



SEPTEMBER  
2020

### News from the Director

We have had a great start to the new year here at Crossing Point and we are so excited to welcome everyone back and a special welcome to all our new families. We so appreciate everyone's patience, understanding and cooperation as we continue to follow CDC and State Guidelines for schools in order to keep our students, staff and families safe and healthy.

We are happy to see that our students are settling into their classroom routines very well and new friends are being made each day.

We still have a few openings in most of our classes, so pass the word among your friends and send them our way!

Thank you again for choosing Crossing Point as your child's preschool. My door is always open to you for any questions, concerns, or needs you may have.

*Welcome back to*



Blessings,  
*Ms. Ricki*  
Director



### MOVEMENT CLASS

I would like to welcome all the children to "Movement Class" here at Crossing Point. My name is Mrs. Connie and I will have the opportunity to work with all of the preschool classes at various times throughout the school day. I feel very blessed knowing that I will get to share my time with the precious little ones that will attend this preschool. The beginning of school can be quite overwhelming so I will make every effort to make each child feel comfortable in my room. We'll spend time getting to know each other as well as reinforce our knowledge of our body parts through movement. The classes had fun with "Can You Show Me?" how to wiggle your fingers or stomp your feet or bend your knees or clap your hands and many more body moves. We'll spend a lot of time talking about our personal space and how to respect our friends' personal space. Music will be an important component in my class because "Music Makes Moving Marvelous"! Looking forward to a great school year!

This month we will focus on **movement awareness** such as Auditory, Visual, Spatial, Directional, Eye hand & Eye foot coordination, and Rhythm. We'll begin working on **locomotor skills** such as walking. Our **body awareness** focus will be on how our body parts work together as well as an introduction to our skeletal system

#### How Do We Prepare our Feet for Movement

School is here, and we want our feet to be safe at school. Please wear non slip-on shoes (ex. Tennis shoes) to movement class. It makes it much easier to move around when trying all the activities during movement class. Wearing non slip-on shoes helps to keep our feet safe as well as keeping our bodies from tripping and falling. *Crocs, sandals, boots and flip flops are NOT "movement" friendly.* The classroom teachers would also feel better having those cute little toes protected out on the playground. Your help with this would be greatly appreciated!!

Mrs. Connie  
Movement Teacher

THANK  
YOU

The Crossing Point staff would like to thank all of our families for helping us create a nice supply of disinfecting products and Kleenex that we will desperately need this year. Your generosity is very much appreciated.

Also, we would like to thank the family that provided us with a very nice lunch during our first week at school. It was a wonderful surprise and we all enjoyed the sandwiches, fruit and chips.

Crossing Point has always had the most thoughtful families and this year is no exception. We love you all and feel blessed to have each of you here at Crossing Point.

Love and Blessings,

The Crossing Point Staff



## Science with Ms. Penny

We will be starting our Science class on Friday, September 11<sup>th</sup>. If your child does not attend on Fridays, they will have Science opportunities within their classroom on a regular basis.

Our plans for Friday Science include experimenting with static electricity using balloons and learning about air pressure and gravity using paper airplanes. Also, during the month of September, we will be exploring friction, gas/carbon dioxide, and the all-time favorite subject, snot during the "grossology" session of our science class!

The students are looking forward to going to Science class on Fridays as we continue to learn about God's world through science experiments and exploration.



### Message from Peter Mitchell, Sr. Pastor of First Christian Church

Hello Crossing Point families! I am excited about the upcoming school year and am grateful you have trusted CPCS and First Christian Church with your kiddos. We are grateful to be part of these early days of learning. I hope we can plant seeds of God's love in their lives through the care and joy shared by their teachers and our church staff. I began my ministry here at FCC in July, relocating back to Texas after 10 years in Iowa. My wife, Annaliese, and I are both TCU grads. Our kids, Caroline (10) and Will (almost 8) attend McClure Elementary in McKinney. Thanks to COVID, our move was anything but normal. Even still, God has continued to bless us with hospitable neighbors and a friendly church family. This church family hopes you'll join us soon for worship – online or in person. We worship at 9:00 (Contemporary) and 11:00 (Traditional) every Sunday morning. I hope you'll let First Christian Church have the chance to share God's love in your life as we worship. With the chance to love your kids through Crossing Point, we at First Christian Church consider you part of our church family. I'm so glad you're here!

Peace and Joy! Rev. Peter Mitchell

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## REMINDERS

Just a few reminders to help our school year go smoothly:

1. Morning drop-off (Carpool) is from 8:50-9:10. If you arrive after 9:10 then you will need to come to our main entrance on Paula Road side of the building. If your child attends our before-school portion of the day, you will drop-off at our main entrance on Paula Road side of the building.
2. **BAD WEATHER DAY CARPOOL --- IF there is rain or excessive cold, we will implement the 9:00am Bad Weather Carpool procedures where ALL students will be dropped off on the west side of the church (entering off of Hunt St). There will be "Bad Weather Carpool" signs put out for you to look for. IF there is NO bad weather, please use the regular carpool procedures; 2's, 3's and TK drop-off on the east side of our building off of Paula Rd; 4's drop-off on the west side of the church under the carport.**
3. Everyone is doing a great job using the Carpool Tags and we thank you. Remember to make sure you place the name tag where it can be easily seen by the teachers. Your visor is an ideal spot!
4. Check your child's backpack daily for notes and information that the teachers may send home.
5. Please remember to send your child to school dressed appropriately for play. Tennis shoes are the best choice for the playground and girls should wear shorts under their dresses. Dress your child ready to run, play and get dirty. Also, send an extra set of clothes in their backpack.
6. Label all of your child's belongings: lunch boxes, jackets, water bottles, backpacks, etc. If you need a new "backpack tag" let us know and we will be happy to make one for your child.
7. After-school extended care ends at 5:30pm. For staffing reasons, it is important that you arrive on time. If you know you will be late, please call us and let us know so your child does not worry.

## STICKER AND MAGNET FUND RAISER

*We want to show off our new school logo! The stickers and magnets are available for \$3.00 each. Stickers are 4"x2" and the magnets are 3"x1.5". They are a great way to advertise our school to family and friends. Let us know if you would like to purchase and we can send them home in your child's backpack and add the charge to your tuition account or you can send in money.*



# PARENT INFORMATION BOARD



## *Please Listen to Me*

### **Listen Attentively**

Get rid of distractions and pay attention to what the child is saying. At times adults may need to stop whatever they are doing and listen to the child. It is difficult to run the vacuum cleaner, cook dinner, or read the paper and, at the same time pay close attention to what the child is saying. Do not pretend that you are listening when you aren't. If you are busy talking on the telephone or entertaining guests tell the child, "I'm busy now, but let's talk about that later." Then be sure to follow through.

### **Use "You-Messages" Reflecting Child's Ideas/Feelings**

"You-messages" describe the child's feelings and encourage him to express his troublesome feelings.

Examples:

"You are sad because your dog died."

"You are upset because you didn't win the game."

"You are mad because Jenny wouldn't let you play with her new doll baby."

When children are allowed to express bad feelings freely, they seem to disappear like magic. Hiding bad feelings is self-destructive; they can lead to self-hate, headaches, ulcers, and violent actions.

**Remember: Actions can be labeled good or bad, but not feelings. Feelings are neither good nor bad. They simply exist, and their existence must be recognized.**

### **Talk With (Not At) Children**

Talking "at" the child is one-sided conversation "Put on your raincoat," "You are going to spill that," "You need a haircut." Adults who talk "at" children often use the excuse that a small child cannot converse at the adult's level. But no one including the young child likes to be talked "at." You may talk "at" the family dog, or even a tiny baby but try to talk "with" a young child.

Talking "with" a child is a two-way conversation, talking to him and then listening to what he has to say. Forming the habit of talking "with" children rather than "at" them will be especially helpful when they become teen-agers.

Taken From: <http://pubs.ext.vt.edu/350/350-721/350-721.html>



# 50+ Preschool Lunch Ideas

As you pack your child's lunch for school, healthy and nutritious is always the best choice. Here are a few ideas that you may want to consider:

## **MAIN DISH**

Peanut Butter and Jelly Sandwich  
Hummus and Whole Grain Crackers  
Tuna or Egg Salad with Crackers or Bread Waffle or French Toast Sticks  
Lunch Meat and Cheese Sandwich or Wrap Crackers with Meat and Cheese  
Hummus Wrap with Sliced Vegetables  
Sun-Butter Roll-Up with Jelly

## **Dinner Leftovers**

Pasta with Marinara Sauce  
Hot Dog on Whole Wheat Bun  
Cheese Quesadilla or Grilled Cheese  
Oatmeal or Yogurt Parfait

## **FRUIT**

Sliced Apples  
Unsweetened Applesauce  
Banana  
Grapes  
Fresh Berries  
Orange/Clementine  
Sliced Pears  
Avocado  
Watermelon  
Peaches

## **VEGETABLE**

Raw Baby Carrots  
Celery Sticks  
Sliced Cucumber  
Sliced Bell Pepper  
Sugar Snap Peas  
Cherry Tomatoes  
Precut Broccoli  
Precut Cauliflower  
Green Beans  
Corn  
Sweet Potato Sticks

## **DRINK**

Water  
100% Fruit Juice  
2% or Skim Milk

## **SNACK OPTIONAL**

Veggie Sticks/Straws  
Pretzels or Pita Chips  
Mozzarella Cheese Stick

Graham Crackers  
Popcorn  
Mini-Muffins

Sliced Cheese for Protein  
SMALL piece of chocolate  
Mixed Nuts

Yogurt  
Trail Mix  
Boiled Egg  
Rice Cakes

Granola Bar  
Jerky

