



February 28, 2006

First-Plymouth Early Education Programs  
Dimensions Research Classrooms

**DIMENSIONS**  
Educational Research Foundation  
dimensionsfoundation.org

# NEWS



## A Fun Family Night!

Thanks so much to everyone who worked hard to make Family Night a success. These pictures tell some of the story of this wonderful event.



## ***A Reminder about our Registration Process***

Registration forms for the 2006-2007 school year went home on February 21 and 22. If you haven't already done so, be sure to turn your forms in right away before they go out to the general public. This will help to ensure that you receive your choice of session(s).

Registration for our Summer Programs will go out on cubbies on March 9 and 10. Dates and themes for our summer sessions are:

*Everyone's an Artist... June 5-9*

*Adventures in the Greenhouse...  
June 12-16*

*Super Structures... June 19-23*

*Fantastic Food... June 26-30*

*Celebrate!...  
(closed July 3rd & 4th)  
July 5-7*

*Art is Everywhere... July 10-14*

*Lights, Camera, Action!...  
July 17-21*

*Sports & Games... July 24-28*

*Outdoor Explore...  
August 7-11*

*Story Magic... August 14-18*

## ***Open House!***

***Join Us Thursday, March 2  
6:30-7:30PM***

**Visit children's classrooms and the greenhouse...learn about the activities they enjoy...meet friends and teachers!**

## Parent-Teacher Conferences are Coming on March 15 and 16

Be sure to sign up for a conference with your child's teacher.

We love having the chance to fill you in on all the wonderful learning your child is experiencing, and we love hearing more about your child's experiences at home.



United Way of Lincoln and Lancaster County

## United Way Partnership

A big "thank you" to United Way for donating to our Sponsor A Child Fund.

If you would like to name us as your United Way designation, we would be thrilled!

# Thoughts for Parents

## Wellness and Your Child

by Julie Rose, teacher

We are developing a new bulletin board with pictures that illustrate how we take care of ourselves. This idea came out of a discussion about promoting health.

We initially wanted to help children make good choices about healthy eating. We want to give our children the best information about how they can take good care of themselves.

One father stopped by the bulletin board and said, "My daughter just asked me to prepare her a snack that had no sugar in it. She said her teacher had discussed how a little sugar was ok, but a lot was not healthy." He seemed pleased that this discussion had an impact on his daughter.

We know that eating right is just one area of health and we want to promote total wellness for children. We will be also be discussing exercising, breathing, getting plenty of rest, dressing for the weather, brushing our teeth, and exploring

what makes us happy for our mental health. In addition, we have two student nurses who will be demonstrating how to wash our hands the right way. We want children to understand that washing our hands properly is one of the best ways to stop germs from spreading.

Stop by the board by the gym sometime and if you have a picture you would like to add that promotes healthy children...we welcome you to do so. Here's to your child's health!



## Mealtime Ideas

Small yogurt, banana, 4 crackers each with a square of cheese, peeled hard-boiled egg, water.

One string cheese, 5 crackers, 10 grapes, 2 baby carrots, milk, maybe one Hershey Kiss. Grilled cheese sandwich cut in 4 squares or triangles, small orange peeled and sectioned, peanut butter cookie.

1/2 cup dry cereal, milk, plastic spoon, kiwi peeled and sliced, 2 graham crackers.

Half a bagel with peanut butter, jelly or cream cheese, 12 green grapes, 1/2 cup cooked curly pasta.

Peanut butter & jelly on a tortilla and rolled, cantaloupe cubes, 3 carrot sticks, oatmeal cookie.

Toasted raisin bread, buttered and cut into 4 squares, shredded cheese, sliced pear.

Five saltine crackers, soup, cheese cubes, 5 grapes.

Pita bread—1/2 pocket and 1/2 cup tuna fish, lettuce leaves and shredded carrots, crushed pineapple with a spoon, milk.

Frozen peas, applesauce, banana bread, milk Muffin, cheese cubes, sliced strawberries, fresh snow peas.

Four chicken nuggets, soup, applesauce, milk. Ham cubed, small orange peeled and sectioned, 15 pretzel sticks, milk.

Shaved meat, 1/2 sub roll, slice of cheese, small pudding, 10 grapes.

Four mini waffles, syrup to dip into, cantaloupe cubed, milk.

Pig in a Blanket, 10 chips, small apple sliced.

Two small sandwiches made on cocktail bread, sliced green pepper, pineapple ring, milk.

Rice Cake with peanut butter, small box of raisins, 2 carrot sticks, apple juice.

# Children's Activities

## Found Sounds – Sculpture and The Sorcerer's Apprentice

by Tina Reeble, Music Specialist

Just as a magician uses tricks to transform what we, the audience, sees, we will be exploring the magic we find in our own creativity to transform ordinary everyday objects into beautiful, fun and exciting rhythm bands. The children will be discovering that interesting sounds can be found anywhere using recyclables, in our natural world and even using our own bodies.

The magic will continue as we explore

the music of The Sorcerer's Apprentice acting out the story and interpreting the nuances of the music with purposeful movement activities, and creative art experiences. We will also be inspired by the Star Art exhibit taking place in our community as we explore how the concept of star can be transformed through the artist's imagination.

You can support your child's learning experiences at home by listening for your own found sounds, stopping to notice the many interpretations of the stars in the area and plan now to attend our own outstanding performance of The Sorcerer's Apprentice!

*Below: Dimensions' consultants Sean Murphy and Anne Wike, from Tennessee, helped children create combined music and movement experiences.*



## Thanks for a Successful Family Night!!

Heather Guess, Events Coordinator, would like to thank everyone for helping make Family Night a great success on a cold, cold night!

### Thanks to...

- ...everyone who attended
- ...everyone who volunteered (we really appreciate your help to make events like this possible)
- ...all the wonderful friends who bought or baked desserts to share
- ...all the generous donors who provided food and drinks
- ...all the generous donors who made the baskets possible
- ...and, everyone who bid on baskets!

(If you don't want to keep your baskets, you can always donate them back to us for use next year.)

# Donations

## Preschool & Kindergarten

Needed for upcoming activities:

- ⊙ Tin Cans
- ⊙ Dowel Sticks
- ⊙ Writable CDs
- ⊙ Paper CD Sleeves

On-going Donations:

- ⊙ Staplers
- ⊙ Tape Dispensers
- ⊙ Small Dixie Cups

# Donations

## Infant & Toddler

Needed for upcoming activities:

- ⊙ Empty Water Bottles
- ⊙ Tin Cans
- ⊙ Formula Scoopers

On-going Donations:

- ⊙ Paper Towels
- ⊙ Wipes

## March Birthdays

Cindy Heinzman .....	2
Lindsay Watt .....	10
Joy Cleary .....	12
Heather Guess .....	12
Michelle Zimmer .....	23

## Mark Your Calendars . . . Upcoming Events & Important Dates!

### Thursday, March 2

Children are excited to invite you to attend Open House. They would love to have the chance to show you their classrooms and the recent activities they've enjoyed, take you to our greenhouse, and introduce you to friends and teachers. We hope you'll mark your calendars and plan to drop by for a visit.

### Friday, March 31

Hold this Date – for our annual “Family Concert and Children’s Arts Festival.” This year’s concert is “The Sorcerer’s Apprentice” with Bob Hall and the Plymouth Brass.

## Community Events Held at First-Plymouth Church Open to Everyone!

### Tower Club II (Young Families/Young Couples)

Want to have fun and meet other couples with young children? Each month a group at First-Plymouth Church called Tower Club II meets for fun, fellowship and outreach to the community. If you would like to receive up-to-date information about events, please sign up for our e-messages. Please contact Staff Liaison, Addie Powell at 476-7550 or email [addie@firstplymouth.org](mailto:addie@firstplymouth.org)

### Grief Recovery Workshop

Nine Tuesdays – April 18-June 13, from 7-8:30PM in Calvert Parlor. Cost: \$50 (includes a workbook). This workshop is designed to explore the dynamics of grief and recovery from loss. If you have experienced a loss of any kind consider joining the Grief Recovery Workshop. Course topics include Staying Open to Grief, Grief Recovery: How Does it Work?, Confusion About Stages, When Is It Time to Begin to Recover?, Myths about Dealing with Grief, Not Knowing What to Say, and Participating in Your Own Recovery. The course is led by Becky Walkowiak, RN, LMHP and Laurie Reinsch, LMHP. Call Addie at 476-7550 or email [addie@firstplymouth.org](mailto:addie@firstplymouth.org) to register for the class. Enrollment limited.

### Triple Diamond Jubilee

Mark Your Calendars! On April 2nd, First-Plymouth Church will be celebrating a Triple Diamond Jubilee! Help celebrate the:

- 75th Anniversary of our historic church building!
- 75th Birthday of Rev. Otis Young!
- 75 – We hope to receive 75 NEW church members to commemorate these events!

And we will be honoring 6 church members who have been members for 75 years!

If you are not a church member – consider becoming a member this HISTORIC WEEKEND!! For more information on becoming a church member, contact Deanna at 476-7565 or [Deanna@firstplymouth.org](mailto:Deanna@firstplymouth.org)

## In & Around Our Community

### Pioneers Park Free Hikes

March 4-5: Migration Mysteries

March 11-12: A Bit of Green

### 2006 Open Harvest Cooking Classes

Register at Open Harvest or with credit card by phone, 475-9069. Payment secures seat. No walk-ins, please. 1618 S. St., 475-9069.

March 2: Cooking with Tofu. . . Rich in protein, calcium, can reduce cholesterol, an extremely versatile food that can be used in sauces and dips, desserts, or as main course. Kris Bohling will make stir-fry, baked tofu, tofu scramble and a tofu pudding. Recipes and samples included.

March 6: South Asian Cooking. . . Make fresh and fried spring rolls with peanut sauce for the appetizer and a spicy yellow curry. Kris Bohling shows how to make these and other variations on the basic recipes, using both meat and vegetarian options. Recipes and samples included.

**[www.firstplymouth.org](http://www.firstplymouth.org) or [dimensionsfoundation.org](http://dimensionsfoundation.org)**

Your source for newsletters, program information and research happenings!