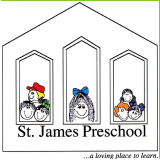


st. james preschool

SEPTEMBER
2011



Focus on a Fresh Start

Sue Hardrath, Director

Each September is a fresh beginning at St. James Preschool that brings new challenges for all. Our children have to meet their teachers and make new friends. The teachers have to work out the dynamics of a newly formed class, and I, among other things, have to decide what to write for our newsletters. Over the summer, I read a terrific book entitled Mind in the Making by Ellen Galinsky, a renowned authority on early childhood development. The intriguing sub-title of her book is Seven Essential Life Skills Every Child Needs, and I have decided to share these skills and some information about them with you. I hope, over the course of the year, that these articles will be helpful, and that you will consider reading her book.

She begins with a critically important set of skills - focus and self-control - and tells us that more than ever, in a world filled with distraction, children need these particular skills in order to achieve their goals. Numerous studies done over time have continuously shown that learning self-control early in life can have a strong impact on children's long-term success, and that there is a relationship between preschoolers' self-control and later positive outcomes including academic success and job achievement. We also know two additionally interesting things. The relationship between self-control and positive outcomes remains even when factoring in variables like socioeconomic status and IQ (two factors which cannot be changed), and identical twins are not identical when it comes to self-control. This tells us that self-control is learned not inherited, and that it is something that can be changed.

Children who demonstrate mastery of focus and self-control are flexible, conscientious and aware that their actions have consequences. They can pay attention, remember rules, persevere through tasks, and delay gratification. Children need to master these skills early, and one of the primary benefits of attending

preschool is the opportunity to practice them. It is what your child is learning, for example, when the teacher insists that he hangs up his own coat and puts away snack before he chooses where to play.

Parents, naturally, are the first and best teachers of focus and self-control, and here are some targeted ways you can help your children.

- Give cues when it is time for children to move from one activity to another. Instead of telling them they have 5 minutes left to play before their bath, set a timer. Let them know that you are setting the timer and that clean up begins when they hear the bell.
- Establish and maintain routines. Children like the rhythm of knowing what comes next.
- Consequences for negative behavior should match the action. If one child takes something from another child, she should return it immediately.
- When children request your attention or want something special, periodically ask them to wait briefly before you comply.

Focus and self-control may seem like daunting skills for such little folks, but they are such important ones. Know that every time you ask your child to wait for your help with a task, share with a friend, look you in the eye when you speak, or help pick up around the house, you are teaching valuable lessons in focus and self-control that will have a strong impact on their future success.

table of contents:

Parents Club	2
Too Sick for School?	3
After-School Enrichment	3
St. James UMC Events	4
Monthly Preschool Calendar	5

**DON'T
MISS IT!**

St. James Consignment Sale!

If you've never been before, you're in for a real treat! The St. James Consignment Sale is September 23 and 24. Please visit stjamesatlanta.org for forms and details and tell EVERYONE you know about the dates to come and shop!

Where & How to Make Contributions

You can make donations to the Parents Club by submitting a membership form (available in the preschool office) and your tax-deductible donation to the preschool office before October 28, 2011.

Our preschool family continues to grow

One can't say enough about the fabulous teachers at St. James, and the same is true of Kristi Gaffney, the newest member of our St. James Preschool.

Kristi Gaffney - 3day2s

Kristi has a bachelors in arts from Auburn University and began her career at St. James by substituting in the classrooms, learning to work with all the age groups. She is married to John and has 2 boys, Grant and Ian, both who attended St. James. She will be teaching in the 3-day 2 year old class with Lanier Barnes and Cindy Meade.

Dear St. James Preschool Family,

What an exciting time of year for both new and returning families. The beginning of the school year often brings happiness in seeing old friends and curiosity in meeting new teachers and classmates.

For our new families, we would like to explain the role of the Parents Club. The club was formed so that all parents' voices could be heard as well as to give back to the preschool and our children. Each fall we hold an annual drive to raise money for projects not covered by tuition.

Past projects have included the covered walkway into the preschool and renovation of our now fabulous playground. This past year, we did a complete renovation of the children's library which is amazing! Each year Parents Club donations also send teachers to continuing education classes and contribute to the Caroline Reese Lewis Scholarship.

This year we must tend to some necessary maintenance projects such as updating the IT system and providing new computers for the office staff. Our next large project will be a continuation of the library renovation by creating an outdoor learning center/courtyard.

Please help support these important goals for 2011-2012 by contributing to the St. James Parents Club Annual Drive. We want to highlight that this is the ONLY fundraiser for this year. We will begin having bi-annual auctions in the winter with this being the first year for a Parent Social rather than an auction. Thanks so much for your support!

Sincerely,
Christy Campbell & Meredith Camp
Co-Chairs, 2011 Annual Parents Club Drive

Parents Club Membership Levels

We are continuing with the same levels as last year. All enrolled families are automatically members of the Parents Club.

- ★ **\$0 to \$49 : Basic Membership**
Car magnet
- ★ **\$50 to \$99 : One-Star Membership**
Book donated to the library in your family's name and basic Membership benefits
- ★ **\$100 to \$249 : Two-Star Membership**
All One-Star benefits PLUS an umbrella
- ★ **\$250 to \$399 : Three-Star Membership**
All Two-Star benefits PLUS a carnival band for all enrolled children in your family
- ★ **\$400 to \$549 : Four-Star Membership**
All Three-Star benefits PLUS a "garden" lunch bunch (noon to 1:30 PM - date to be announced)
- ★ **\$550 and above : Five-Star Membership**
All Four-Star benefits PLUS a pizza, pajama and movie party for your children (date to be announced)

E-mail Etiquette!

St. James has a policy printed in our handbook stating that parents and other individuals are prohibited from using the information in our directory for non-school and non-church related activities. Please respect this policy and refrain from using preschool email addresses to solicit any goods and services.

Staff Spotlight:

Sue Hardrath, Preschool Director, in her own words ...

I moved to Atlanta with my parents and my younger sister when I was 5 from Wisconsin. I grew up in Grant Park, Peachtree Hills and Chastain Park and I am a product of the Atlanta public school system, attending E. Rivers Elementary, Dykes High School (now Sutton Middle School) and North Fulton High School (now the International School). I earned a BA in elementary education from Maryville College and master's degree in early childhood education from Georgia State University. I have managed educational programs for about 35 years spanning early childhood through young adult.

I am married to Sam Troutman and we have a Scottie named Piper. I love traveling, gardening, reading, and the arts of all kinds. I also enjoy sports - cheering for the Wisconsin Badgers, Green Bay Packers and an unnamed local team.

This year will mark my 9th year at St. James - what a wonderful experience this has been!

St. James UMC Offers After-School Enrichment Activities

St. James is proud to offer 10 different after school enrichment opportunities, 5 days a week for preschoolers this fall. Many are taught by familiar faces, including our preschool teachers, parents and St. James camp directors. In addition to Preschool Enrichment, our Activities Ministry offers classes and activities for youth and adults of all ages!

For complete information, please visit our website at stjamesatlanta.org/programs/activities-ministry

If you're interested in starting or attending a class that we don't currently offer, please contact Emily Gantert, Director of Activities Ministry, at egantert@stjamesatlanta.org or 404.601.4822

Mondays

Munchies for Munchkins 12:15 - 1:00pm
Kindermusik: ABC Music & Me 12:15 - 1:00pm

Tuesdays

Sports 101 12:15 - 1:00pm
Un, Deux, Trois (French) 12:15 - 1:00 pm
Holiday Art* 12:00 - 1:00 pm

*meets on special dates throughout semester- see web for complete dates

Wednesdays

Pre-Ballet (Age 3) 12:15 - 1:00 pm
Tap-Ballet (Age 4/5) 1:00 - 1:45 pm
Ballet Valet 12:00 pm (See web for Valet Options)
Tennis for Tots 12:15 - 1:00 pm
Holiday Art* 12:00 - 1:00 pm

*meets on special dates throughout semester- see web for complete dates

Thursdays

Pre-Ballet (Age 3) 12:15 - 1:00 pm
Tap-Ballet (Age 4/5) 1:00 - 1:45 pm
Ballet Valet 12:00 pm (See web for Valet Options)
Soccer Champs 12:15 - 1:00 pm & 1:00 - 1:45 pm
"Sense"satational Science 12:15 - 1:00pm

Fridays

The Spanish Club 12:15 - 1:00 pm

Mrs. Library Recommends ...



A great children's book for the start of school for both parents and kids is "The Kissing Hand" by Audrey Penn. It is a sweet story about a little raccoon and the first day of school.

MOMS: Visit our Mom's Reading Corner in the children's library, where you can check out books any time. And make room on your bookshelves at home by donating books you no longer use to Mom's Corner for other moms to enjoy!

Sniffly Children:

Should they stay home or go to school?

St. James works hard to keep our kids healthy, including providing a clean and safe environment where they can learn. But germs are out there, and sometimes sharing toys means sharing germs too.

As parents, we can do our part to limit the spread of contagious illnesses by keeping our little ones home when they're too sick to go to school. The question is, "When is that?"

When Kids Should Stay Home
Kids who exhibit any of the following symptoms within 24 hours of school **MUST** stay home and remain home until 24 hours **AFTER** the symptoms subside:

Fever, diarrhea, nausea, vomiting, undiagnosed rash, boil, ongoing cough, congestion, "pink eye," head lice or any infectious illness

For the complete Health & Wellness Policy, please refer to the St. James Preschool Handbook.

Navigating the Private School Application Process

October 20, 2011

9:30 am

If you are considering private school for your children, you won't want to miss this discussion.

On October 20, St. James Preschool will host education consultants Barbara Levy and Fontaine Draper from Education Connection (educationconnection.us). They will discuss the complex application process for private schools and answer your questions.

Preschool Sunday

September 18, 2011

10:55 am

Please join the St. James UMC congregation for a worship service honoring the preschool and its families.

No Nuts!

St. James is a **nut-free school**.

That means no nuts of any kind, including peanut butter. Please be mindful of this when you're packing snacks for your children. Also, talk with teachers and room moms to find out if children have other allergies you need to be aware of when preparing goodies for school parties.



St. James UMC Welcomes Kids, Families and Community

St. James United Methodist Church offers many opportunities for kids and families of the preschool and the community to get involved and have fun:

Sunday, Sept. 18th 1-2:30 pm - Back to School Skating Party

All are invited and skates will be provided. Please bring helmets and knee pads. No outside skates allowed. Concessions will be available for purchase.

Friday, Sept. 30 - 6 pm - Movie on the Lawn

Bring a picnic dinner, blanket and lawn chairs. Join us on the sanctuary lawn for cartoons and the feature film - RIO. Cartoons begin at 6 pm, feature film begins at sunset (6:40 pm.)

Ladies of St. James, we invite you to join us on **Sept. 12** for our first fall gathering of Circle of Sisters at 7:00 pm in the parlor. There will be a time for fellowship with light refreshments followed by a time of reflection led by Dianne McCann. We will focus on the first 6 chapters of our book An Altar in the World by Barbara Brown Taylor for this meeting. Please join us for this geography of faith and time of fellowship.

Please remember ...

Beginning August 28, worship services will return to two services each Sunday: 8:45 am and 10:55 am

Sunday School for all ages 2yrs thru adult is at 9:30am

Childrens Choir resumes Sept 7th, 5:15 – 6pm for children 4yrs to 6th grade

For more information about these events and other St. James UMC-sponsored events, please visit www.stjamesatlanta.org or contact the church office at (404) 261-3121.

Good Fun & Great Buys at the St. James Consignment Sale

Join us to shop for high quality children's clothing, furniture, toys, books, and accessories, as well as maternity items. Better yet, sign up to be a consignor! Consignors who volunteer for two or more shifts receive 75 percent of the selling price. Consignors who volunteer for one shift receive 70 percent of the selling price. All other consignors receive 65 percent of the selling price. All sale proceeds retained by St. James are used to support children's ministries at St. James.

Our Kids Consignment Sale is held in the gym located in the Activities Building. The public sales are held on a Friday and Saturday from 9:00 a.m. to 2:00 p.m. Saturday is half-price day when many of the items will be marked down 50 percent. The pre-view sale for volunteers is held on Thursday evening from 6:30 p.m. to 8:00 p.m.

For additional information, please visit the Upcoming Events section at stjamesatlanta.org.

september 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Aug. 31 Class Get-Acquainted Parties	1	2	3
4	5	6 Preschool Begins - T/Th & 5-Day	7 Preschool Begins - M/W/F & W/F	8	9	10
11	12 Playball Begins (3's & PreK)	13	14	15	16 A Visit from the Dentist (10:00 AM)	17
18 Preschool Sunday	19 Chapel Begins (3's & PreK)	20	21	22	23	24
25	26	27	28	29	30	



Check your child's backpack each day ...
it's how important information will come your way!

Take Note:

Volunteer Opportunities

If you were unable to sign up for a volunteer position in your child's class but want to get involved, please contact Diane Jarrell at djarrell@graytonbeach.net and let her know your interests. Diane, our Volunteer Coordinator, will keep you in mind for future opportunities throughout the year.

plan ahead!

october

- 3 Lunch Bunch begins (3s & PreK)
- 10 Columbus Day - NO SCHOOL
- 12 Prospective Parent Open House, 9:30 AM (Church Parlor)
- 20 After St. James, What? (Education Connection), 9:30 AM
- 20 Open House & Dinner (6 - 7:30 PM)
- 27 - 28 Halloween Parties

ST. JAMES PRESCHOOL
4400 PEACHTREE DUNWOODY RD.
ATLANTA, GA 30342

TEL: 404.237.7354