

March 2025

Children's Circle Preschool OF SECOND PRESBYTERIAN CHURCH



Parent Newsletter

Dear Parents,

The word gratefulness has been a big part of my daily journey this year at CCP. Don't tell anyone but I even use words describing gratefulness and thankfulness in many passwords as I sign into my life everyday! This isn't a new idea for me. I've been in a Bible study for 4 years. Every day I share my gratefuls to God with a friend. It has truly changed my way of thinking. I read an article recently that talked about how developing a grateful practice can reduce stress, enhance emotional balance and increase overall happiness. It's more than just saying thank you. It's recognizing even the small things you are grateful for. Maybe it's the swirl of cream in your morning coffee as you take that first sip or the feel of the little hand that holds yours on the way into school. Maybe the sound of laughter from your friend as you bump into each other in the hallway at drop off! These lovely things happen all day, everyday in one form or another. We just need to watch for them and remember them. I do believe being grateful changes us. I like what the article said that it's not about ignoring life's challenges (those are real!) but it's about finding a silver lining. A book I read a decade ago was actually a journal where the writer wrote down her gratefuls for 365 days in a row. She claimed that it helped her manage her depression and anxiety.

Another resource I found is the Daily Examen. A friend shared with me that at her children's school, they use the simple card (to the left) at the end of each day to pause and remember the things that brought them even a spark of joy that day. Maybe a great way to be grateful with your family? I've decided to use the CCP welcoming white board in March to write down gratefuls! I will place a marker on the board if you would like to add to it! I hope you find time every day to breathe and be grateful! Peace, Ren

The Daily Examen

1. Become aware of God's presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.

For Kids!

What's up with that?

"Music soothes the savage beast." It was written down by a man called Shakespeare!

Have you ever heard that phrase?

I think it means that music helps us calm down and makes us smile!

In music class, Miss Chloe has been introducing different instruments! Tell mom what the inside of a piano looks like! Tell dad about the guitar and the ukelele. Do you remember why the flute is called a wind instrument? Show mom and dad that playing a flute is like blowing out a candle!

Music is so important to all of us. It's fun and we get to learn new words, play fun instruments in rhythm and we learn to listen and play together! One of the best parts is hearing your friend's voice as you sing together!

Miss Ren



**Pre-Kindergarten
Spring Program**
Celebrating the Arts!
Tuesday, March 11th
6:30p.m.



Enjoy music and art presented by our Pre-K children! Watch for details from your child's teacher!



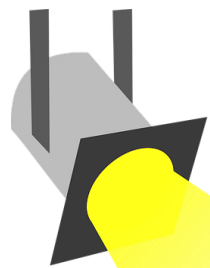
CCP Closed
SPRING BREAK
Monday, March 31
through Friday, April 4

CCP Summer School
May 27- June 17
CAN YOU DIG IT?
Tuesdays & Thursdays
9a-1pm



Registration-Weds. 3/12 Noon!

Second Presbyterian's
Vacation Bible School
June 23-27
Details coming soon!



March Spotlight!

Music & Movement

Monthly Theme:

Dinosaurs and The Ocean!

Long Long Ago

Long long ago when the Earth was young,
Dinosaurs lived here under the sun.
Some were big and some were small.
Some were fast, and some were tall.
Some could swim and some could fly.
Some could stretch up very high!
Don't you wish they still roamed free,
And lived somewhere that you could see?



Lepresaur

Rainbow Colors (twinkle twinkle)

Red and orange,
Green and blue,
Shiny yellow,
Purple too
All the colors that I know
Hide up in the big rainbow
Red and orange, Green and blue,
Shiny yellow, Purple too!



Pterofractal

What's Happening at Second Church?

Shrove Tuesday Pancake Party

March 4, 6 - 7:30 PM, Community Room

The Season of Lent begins on Ash Wednesday, but not before partying it up on Tuesday! Historically, the church celebrated "Shrove Tuesday" because people needed to consume all of the food they would be fasting from during the season of Lent. Fasting or not, why not mark the beginning of the season together by eating pancakes for dinner?

-Following the meal, families will be invited to participate in our Lenten Workshop, learning more about the season and how to walk through it purposefully and prayerfully. Finally, before you go home, you'll be invited to receive the imposition of ashes mixed with sparkles, — a perfect rendering of our humanity AND our beloved-ness!

Sign up here! <https://www.secondchurch.org/cfm-shrovetuesday>

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

Children's Circle Preschool of Second Presbyterian Church
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Godly Play:

This month we will begin to prepare for Easter as we learn about the "Faces of Easter." Our stories will follow Jesus' life from birth all the way to the mystery of Easter.

I'm a Little Leprechaun

I'm a little leprechaun
Dressed in green
The tiniest man you've ever seen
If you can catch me
So it's told
I'll give you my pot of gold!

Take Me Out to the Ocean

Take me out to the ocean
Take me out to the sea.
Show me the foamy waves rolling
there.
Let me breathe in the salty air
Let me look, look, look at the ocean
To see the sea and explore!
'cause it's fun to dive from the top
to the ocean floor!



Important Dates!

March 31—April 4th	Spring Break - Closed
Friday April 18	Good Friday-Closed
Monday, April 21	Easter-Closed
Monday-Friday, May 12-16	Last Week of School
Tuesday, May 27th	Summer School begins