



# fumcn news

Let it Show!

January 2010

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FUMCN News is a publication of the First United Methodist Church Cooperative Nursery, located within First United Methodist Church of Ann Arbor at 120 South State St., Ann Arbor, MI 48104

## Newsletter Editor:

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Please make submissions by 5pm on the 18th of each month.



## A Note From Ms. Juli

Welcome Back! And Happy 2010. Wow, I can't believe it. I hope your holidays were bright and festive. It always feels good to come back after a long break – rested, rejuvenated and ready to get back to lots of FUMCN fun.

I want to take this opportunity to thank everyone for the cards, gifts and holiday wishes. Everyone was so generous. It is wonderful to be part of such a school with such wonderful families. Not many teachers get the gratitude I do. It doesn't go unnoticed. I am really lucky.

Remember, FUMCN will close because of bad weather when Ann Arbor Public Schools close. We do a phone chain, also. Be aware when the weather is getting bad and expect a phone call and pass it on to the next person on your class phone chain.

I hope this New Year brings joy to everyone's lives. I am looking forward to watching your children grow and mature. It is amazing how far they have come from the beginning of the year.

Now that we're back in the swing of things, I want to put out a reminder. Our classes start promptly at 9:30am and 1pm. That is when we sit down to begin our day. If you are late, your child will be missing out on games, daily instructions, jobs and special activities. I understand that getting out of the house is sometimes hard. Here are 8 tips from [www.theartofeverydayliving.com](http://www.theartofeverydayliving.com).

Give yourself, and your children, the *gift of a peaceful morning*. At one time or another, we have all experienced the stress of being late in the morning, rushing our children out the door, and occasionally losing our patience. Sometimes it's hard for both parent and child to go our separate ways feeling good and ready to take on the day after a frantic morning. I know I have had my fair share of chaotic mornings. And over time, I find this can deplete our self-esteem and wear on our relationship with our kids. Following are some tips to help your children start the day empowered by your grace, calm, and patience. I can't say I follow through with *all* these tips every day, but when I do, it works!

(Continued on next page)

### A Note From Ms. Juli (continued)

1. When you wake up, even before your feet touch the ground; take a moment to *set an intention* that your day be filled with grace, ease, and flow.
2. Prepare the night before. Anything that can be done the night before is best done, well, the night before! Lay out clothes and pack backpacks. Know what you will make for breakfast and set the table. And pack as much of your child's lunch as you can in advance. Finally, have any instruments, athletic gear, homework, and permission slips ready to go. Depending on their age, teach your kids to prepare the night before by helping, or reminding, them to complete these responsibilities.
3. Shower and/or get dressed before your kids get up. Most of the time it's worth losing the extra 15 minutes of sleep—especially if you have little ones who stay home as it will still be hard to get in the shower even once your older kids have left for school. Not only will a shower wake you up, but you'll feel better about yourself and more organized. It's so easy as a parent with young children to find you're still in your Pajamas at noon!
4. Get up early. Set your alarm to so you have twice as much time as you think you need until you figure out your routine.
5. Stay calm. Try to avoid rushing your kids. It's helpful to encourage them to be aware of the time by letting them know "we have fifteen minutes before it's time to get in the car..." However, even though you're watching the clock you can still *stay present*.
6. Limit distractions. Avoid TV, email, or phone calls in the morning. While your kids get dressed, try to have breakfast on the table so they come straight to breakfast and don't get sidetracked playing.
7. Communicate your expectations the night before. Prepare your children by reminding them that the next day is a school morning and on school mornings there's a routine.
8. Sometimes the unavoidable happens. If you know you are going to be late and can't change it, then just let it go and embrace being late. Be a role model about how to handle frustration and life's little ups and downs. It's far better that you're late and happy than on time and grumpy. It's not worth it to lose your patience over a few minutes when chances are you will regret it and your children will feel "off" throughout their day as well. Keep in mind; it's more important to be centered with your children, than to be on time.

I hope these tips can help.  
Cooperatively Yours,  
Ms. Juli

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## Membership

Don't forget to spread the word about our Open House coming up on Feb. 10, 2010, from 10-11:30! We will have flyers available for posting later in the month. Please take one and give it to a friend or neighbor or post it in your favorite hangout.

Look for an updated application form later in January. Applications will be accepted anytime after that and can be placed in the Membership mailbox in the B room. Applications must be received by the end of the Open House for priority status.

Thanks for being on the lookout for new families and for sending names our way now and then. We are always happy to talk to prospective parents and show them around.

Sarah Boren-Rao - Membership Chair, 3s classes; [borenrao@gmail.com](mailto:borenrao@gmail.com); 734-276-5991  
Tori Booker - Membership Chair, 4s classes; [vkbooker@aol.com](mailto:vkbooker@aol.com); 913-2454

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## Parent Education

Kindergarten Preparation Night is Jan. 25th at 7:00pm in the Wesley Lounge. Come and find out what you need to do to prepare your child for Kindergarten. Contact Colleen Burroughs (Ben 3am) for additional info.

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## From the Co-Presidents

Happy New Year, FUMCN families! I hope everyone had safe, healthy and fun holidays with family and friends. I hope you were all able to enjoy a bit of “down time” over the break from school and maybe had a chance to stop doing all those things that “have to get done” and were able to just enjoy being with your kids.

This month brings our annual Membership Meeting on Wednesday, January 13<sup>th</sup> in the Social Hall from 7:00-9:00pm. In addition to addressing any questions or concerns that you may have put in our suggestion box (located on top of the cubbies in the B room), we will be sharing some important information with all of our families. We will be addressing the recent concerns surrounding some security issues at the church and the new procedures that have been drawn up to address those concerns. Ms. Juli will be sharing other updated information about safety issues and procedures, and Ms. Susan will be available for an update on our young 5's program. We will have refreshments and this will also be your opportunity to sign-up for assist days for the entire second semester. Please remember to bring your calendar so you will be prepared when it is your turn to sign-up for assist days.

Our enrollment Open House will be coming up on Wednesday, February 10<sup>th</sup> from 10-11:30am in the FUMCN rooms. If you are returning next year, keep an eye out for the registration forms that our Membership chairs will be distributing soon. Also, please remember to invite people to come to the Open House and see our fabulous preschool for 3, 4 and 5 year olds! In the past, about 90% of the people who come to FUMCN have said that they heard about it from a friend, neighbor or acquaintance. We rely on ALL of our members to get the word out about this caring, fun learning community that we call FUMCN. If you know someone who is interested but can not come to the Open House, please give them the phone number or email of our Membership Chairs – Sarah Boren-Rao or Tori Booker – so that they can set up a tour of the school.

Also coming up in January is the “Preparing for Kindergarten” Night. It will be held at the church on Monday, January 25<sup>th</sup> at 7:00pm. This evening is hosted by the FUMCN Parent Education chair – Colleen Burroughs – and will feature an Ann Arbor kindergarten teacher as the guest speaker. This is a fabulous opportunity to learn more about what kindergarten might be like, to learn how to help your child (and you!) prepare for the fun of kindergarten and many other great bits of information. You are more than welcome to invite friends that are not FUMCN families, but would like to attend this FREE event!

Now that winter is officially here, keep in mind that we typically close FUMCN if the Ann Arbor schools are closed, so you can listen to the radio or TV broadcasts on wintry mornings. If there is any question, we will activate the phone chain. If you are the emergency parent, be sure you stand by for last minute emergencies.

Wishing you and your family a happy and healthy 2010!

Laura Dills  
[ledills@sbcglobal.net](mailto:ledills@sbcglobal.net)  
(Emmy 3am)

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### FUMCN Playdough Recipe

1 c. flour    1 c. water  
1/2 c. salt    1 Tsp oil  
1 Tsp cream of tartar

Mix together, and cook over medium heat until it all clumps together in a ball. Before cooking, add whatever color, and/or scent you want. You can use kool-aid, food coloring (liquid or paste), candle oils, soap oils, potpourri oils. Don't forget the glitter! The biggest trick is using a hand mixer to really mix it together before cooking it.

## Hello from the Young Fives Class!

We had a wonderful December. We talked about gingerbread (and had a great tour at Whole Foods) and made gingerbread cookies, learned about winter holidays and stars (with a wonderful Planetarium show at the Natural History Museum) and also made Christmas presents and cookies that we shared with the church staff.

Looking ahead to January, we will be focusing on the coming cold weather and winter! We will revisit our "tree" at Matthei Botanical Gardens and see the difference from the fall to the winter. We will also learn about keeping warm -- from animals with fur to quilts. One January topic is to discuss being a good friend and respecting differences as we touch on Martin Luther King Day.

I encourage everyone to attend the Kindergarten Preparation Night on January 25. While some people may be wondering if their child could benefit from an extra year before kindergarten, the topic is open for all families with a soon-to-be five-year old and how to best prepare them for school. As always, if you have a question about our program, feel free to stop by any morning.

Thanks and happy holidays!

Ms. Susan

## Curriculum

Welcome back to a new year at FUMCN. We have lots of fun things planned for 2010. Our field trips this month are to Leslie Science center (4s on Wednesday, January 6th ) and the planetarium (4s on Monday, January 25th, and 3s on Tuesday, January 26th) . We will be observing winter as our season and discovering that winter is more than just cold and snow. We will also be talking about space and the night sky. What are stars and why do they seem to shine only at night? The B room will house a space shuttle for part of the month and students will get to become astronauts for a day!

<h1>FUMCN Focus for January</h1>			
Curricular Themes: Winter, Night Sky, Space, Michigan			
Numbers: 8, 9, 10, 0	Letters: Hh, li, Jj, Kk	Shapes: Circle, Triangle, Star	Colors: White, Black, Dark Blue, Blue

## Tuition Due Dates

Second Semester Tuition is due February 1, 2010.

3's tuition is \$272

4's tuition is \$408

Young 5's tuition is \$1175 and may be paid in full by 2/1/10 or paid in two installments \$587.50 due 2/1/10 and \$587.50 due 3/29/10.

Please contact me with any questions.

Barbara Hoffman (Colin 4pm)

barbarahoffman@hotmail.com

# January 2010

# FUMCN Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Happy New Year! No School - Winter Break	2
3 Welcome Back!	4	5	6 4's Field Trip to Leslie Science Center	7	8 6-9pm Maintenance	9
10 7pm Board Meeting	11	12	13 7pm Winter Membership Meeting	14 3's Pajama Day	15 4's Pajama Day	16
17 No School - MLK Jr. Day	18	19	20	21	22	23
24 4's Walking Field Trip - Planetarium 7pm Kindergarten Preparation Night	25 3's Walking Field Trip - Planetarium	26	27 4's Conferences	28	29 4's Conferences	30
31				<div style="border: 1px solid black; padding: 5px;"> <p><b>Looking ahead...</b> Weds., Feb. 10: Open House 10am-11:30</p> </div>		