

BUILDING BLOCKS

A Newsletter of Triple C Nursery School January 2018



A Note from the Director . . .

Hello, Everyone:

Hope you are enjoying the Christmas season and are looking forward to the coming winter months. I personally do not appreciate the cold, ice and snow. I love the snow if I don't need to drive anywhere in January. I usually try to find information about joy or surviving the winter months but I thought it might be good to work on our relationships during the "blah" months. It is easy to let relationships with our significant other, family and/or friends suffer when the weather and lack of daylight make us feel like hibernating.

Here are some suggestions from an article *Daring to Live Fully* to keep in mind if you want to work on any relationships during this winter season.

Practice Acceptance and Appreciation – It is so easy to be less patient in the winter but here are some wise words from David Richo. "In a true – you-and -I relationship, we are present mindfully, non – intrusively ... We do not tell a birch tree it should be more like an elm tree. We face it with no agenda, only appreciation. Who do you need to accept and appreciate more?"

Recognize that all Relationships Have Their Ups and Downs – Ride the highs and lows. Nothing better than living with a three - year old who is not getting their way. AHHH!

Use the Word "WE" – When you think of doing activities and spending time together, it is always better to think of the "we" instead of "I."

Follow the Three -Day Gratitude Plan – Rita Watson has a great three- day plan to help you get started: 1. Find three qualities that you love about others and focus on those three qualities for the entire day. 2. Identify anything that irritates you and forgive them. 3. For the entire day speak only kind words to others.

Keep the 3:1 Ratio – You need three times more positive experiences with others than negative ones.

Keep Trying New Activities and Adventures - It is important to do fun activities together. Even something silly and ridiculous together. Respond with a joke instead of getting defensive. Philippians 2:3 – "*Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.*"

"The best things in life aren't things." Anthony J. D' Angelo

I would love to hear some of your silly, ridiculous adventures that you have had with the ones you love. Remember, Winter is only a few months and Spring is right around the corner!

Mary Shaibley, Director



SNOW DAY POLICY/MODIFIED SCHEDULE:

As a reminder.....In case of snow, ice or other inclement weather, Triple C Nursery School will announce any school closings and modified schedules via an email, text, on our website at www.triplecnursery.org, WFMZ Storm Center Update on Channel 69, www.wfmz.com, our Facebook page, and on a recorded message on our phone line 215-536-7280.

If no announcement appears, class will meet as usual.

We have adopted a modified schedule as a possible option to use when public schools are delayed. Our modified schedule will be 10:00am—12:00 noon for 2AM, 3AM and PreK classes, and 10:00am-11:30am for our On My Own Classes.

Please note that we make our decision independent of the area school districts since our students live within several different districts across the area.



COLD & FLU SEASON:

Below is a reminder of the school's policy on dealing with students who are sick. Please be aware of this policy and keep your children at home when they exhibit signs of sickness. This will expedite your child's recovery and help to keep illness from spreading throughout the class.

As a reminder from the Triple C Nursery School Parent Handbook:

"Your child's health is a matter of importance to us. Your child may be sent home if he/she appears to have symptoms of illness during the session. Keep your child home if he or she has. . .

- Diarrhea
- Nausea or vomiting (during the past 24 hours)
- A fever or has had one during the previous 24 hour period
- A heavy nasal discharge
- A constant cough
- Symptoms of possible communicable disease



Please notify the school at once if your child does have a communicable disease. You may call the office at 215-536-7280 or email as at triplec@eastswamp.org.

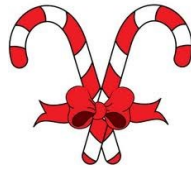


CONTACT INFORMATION REMINDER:

Just a reminder.....we utilize our email system to keep parents up to date on important events here at school. If you change your email address or would like to add another (caregiver, grandparent, etc...), please notify the office immediately. We also use the Remind Texting App to get information quickly out to our families. Please contact us if you would like to change or add another mobile phone number to the system. Contact us in the office with any questions! Thank you!

THANK YOU

Our warmest thanks to you for your generous Christmas Teacher Gifts. Most of all we thank you for your love and encouragement. Have a blessed New Year!



2018-2019 REGISTRATION

Registration for next school year is now open to Triple C families and will be open to the public beginning January 3, 2018. **Current Triple C families MUST complete registration paperwork in order to guarantee your child's enrollment. Your child is NOT AUTOMATICALLY enrolled.**



HANDICAPPED PARKING: We ask that you please do not park in the handicapped parking spaces unless you need them physically. Please keep them open for the families that need to use them. Thank you.

ATTENTION COMMUNITY HELPERS: January and February are community helper months! If you are a community helper (policeman, fireman, doctor, pilot or any other type of "community helper" and would be willing to speak to our 3AM classes, please contact your teacher or Mrs. Shaibley in the office. Thank you!



As a Reminder...

Triple C will be CLOSED on Monday, January 15 in observance of the Martin Luther King, Jr Holiday!

Triple C Nursery School

OPEN HOUSE

for Prospective Students

Saturday,
January 20, 2018
(snow date: January 27)

9:00am-12:00pm

2405 E. Swamp Rd.
Quakertown
(215) 536-7280
triplec@eastswamp.org

Tell your friends and neighbors!

