



# March Newsletter

## Monthly Themes

**March 4th-8th:** Eric Carle/ "A Short Man"

**March 11th-15th:** St. Patrick's Day/ "The Lame Man"

**March 18th-22nd:** Signs of Spring/ "A Changed Man"

**March 25th-29th:** Community Helpers/ "The True King"



## Birthdays



- ◆ Ryan V.- March 4th
- ◆ Alexandra F. -March 10th
- ◆ Peyton A.-March 10th
- ◆ David A.- March 11th
- ◆ Aubrey S.-March 12th
- ◆ Ava C.-March 15th
- ◆ Jelani C.-March 18th
- ◆ Ausfin H.-March 23rd
- ◆ Tyler M.-March 24th
- ◆ Natalie D.-March 26th
- ◆ Kyleigh O.-March 26th
- ◆ Mack D.-March 29th

## Training the Brain for Success

You can make a difference in your child's life by training your child's brain so that they will successfully function on social, emotional, and academic levels. Here is how:

### 1. Limit technology, and reconnect with your kids emotionally

Surprise them with flowers, share a smile, tickle them, put a love note in their backpack or under their pillow, surprise them by taking them out for lunch on a school day, dance together, crawl together, have pillow fights.

Have family dinners, board game nights ,go biking, go to outdoor walks with a flashlight in the evening.

### 2. Train delayed gratification

Make them wait! It is okay

to have "I am bored" time – this is the first step to creativity.

Gradually increase the waiting time between "I want" and "I get."

Avoid technology use in cars and restaurants, and instead teach them waiting while talking and playing games.

### 3. Don't be afraid to set the limits. Kids need limits to grow happy and healthy!

Make a schedule for meal times, sleep times, technology time.

Think of what is **good** for them- not what they **want/don't want**. They are going to thank you for that later on in life. Parenting is a hard job. You need to be creative to make them do what

is good for them because, most of the time, that is the exact opposite of what they want.

### 4. Teach your child to do monotonous work from early years as it is the foundation for future "work-ability"

Folding laundry, tidying up toys, hanging clothes, unpacking groceries, setting the table, making lunch, unpacking their lunch box, making their bed are all ways to teach this.

### 5. Teach social skills

Teach children turn taking, sharing, losing/winning, compromising, complimenting others, and using "please and thank you."



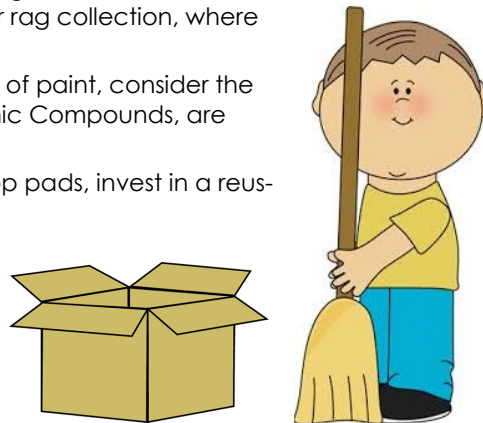
## Special Days in March

- ◆ March 1st- Dr. Seuss Day
- ◆ March 10th- Daylight Savings
- ◆ March 15th- **St. Patrick's Day Party**
- ◆ **March 26th-** Community Helpers Day
- ◆ **March 26-29th-** Scholastic Book Fair

# Spring Cleaning

After being cooped up in a stuffy house all winter long, it's finally time to fling open the windows, shoo away the cobwebs, and take on your annual spring cleaning. But often, the chemicals found in conventional cleaning products can be more dangerous than the dirt they're intended to clean. And the way most of us clean isn't exactly earth-friendly. Thankfully, there are many alternatives available that can help you make your home squeaky clean—and green. Consider these 6 ways to help clean and get green this spring:

1. **Hang dry your laundry.** Drying your clothes in an electric or gas dryer isn't just hard on your clothes; it's also hard on the environment.
2. **Add a little greenery.** Install a living air filter—houseplants!
3. **De-clutter your wardrobe.** Donate gently worn items to charity, where they'll get a second life, and donate torn and stained items (if they're made of an absorbent fabric) to your rag collection, where they'll replace wasteful paper towels.
4. **Paint your walls green.** If spring cleaning at your house involves a fresh coat of paint, consider the VOC content of the paint when choosing your paint. VOC's, or Volatile Organic Compounds, are chemicals that form vapors at room temperature.
5. **Swap out your Swiffer.** Instead of continually buying expensive single-use mop pads, invest in a reusable mop.
6. **Ditch the paper towels.** Save trees, cash, and landfill waste. You can buy specially-made, washable cleaning and dusting cloths (in all types of fabrics from cotton to microfiber). But better yet? Use what you already have and give an old piece of cloth (stained towels, old sheets and pillowcases, too-small T-shirts, etc.) a new life.



## March Referral



### We love our families!

The highest compliment you can give us, is to refer a family to Childrens' Kastle.

During the month of March, for every family whom you refer, and joins our family fulltime, you will receive **\$500** in tuition credit. **\$250** for part time! Thank you for sharing and caring!



\*credit will be applied over five months

## From the Office

**Attention Parents:** we are looking for community members to come in on March 26th and educate our Pre-k children on your role in the community! If you are interested, please call the office for more information!

We will be hosting a **Scholastic Book Fair** this month! Books will be available to purchase in the front foyer from **March 26th-29th**. Purchases will help us earn points towards getting new materials for the classrooms, as well!

If you have not pre-registered for **Fall 2019** you may miss out on your spot! Stop by the office with any questions and to turn in your contract!