

November 2023

Parent Newsletter



For Families

What's Up With That?

November is the month where we are reminded to be thankful!

Research shows that thankful people are usually more optimistic.

They are less depressed and stressed. So, when we teach our children to appreciate what they have, and what others do for them, we are helping them become happier, healthier adults. Here are some ways to help your child learn to be thankful.

1. Teach them to say thank you to the people who do things for them.
2. Tell your kids why you are thankful for them.
3. Talk about the things you are thankful for.
4. Show them how to help others. God's surprise blessing is how we feel grateful when we do!
5. Be consistent and patient. It's a hard concept to learn as a little person!



Dear Parents,
No one likes to be told how to feel. As an adult, nothing is more annoying than being told, "You're fine," or, "Get over it," when clearly, I am upset. Yet we do this all the time to little ones. When a child falls and has no visible injuries, we tell them, "You're okay," and expect them to stop crying and move on. When a child is mad we frequently expect them to get over it so we don't have to deal with their messy emotions. The other night, I told my grown daughter to stop worrying about the state of the world. Not cool, mom.

When we gloss over a child's emotions, we are really telling them that

what they feel is not valid. Our quickly uttered, "You're fine," might mean "I'm here for you," or "I'm going to take care of you," to us, but a child hears, "The feelings you are feeling are not good." I know when I am told by someone I love my reaction is out of line, I tend to double down on the emotion I am feeling. (Pro Tip- this applies to other relationships, like marriage.)

It is natural to automatically say, "You're fine." Don't beat yourself up when you do, but when you realize you've done it, you can always do better. Try these phrases instead: Are you okay? I'm here for you. Do you want a hug? Can I do some-

thing to help you feel better? I see you are (insert emotion word here), it's ok to feel that way. And when your little one is feeling all the feels, maybe just repeat "You're okay," to yourself, and you will both get through it!

I was able to salvage my conversation with my daughter the other night. I told her that her empathy for others is a beautiful thing. I said that I get sad when I watch the news too. I asked her, "What can I do to help you?" She simply said, "Keep talking to me when I need you." Isn't that all we need, someone to love us through all our emotions?

Cara



CCP Closed
Weds.-Friday
Nov. 22, 23 & 24
Happy Thanksgiving!

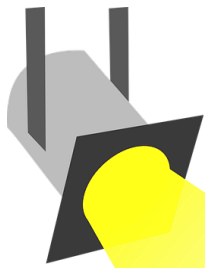
CCP is collecting items for the Northside Food Pantry!

You can help! Donate at drop-off or pick-up!

Here is a list of items to choose from.
Thank you!

- Canned veggies, canned fruit, canned meats
- Soups
- Dried Pasta, peanut butter, grape jelly
- Jiffy mix, Pancake mix, Baking mix, Cooking oils
- Household: TP, Kleenex, paper towel, laundry and dish soap
- Hygiene: soap, deodorant, shampoo, body wash, toothpaste, tooth brushes, tampons and especially pads.
- Diapers, all sizes.

For more information and a complete list, go to
<https://www.facebook.com/NorthsideFoodPantry>



November Spotlight!

Music & Movement

Weekly Themes:

Week 1 & 2 The Farm

Week 3: Colors

Week 4: Giving Thanks

Week 5: Silly Songs



Nursery Rhyme:

Two Little Blackbirds

Two little blackbirds, sitting on a hill
One named Jack, and the other named Jill
Fly away Jack, Fly away Jill
Come back Jack, Come back Jill

Let's Be Thankful (Twinkle, Twinkle)

Let's be thankful for this day
For our friends, our school, and play
Let's be thankful, let's be glad
For teachers and all that we have
Let's give thanks for you and me
For joy and love and family



Funny Turkey

A turkey is a funny bird
His head goes wobble wobble
He only knows one silly word
Gobble, Gobble, Gobble!



Sunday Mornings at Second!

- 9am-9:45 Sunday School for all ages
- 10am Worship

*4year olds through 8th graders begin in Sanctuary with their families. After "The Word with Children" students are invited to head to Children's Choir or are welcome to remain for the entire worship service.

- Sunday Morning Care is offered to our younger children.

Second Presbyterian Church is a welcoming community of faith where Jesus Christ transforms lives.

Children's Circle Preschool of Second Presbyterian Church
7700 North Meridian Street Indianapolis, IN 46260
(317) 252-5517 Fax: (317) 252-5590

Bible Time Adventure

Moses Leads the People

In November, the children will hear the story of how God called Moses to help his people. God loves us and wants us to be his helpers. We will hear how we can trust God in hard times and when we are scared.

Standing in the Corn Field (Itsy bitsy Spider)

Standing in the corn field, out in the sun
Picking all the ears of corn, one by one.
Cooking up the yellow corn, I can hardly wait!
Munching on the sweet corn,
Mmm! That tastes great!

5 Muddy Pigs

Down at the farm by the big blue lake
There were **5** muddy pigs for goodness sake!
One jumped in and washed the mud away,
And now that pig is ready to play!

If You Should Meet an Elephant

If you should meet an elephant on a summer's day
What would you do? And what would you say?
Say, "Good Morning, Elephant! How do you do?
Lovely morning Elephant,
Now may I dance with you?"
Tra la la la la la la, la la la la la la (x3)
Elephant Sound

Important Dates!

Nov. 22., 23 & 24	Thanksgiving- <i>Closed</i>
Fri. Dec. 22 -Jan. 5	Christmas Break- <i>Closed</i>
January 8	School Resumes
January 15	M.L. King Day- <i>Closed</i>
February 19	President's Day- <i>Closed</i>
Friday, March 29-April 5	Spring Break - <i>Closed</i>
Monday-Friday, May 13-17	Last Week of School