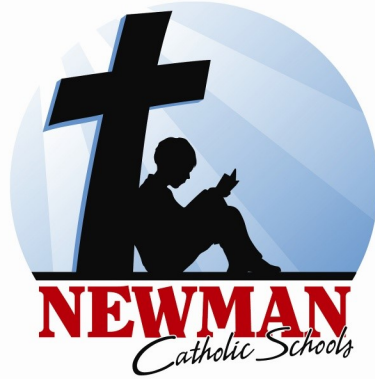


NCECC: ST. THERESE
 112 W. KORT STREET
 SCHOFIELD, WI 54476
 PHONE: (715) 355-5254
 FAX: (715) 359-9565



The Cardinal Connection

"Faith in Education"

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December 2024

NCECC: St. Therese

Dear Parents, Families and Friends,

We hope everyone had a wonderful Thanksgiving! The winter weather has arrived, there are snow flurries, a chill in the air and of course Christmas is just around the corner. But, before we can celebrate Christmas, we must rejoice in this wonderful season of Advent as we prepare for the birth of Christ. Advent or "coming" of the Lord is a time of preparation. Most of us are preparing by shopping, wrapping presents, cooking, and visiting - all in addition to the daily responsibilities we have. Through all this, it may sometimes seem that the true meaning of Christmas gets lost in the shuffle. You may want to consider making this Advent a special family time by setting aside time for prayer, reflection, or the priceless gift of time together. Families can stay connected by scheduling family time or some one-on-one time, play games, build towers, play dress up, or push cars around the living room. It's a great time to share family stories and make new family memories. Above all, keep your home a place where love, respect and forgiveness abound. May your Advent be a special time for your family. Please take time during this busy season to pause for a moment, take a deep breath, and reflect on the true meaning of Christmas- the birth of Jesus.

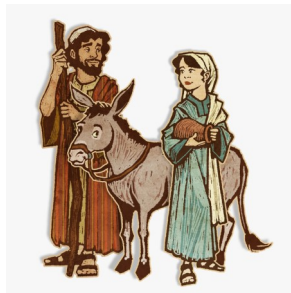
Sincerely,
 Amy Faust, Site Director



Christmas Prayer

Lord, in this Holy Season of prayer and song and laughter, we praise you for the great wonders you have sent us: for shining star and angel's song, for infant's cry in lowly manger. We praise you for the Word made flesh in a little Child. We behold His glory, and are bathed in its radiance.

Be with us as we sing the ironies of Christmas, the incomprehensible comprehended, the poetry made hard fact, the helpless Babe who cracks the world asunder. We kneel before You shepherds, innkeepers, Wiseman. Help us to rise bigger than we are.
 Amen



Bits 'N Pieces from NCECC—St. Therese

Parent Reminders:

Please make sure that your child(ren) are coming to the center with a jacket, snow pants, boots, gloves and hats. Also have a **full set of spare clothes available** (shirts, pants, socks, underwear and shoes) to change into in case their original clothes become wet or dirty from being outside. Please label all items to avoid any mix up. NCECC-ST.



WE DID IT.....



The Newman Catholic Early Childhood Center-St. Therese was formally rated in October and has reached a YoungStar 5 Star Rating!. What is YoungStar? YoungStar is Wisconsin's child care quality rating and improvement system. The program gives parents and caregivers the tools and information they need to give their kids a great start.

The goal of YoungStar is to help increase and recognize high-quality early care and education and child care across the state. Safe, healthy, nurturing, and engaging child care positively affects kids lives. From healthier brain development to increased behavioral and emotional well-being-quality child care can lead to healthier and brighter futures.

So, how does YoungStar help make that happen?

By objectively measuring child care quality. YoungStar rates thousands of child care providers, awarding up to five stars for the highest quality of care. YoungStar's rating system gives parents and providers a snapshot of a programs overall quality. YoungStar measures that quality by evaluating four important areas of care: 1)The child care staff's education and training. 2) The learning environment and curriculum. 3)The program's business and professional practices. 4)The child's health and we well-being. Congratulation to NCECC-St. Therese!!!!

4K News

December is a short month for 4K, but we will have plenty packed into the short month. We will start the month by talking about our 5 senses and the different sights and sounds of the holidays. We will be doing some fun experiments and will end the week by making popcorn. We will then be using the book The Mitten by Jan Brett to work on putting story pieces in order. With the book, we will

be testing to see how many of us can fit into a mitten shape. We will end the month by reading Gingerbread Baby to get us into the holiday spirit. Our take home project for the month is all about our family traditions around the holidays-be sure to check the calendar sent home with the project for your due date! We are finishing up the alphabet with W-Z, then starting in January, we will start working on writing the letters. Reminders: We go outside if the wind-chill is 0 degrees and above; please be sure to send your child with all the necessary winter gear (Boots, snow pants, warm jacket, hat, and gloves (thick ones to keep their hands warm)). Also be sure to check your child's folder

everyday-some items we put in the folder are time sensitive.

We hope you have a wonderful holiday season!

Ms. Sarah & Ms. Chris

Classroom News

Little Einstein's (Infant/Toddlers)

2024 is almost coming to a close. Please make sure to have snow pants, boots winter jacket, hats and warm gloves. We do go outside when the temp AND "feels like" is 20 degrees or above. In the month of December we will learn about the famous Jan Brett, whimsical tales, March of the Penguins, Happy Birthday Jesus and last but not least, Animal Dwellings. Watch for the cute projects to match the themes. We had our Christmas concert on December 6th. They have all been working so hard.

We would like to welcome our new friend Ayden into our room.

Love,

Ms. Brittney, Ms. Hailey, and Ms. Deb



Explorers (2/3 yr.)

Hello December,

Time is going way too fast, please slow down. We have some fun things coming up in

December. We will be having our Christmas Program on December 6. We will also be talking about Fairy Tales, Penguins, Jesus Birthday, and Animal Dwellings.

Please have snow gear here everyday. We go outside if the "feels like" temperature is above 0. Also, please work with your child on putting their snow gear on. It makes it easier to go outside. Please label all items to avoid items getting lost.

We welcomed a new friend Mason to our room.

Thank you,

Ms. Jenny and Ms. Jennifer

Jungle Room (3/4 yr. olds)

December is here, and just like the song reminds us – It's the most wonderful time of the year. The month will be busy and exciting and it's bound to be lots of fun and filled with Holiday cheer. Leading up to Christmas is the Advent season, a time to remember the reason for the season. I hope that you are able to slow down and enjoy the true meaning of Christmas. This is a time to enjoy family and friends, practice traditions and create memories. In the Jungle Room we will be talking about holiday traditions, sharing and being kind to others. It's a great time to extend these ideas. The holidays provide us with plenty of opportunities for all of us to share in the excitement and anticipation of the children during this time.

Christmas Blessings to All

-Ms. Therese & Ms. Melanie



Discovery (4/5 yr. olds)

Happy Holidays and welcome snow!

The Discovery children are getting excited to play in the snow. Please remember to have snow gear here every day. Two pairs of snow mittens and extra socks are always nice to have; they may be going out two times a day, temperature permitting. Once during child care and once in 4K. This month the Discovery Kids will be learning about Jan Brett books, Whimsical Tales, Penguins, Animal Dwellings, and the Christmas Season. We will be working on writing and learning the sounds for S, Z, V and K and will be working on the numbers 7, 8, and 9. Our concepts this month are self-help skills and shoe tying.

Please remember to have extra clothing here for your child in case of accidents or are wet from outside.

Ms. Amy B. and Ms. Sam

Children's Letter to God

- Dear God, I don't ever feel alone since I found out about you.
- We read that Edison made light, but in Sunday School they said you did it. So I bet he stole your idea.
- Dear God, If you let the dinosaurs be non-extinct we would not have a country. You did the right thing.

Christmas Concert

We hope that everyone enjoyed our Christmas Program this year. The children worked extra hard practicing their songs and motions. The children were excited to see Santa and decorate cookies with their families.



DIocese of La Crosse Guidelines for Reporting Instances of Child Abuse

The Diocese of La Crosse, through its policies and procedures, seeks to provide a prompt, appropriate and compassionate response to reporters of sexual abuse of a child by any diocesan agent (employee, volunteers, vendors, religious or clergy). Anyone wishing to make a report of an allegation of sexual abuse should send that report to the Most Reverend William Patrick Callahan, Bishop of La Crosse, at the Diocese of La Crosse, P.O. Box 4004, La Crosse, WI 54602-4004. Alternatively, you can contact Mrs. Karen Becker, Victim Assistance Ministry, 608-519-8002 or kbecker@cclse.org. The reporting form is available through the Diocese of La Crosse Office of the Vicar for Clergy or on the diocesan website at: www.dioc.org. Individuals are also encouraged to take their reports directly to civil authorities. Copies of the diocesan policy are available through your local parish and on the diocesan website. If you have any questions about the Diocese of La Crosse and the implementation of the Charter for the Protection of Children and Young People, please contact Monsignor David Kunz, Vicar for Clergy, Diocese of La Crosse, at 608-791-2679; or dkunz@dioc.org.

Tips for Cold Weather Physical Activity:

Cold weather doesn't have to slow you down. To stay safe in the cold, keep the following in mind:

Dress in layers:

- Start with a synthetic material, like polypropylene, against your skin. It will draw the sweat away from your body and dry quickly.
- For the second layer, select wool or cotton to soak up moisture.
- Choose the third layer for its ability to keep the cold air and rain out, something lightweight and waterproof.

Don't lose your head:

- Wear a hat to avoid losing heat through your head.
- Protect your feet. Insulate them with warm socks and keep them dry.
- Choose mittens over gloves because the fingers can warm each other.

Drink up – You can become dehydrated in the cold:

- Drink before you feel thirsty. By the time you feel thirsty, you're already dehydrated.
- Water is readily available, inexpensive, and exactly what your body needs.
- Drink water before you go out and bring some with you.
- If your lips are chapped, this means you need more water.

Don't overdo it:

- Cold is a stress on the body. So is exercise. Together they may be too much. Start slowly and don't overdo it.

For Information on Weather Related School Closing Procedures, check out the website.

<https://resources.finalseite.net/images/v1701377126/newmancatholicschoolscom/ofjljly9htkpoziz99hb/NCSWeatherRelatedSchoolClosingPoliciesandProcedures30November2023.pdf>

Thank you's:

Thank you to Santa Jack and Mrs. Claus for coming to our Christmas Program this year.

How to Encourage Kids to Embrace Healthy Eating

To be successful at helping your child embrace healthy eating, it will take more than a rule from you, or a handful of nutritious items in the kitchen. Selling "healthy" to kids requires lifestyle and attitude shifts, not a mandate of eating rules. With just a little insight, you can skip the pressure (and the mistakes) and let the model of healthful eating and healthy living sink in naturally.

Understand Developmental Stages

Children are black-and-white thinkers and learn best by hands-on activities. To tell them vegetables are healthy pales in comparison to letting them make a salad or help with a stir-fry. Teens, on the other hand, may want to eat healthfully if there is an immediate benefit: better sports performance, enhanced concentration, more energy or clearer skin. "Healthy" has to have some pay-off for teens. Otherwise, it's just another adult telling a teen what to do, which will make many teens shut out the ideas.

Let Them Come to You

Instead of driving home healthy eating, encourage conversation about food, eating and nutrition on a regular basis. Welcome questions and comments about what your teen is hearing from peers, and be forthcoming with information when asked. When kids and teens initiate conversation, especially with questions, their ears are wide open.

It's an Inside Job

Remember, anything we choose to do is ultimately something that is important to us. The same goes for kids and teens. Motivation to eat well comes from within, and you want to create this internal drive for healthful eating over time. Make connections between good nutrition and feeling good, fueling exercise with food and performance, and eating healthfully with being healthy, not sick. Connecting these dots helps to add value to the lifestyle choices your child makes over time.

Foster a Healthy Relationship with Food

Your home as a healthy haven sets the tone for how your family eats and behaves. If you stock your kitchen with nutritious options, serve up healthy meals and snacks regularly and don't demonize pleasure foods such as dessert, your kids will be used to these norms, which may make eating outside of your home a little bit easier. When strict rules surrounding food are enforced in the home, kids are more likely to overindulge when away from home.

Parents as Role Models

Parents are the image children will mirror. Try to eat healthfully, be active, get enough sleep and commit to other healthy behaviors you want to see in your child.

With these strategies in mind, you won't have to sell healthy or nutritious eating to your child — it will evolve over time, naturally.

NCECC: St. Therese December 2024

1 The beginning Of Advent	2	3	4	5	6 Christmas Program 3:00 pm St. Nick Day	7
8	9 Ms. Jennifer bday	10	11	12	13	14
15	16	17 Ms. Mary and Ms. Chris bday	18 Selena bday	19	20 Classroom Christmas Celebration	21
22 Ms. Brittney bday	23 No 4K	24 Christmas Eve Center Closed 	25 Merry Christmas Center Closed 	26 No 4K	27 Lila bday Amelia bday No 4K	28
29	30 No 4K	31 Roman bday Center Closing at 12:00	1 New Year's Day Center Closed			