall. I recommend coming early!

The Importance of Family Dinners

Busy schedules make it difficult for the family to sit down and eat meals together. But there are many benefits that come with regularly eating together at the table. Research has shown that having dinner together as a family at least four times a week has positive effects on children's development. Eating together provides opportunities for conversation without the distraction of television, phones, or devices. Engaging in conversation teaches children how to take turns, listen, express their own opinions, and helps build vocabulary. Family dinners provide a sense of security and togetherness, nurturing children into healthy, well-rounded adults. Children's values, motivation, personal identity and self-esteem are enhanced, and children are more likely to understand and adhere to boundaries and expectations set by their parents. Eating together provides an opportunity for parents to model good manners and to encourage healthy eating habits that children can carry with them into adulthood.

Tips for a more enjoyable meal:

- Turn off the TV and put away the phones and other devices. Be fully present for your child.
- Encourage your child's participation in preparing the meal, setting the table, and cleaning up.
- Enjoy positive conversation, sharing stories about each family member's day.

Nightly family dinners may require effort in planning, but the benefits in mental and physical health are worth it!



The week of March 4th, we will be celebrating all things "Seuss" in honor of author Dr. Seuss's birthday. Please refer to your teacher's newsletter for information on our special dress-out days that week.

Important Dates

Friday, 3/8: No school, Professional Development Day for teachers

Sunday, 3/10: Daylight Savings Time begins, set your clocks forward!

Thursday, 3/28: Holy Thursday, 11:15 Dismissal, beginning of Easter Break

Monday, 4/8: School Resumes

A Grace for March

Thank you for the world so sweet,
Thank you for the food we eat.
Thank you for the birds that sing,
Thank you, God, for everything!

