NEW BEGINNINGS

It never hurts to repeat positive advice to help manage a new year. The following is a clip from last years letter but it still fits. Hoping you find them useful.

The Sea of Learning truly wishes you all a wonderful and blessed new year.

New Years are filled with hopes, wishes, resolutions and desires. Much of it is also driven by our faiths’ that a new year will yield us better health and better circumstances in our lives than we had the year before.

Truth be told, the secrets for a successful transition into a New Year have to do with “Commitment”. Sure, we’ve all done the proverbial going through attempts for a few weeks to accomplish a particular change in behavior only to fall short. Then we fall back into the same routines.

NEW YEAR HIINTS: The following are a few hints to help achieve greater success.

- Set Reasonable Goals and Objectives: Realistic goals are more likely to be accomplished if they are truly things we can achieve.
• Plan:  
Actually plan out a strategy you can use to help you. Include reasonable time frames to accomplish the things we want to achieve.

• Get Help:  
Have others lend you a helping hand when you need an extra push or positive guidance.

• Try again:  
Get back up on the horse. If, or when we falter, dust yourself off and get back on track. We really do learn from our mistakes.

NOTES of IMPORTANCE:

Sign In: ALL parents “MUST” be signing their child in and out every day! (It is a state law and must be done)

9:00am Arrival:  
Please remember to have your child here prior to 9:00 am. Arriving past that arrival deadline may hinder your child’s ability to be cared for. Beyond 9:15 am. If you have not called, your child will not be able to attend or stay without a doctor’s note!

Change of Clothes: All children need a weather appropriate change of clothing, with their names on them.

Blankets: You may provide only one blanket. No pillows are allowed.

We Do NOT serve breakfast: We provide a simple snack at 8:30 am. Please do not drop off your children with a Sippy Cup, fast food breakfast or home meals. We are not geared to coordinating breakfast needs. Please make sure your children are nourished before they arrive at school.

Lunch Containers: All such containers, boxes, etc. must have an ice pack and the child’s name on it.

Footwear: No flip flops or open toed shoes are allowed.

Toys, Gum & Small Items: Please do not allow your children to come to school with Toys, Gum or small items as they tend to cause a disruption with student behavior and some items pose a safety hazard to your child or others.
Tuition Payment: Must be paid in full weekly. Please help us ensure there is no lapse in our services to provide care and program services to your children.

Sea of Learning
RESOURCES:
Valuable Resources may be found on our website: If you would like to share additional resource information, please contact us.
www.seaoflearningpreschool.com
If you have a specific request for information not presented, please don’t hesitate to ask and we will try out best to find or secure the information for you.

STRESS for Preschoolers:
As providers and caretakers, adults tend to view the world of children as happy and carefree. After all, kids don’t have jobs to keep or bills to pay, so what could they possibly have to worry about?

Plenty! Even very young children have worries and feel stress to some degree.

Sources of Stress
Stress is a function of the demands placed on us and our ability to meet them. These demands often come from outside sources, such as family, jobs, friends, or school. But it also can come from within, often related to what we think we should be doing versus what we’re actually able to do.

So stress can affect anyone who feels overwhelmed — even kids. In preschoolers, separation from parents can cause anxiety. As kids get older, academic and social pressures (especially from trying to fit in) create stress.

Many kids are too busy to have time to play creatively or relax after school. Kids who complain about all their activities or who refuse to go to them might be overscheduled. Talk with your kids about how they feel about extracurricular activities. If they complain, discuss the pros and cons of stopping one activity. If stopping isn’t an option, explore ways to help manage your child’s time and responsibilities to lessen the anxiety.

Kids’ stress may be intensified by more than just what’s happening in their own lives. Do your kids hear you talking about troubles at work, worrying about a relative’s illness, or arguing with your spouse about financial matters? Parents should watch how they discuss such issues when their kids are near because children will pick up on their parents’ anxieties and start to worry themselves.

World news can cause stress. Kids who see disturbing images on TV or hear talk of natural disasters, war, and terrorism may worry about their own safety and that of the people they love. Talk to your kids about what they see and hear, and monitor what they watch on TV so that you can help them understand what’s going on.

Also, be aware of complicating factors, such as an illness, death of a loved one, or a divorce. When these are added to the everyday pressures kids face, the stress is magnified. Even the most amicable divorce can be tough for kids because their basic security system — their family — is undergoing a big change. Separated or divorced parents should never put kids in a position of having to choose sides or expose them to negative comments about the other spouse.

Also realize that some things that aren’t a big deal to adults can cause significant stress for kids. Let your kids know that you understand they’re stressed and don’t dismiss their feelings as inappropriate.

Reducing Stress
How can you help kids cope with stress? Proper rest and good nutrition can boost coping skills, as can good parenting. Make time for your kids each day. Whether they need to talk or just be in the same room with you, make yourself available. Don’t try to make them talk, even if you know what they’re worried about. Sometimes kids just feel better when you spend time with them on fun activities.

Even as kids get older, quality time is
important. It's really hard for some people to come home after work, get down on the floor, and play with their kids or just talk to them about their day — especially if they’ve had a stressful day themselves. But expressing interest shows your kids that they’re important to you.

Help your child cope with stress by talking about what may be causing it. Together, you can come up with a few solutions like cutting back on after-school activities, spending more time talking with parents or teachers, developing an exercise regimen, or keeping a journal. You also can help by anticipating potentially stressful situations and preparing kids for them. For example, let your son or daughter know ahead of time that a doctor's appointment is coming up and talk about what will happen there. Tailor the information to your child's age — younger kids won’t need as much advance preparation or details as older kids or teens.

Remember that some level of stress is normal; let your kids know that it’s OK to feel angry, scared, lonely, or anxious and that other people share those feelings. Reassurance is important, so remind them that you’re confident that they can handle the situation.

Helping Your Child Cope
When kids can’t or won’t discuss their stressful issues, try talking about your own. This shows that you’re willing to tackle tough topics and are available to talk with when they’re ready. If a child shows symptoms that concern you and is unwilling to talk, consult a therapist or other mental health specialist.

Books can help young kids identify with characters in stressful situations and learn how they cope. Check out Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst; Tear Soup by Pat Schiebert, Chuck DeKlyen, and Taylor Bills; and Dinosaurs Divorce by Marc Brown and Laurene Krasny Brown.

Most parents have the skills to deal with their child’s stress. The time to seek professional attention is when any change in behavior persists, when stress is causing serious anxiety, or when the behavior causes significant problems at school or at home.

If you need help finding resources for your child, consult your doctor or the counselors and teachers at school.

Reviewed by: Steven Dowshen, MD
Date reviewed: February 2015

IT TAKES A VILLAGE
Services & Functions That Hit Close to Home

Note: If any of our parents out there would like to have their businesses presented in our newsletter, please share your interest with our office and we will make every effort to have them listed.

DONATE: We encourage our parents and the community to donate supplies and materials to the Sea of Learning as these help provide us with the tools to spark the interests of our children in how they express them selves. Empty paper rolls, scratch paper, etc......

DeCubellis Wellness Center

COMMUNITY NEEDS

SABRINA:
Our continued Prayers for the health of our student Sabrina. When one child is in crisis, it is felt through us all. Prayers for this sweet child.
We hope prayers are answered and that love and support are present in the lives of all those impacted by hardships.
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HAPPY NEW YEAR