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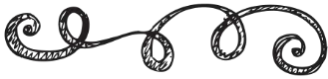
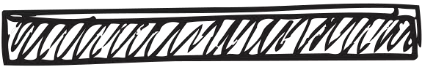
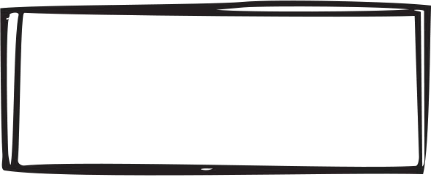
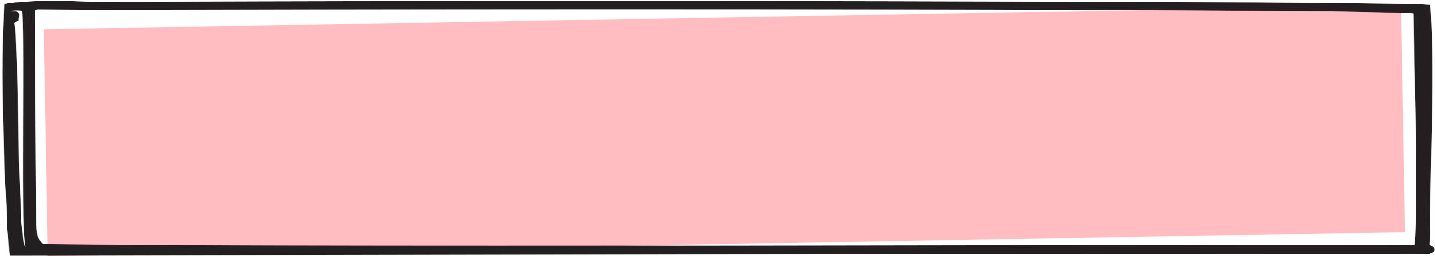
***Your monthly guide to school news, information, and events.***

**Maryland State Department of Education License Number 32975**

*NASA Goddard Child Development Center’s*

**FEB | 2023**

The Lunchbox Press



#### Parent Letters Due

Feb 10

#### Postal Carrier Visit

Feb 13

#### Friendship Celebrations

Feb 14

#### Scholastic Book Fair

Feb 13-17

#### Federal Holiday: GCDC Closed

Feb 20

#### 100th Day of School

Feb 21

#### Parent Advisory Committee (PAC) Meeting

Feb

#### GCDC Airplane Contest

March 10

**St. Patrick Day** Smoothies March 17

**Cookie Sampling Project**

March 20-22

Skill 1: Focus & Self Control

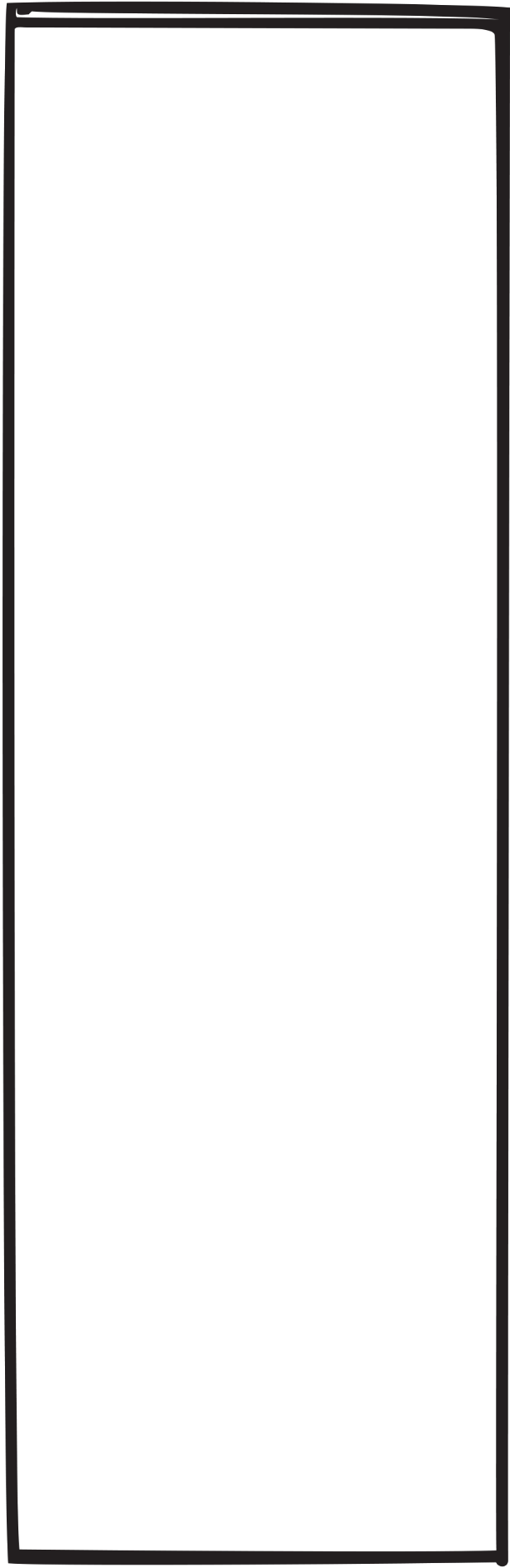
By National Association For The Education Of Young Children

Self-control and focus are both important skills for children to practice in order to succeed in school. Children play many fun games and activities in the classroom to help them learn these key life skills.

Here are some that you and your child can do together:

* **Swap in different words to favorite songs**. Have fun singing songs with a twist. For example, sing “The wheels on the train go round and round” instead of the “Wheels on the bus go round and round”. Does your child notice when you use different words? This game can help children develop listening skills.
* **Play games like Simon Says, I Spy, and “I’m thinking of something that starts with the letter…”**  These games help children practice focusing, paying attention, and remembering rules – all while having fun.
* **Play an opposite game**. To help your child think flexibly, try playing a game where you do the opposite of what you say; for example, say “Simon says, touch your feet” while you touch your head. Or say you will dance quickly to slow music, then put on fast music and dance slowly.
* **Play sorting games while cleaning up**. Suggest picking up toys of a particular type, color, or shape. “Let’s pick up the blue crayons first, then the red crayons.” Even cleanup time can be fun and help children focus and think flexibly.
* **Try singing a song while waiting in line or at a restaurant**. Children who have tools to help them manage their behavior while waiting-like singing a favorite song-are ultimately more successful in pursuing goals with less frustration and distraction.
* **Choose books, games, and activities that reflect things your child finds interesting** – Whether it’s trucks, flower, or bugs! Children focus best when they care about a topic. What does your child talk about? What themes come up as they play?

These activities are adapted from Ellen Galinsky’s article “Skill 1: Focus and Self Control,” the second in her series the 7 essential Life Skills, in TYC, volume 9, number 3, page 10. (2018)



**2022-2023 GCDC**

**Association Board of Directors**

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Secretary

##### Brad Cenko

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##### Robin Mahoney

Acting GEWA Operations Manger

##### Meetings

**Are Scheduled Monthly.**

GCDC Family’s That Have Questions or Concerns About Our Program May Visit Board Meetings at Any Time for the first 10 minutes that Meetings are in Session.



***Mindful Kids*** by Whitney Stewart

***My Dad is a Pretze*l** by Baron Baptiste

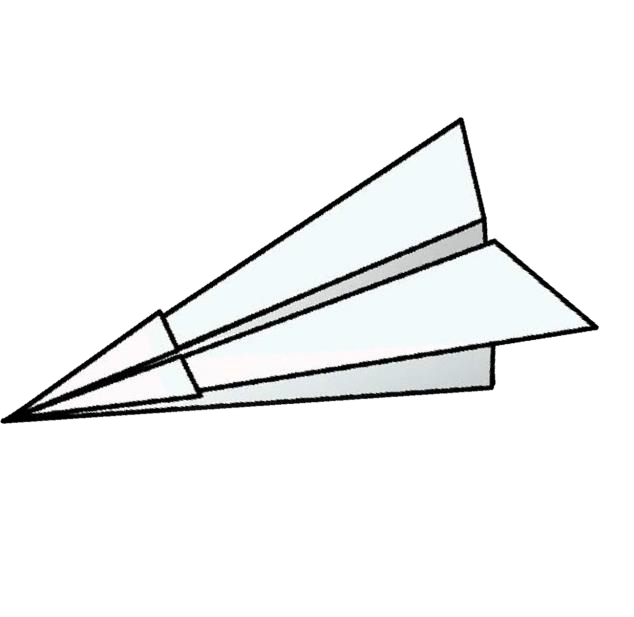
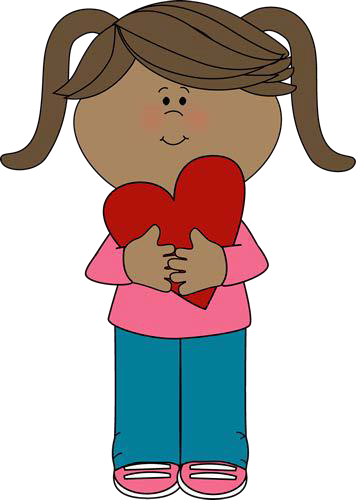
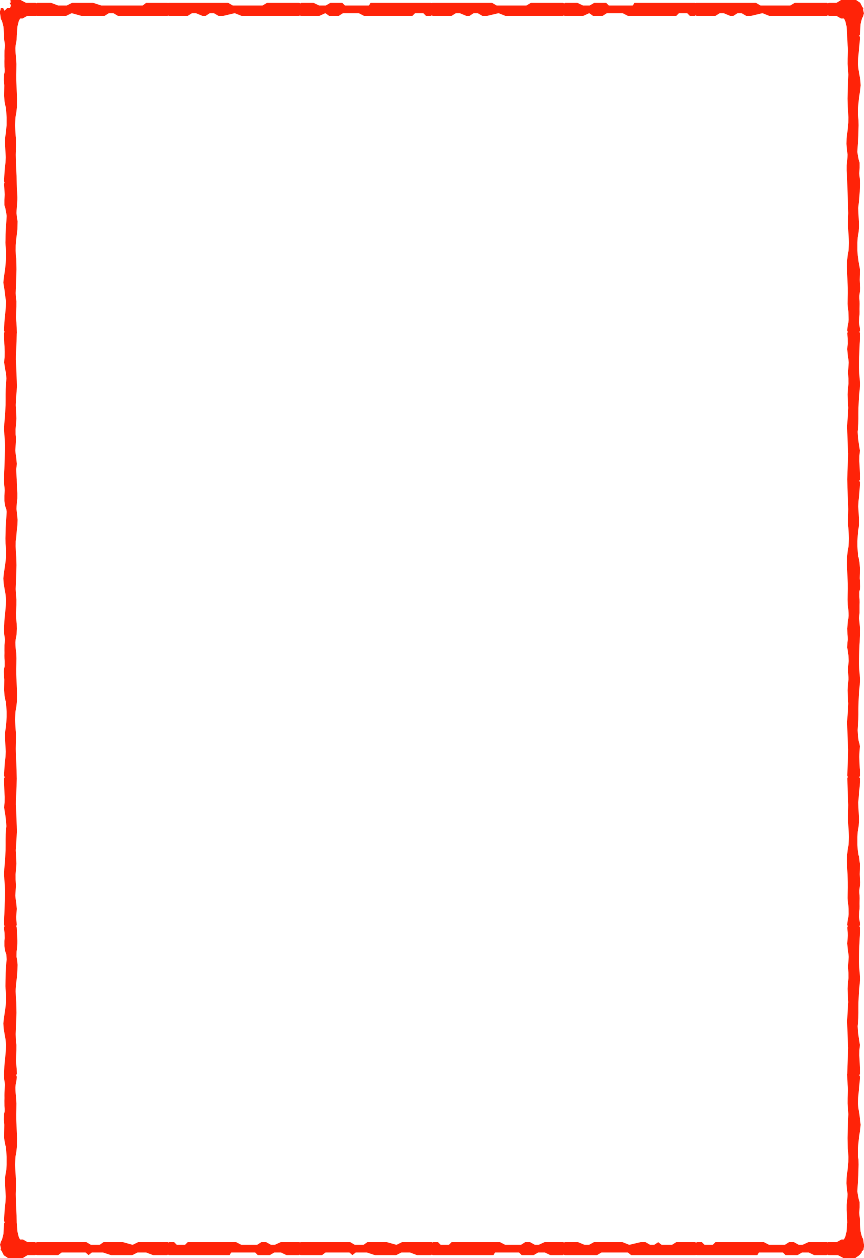
***Yoga Pretzels: 50 Fun Yoga Activities for Kids and Grownup****s* by Baron Baptiste and Sophie Fatus

***Harini and Padmini Say Namaste*** by Amy Maranville and Tim Palin

***Good Night Yoga: A Pose-by-Pose Bedtime Story*** by Mariam Gates and Sarah Jane Hinder

***Mindful Kids: 50 Mindfulness Activities for Kindness, Focus, and Calm*** by Whitney Stewart and Mina Braun

***I Am Peace: A Book of Mindfulness*** by Susan Verde and Peter H. Reynolds



### PG County Department of Rec. Present’s Bookworm Garden: 3rd Saturday of every month

### Riverdale House Museum <https://www.experienceprincegeorges.com/event/bookworm-garden/23377/>

### Locust Grove Nature Center- Bethesda MD 7777 Democracy Blvd.

<https://montgomeryparks.org/special-events/>

### The Happy Yogi Music and Yoga for Preschoolers

<http://thehappyyogi.com/>

**Friendship Celebrations**

Each class will have a friendship celebration on Tuesday, February 14th. See your child’s Teacher for details specific to your child’s class.

**Paper Airplane**

## Contest

GCDC will have a Paper Airplane Experiment/Contest on **March 10, 2023.** This activity requires parent participation. There are two parts to the experiment/contest

\*\*distance and length of time airborne. \*\*

First children will make paper airplanes in their classrooms with their teachers. We will record their time and distance. Then they will take their planes home and work with parents to determine if they need to start over or just change a few things to improve on their time and distance. Parents must work with their children at home to come up with the best paper airplane design.

Planes must be made of paper only. Please do not use other materials.

Parents should bring the airplanes to school the day of the contest.

## Enrollment Intention Forms

**Due: April 1, 2023**

GCDC currently has **72** children enrolled. We would like to hit an enrollment goal of **78** by Mid-February. We currently have **2** vacancies left in our **Preschool 2’s** program, **1** vacancy in our **Preschool 3’s** program, and **2** vacancies in our **Preschool 4’s** program. Please tell your friends and colleagues to help us hit our enrollment goals.

Enrollment Intention forms will be distributed on **March 1st.**

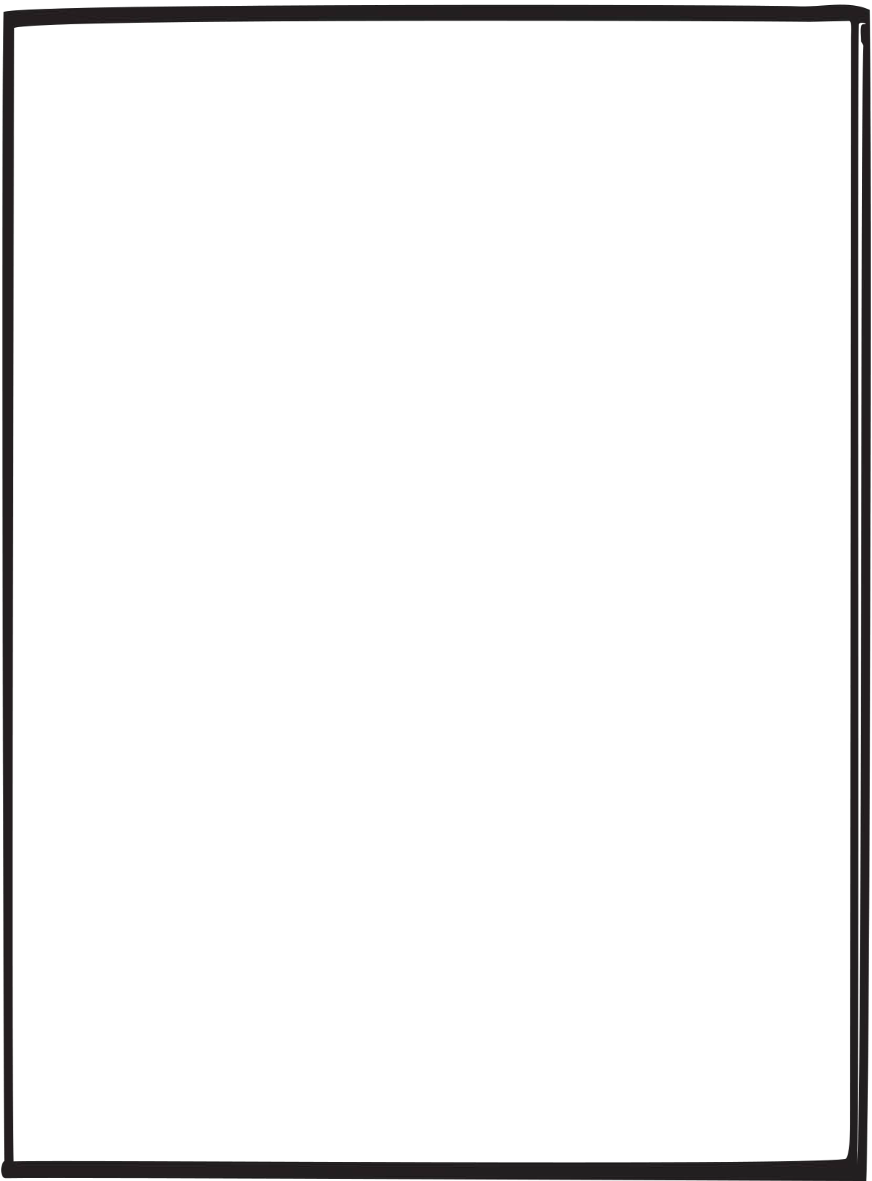
Please complete them by the due date to reserve your child’s space for the 2023-2024 school year.

Once we receive all forms, we can begin planning for classroom placements for next year. This data will also help us to determine what spaces we will have available for our summer program.

**Newsletter Editor**

Leona Adams GCDC Program Director

**Contributors:** Chanel Trent Keyohna Wallace Lakshini Wijeweera



# Character Trait of The Month

**Postal Worker Visit**

Our annual postal carrier visit is scheduled for February 13th. Parents letters to children and teachers are due February 10th. Please provide them at drop off to your child’s teacher or the front office.

The character trait of the month is **Fairness.** Through studying this character trait, we want children to understand that people of character:

Play by the rules • Take turns and share • Be open-minded; listen to others • Don’t take advantage of others • Don’t blame others

carelessly • Treat all people fairly

**January Reflections**

A picture containing indoor, cluttered, several

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###### PS 2: Comets

Exploring Wind

###### PS 3: Milky Ways

Pre-Writing Development

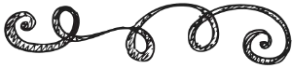
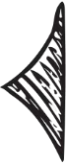
###### PS2: Comets

Literary Authors



###### PS 3: Milky Way’s

Sustaining Play w/Peers



**Current Volunteer Opportunities:**

Technology/Coding Lesson for Pre-K Classes

Create an online Library Catalog System for Teachers

Accreditation Portfolio Support

Organization/Inventory Support

Support Little Dippers with Cleaning Materials



###### PS4: Shooting Stars

Classroom Cooking

###### PS 2-3: Little Dippers

Job Helpers

###### PS4: Shooting Stars

###### Board Games with Peers

###### PS 2-3: Little Dippers

###### Responsibility



A child coloring on a paper

Description automatically generated with low confidence

BIG QUESTION OF THE MONTH: (Each child can come to the office to answer the monthly safety question, for participating they can sign the office door and pick a prize)

this month we will begin ASKING SCENARIO questions. HAve you talked with your child about what to do if you ever get seperated? Before asking: Develop the plan you want to introduce to your child. Ex. Stay put, only talk to people with name tags on, Get help from another mom with children. It’s important you describe this all in great detail yet keep the step’s simple. We will then ask the children to describe their safety Plan to an Administrator.

A couple of young girls eating at a table

Description automatically generated with low confidence

###### Pre-K: Constellations

###### Cloud Presentations

###### Cloud Making

###### Celebrating Chinese New Year in Dramatic Play