

Tolland Family Resource Center



November

Newsletter

Dear Families,

It is with sadness that we enter this month affected by traumatic events in the world beyond our control. Unthinkable events are changing our sense of safety and well-being. It is extremely difficult for us as parents to shelter our children from the real world, as the media is everywhere. They may not understand what they hear others speaking of. They are sensitive to our stress as adults. Listen to them and answer their questions as simply and honestly as you can. Spend extra time making them feel safe and loved and listen to their concerns. Let us know if we can help.

More information and suggestions on our webpages

www.tolland.k12.ct.us/community/family_resource_center

Anxiety and Depression Association of America

ADAA member Aureen Wagner, PhD, Director of [The Anxiety Wellness Center in Cary, North Carolina](#), offers this recommendation for parents:

These tips are important for children and adolescents of all ages:

- Reassure them that you'll do everything you can to keep them and their loved ones safe.
- Encourage them to talk and ask questions
- Let them know that they can be open about their feelings.
- Answer questions honestly.
- Protect them from what they don't need to know.
- Avoid discussing worst-case scenarios.
- Limit excessive watching and listening to graphic replays of the traumatic event
- Stick to your daily routine as much as possible.

My original intent was to begin this newsletter with a thankful post!

My knee replacement surgery went beautifully and I am home working hard to recover! I can't wait to get back to play! Thank you to all for your kind wishes and sweet messages. Each and every thought has made me smile! I am **thankful** for the terrific FRC staff for all their hard work to keep things running.

This newsletter is intended to highlight our programs and upcoming activities. Please visit our webpage frequently for updated information and registration for specific programs!

http://www.tolland.k12.ct.us/community/family_resource_center

Feel free to email me with any questions! lleibowitz@tolland.k12.ct.us

Our **Fall Family Harvest Night** was filled with 47 special visitors dressed in their costumes enjoying a variety of games and activities. Special thanks to Mrs. Mulkin, Mrs. Morse, Mrs. Hiller and Mrs. Bradford for their time and energy planning. Also thank you to Mrs. Mancini, Mr. Mulkin, Miss Roshkowski and Mr. Roshkowski for helping out during the event.

The **Lion's Club Vision Screening** was huge success. An amazing 679 children were screened throughout town and 40 referrals were made. More than 200 additional children were screened than last year!! Thank you so much to Steve Gudernatch and the Lion's Club for this wonderful service.

Extra goodies you'd like to share?

The Tolland Fire Department is collecting candy for distribution during their Santa's Sleigh tours. If you have **excess candy**, donations can be brought to the training center or sent into Mrs. Leibowitz and she will deliver.

Tolland Food Bank is always looking for donations of non-perishables! A great tradition to share with you children is the gift of giving to others!

November Happenings!

November 1

Early Release Day – Parent Teacher Conferences

Afterschool program opens at the end of school for those children enrolled on Thursday afternoons (additional \$10.00 fee)

November 2

No School- Parent Teacher Conferences-FRC-SAC open advance registration required (Must have 15 children registered to open)

November 5 (snow date November 12)

FRC Early Childcare Provider Training 6:00-8:00 PM

This month's topic will be **Daily Environment: Setting up and assessing your classroom, schedule and routines for success.** Please join us for this night of interactive discussion. RSVP to Jodie Sprague Jodie_sprague@hotmail.com. Please come to the FRC entrance between 5:45 and 6:00 PM (first parking lot on right as you enter BGP). Walk up the sidewalk along the garden to the side door. Buzz and tell the FRC staff you are there for training. Training will be upstairs in the second grade teacher's lounge.

November 6

Election Day- Don't forget to vote and let your children know how lucky we are as Americans to have the privilege and responsibility!

FRC Preschool 3's and 4's Music Together Family Night, Join Miss Jane, Miss Rebecca and the other FRC families for a fun night of Pizza and Music Together, November 6, 6:00 PM. Please use the side entrance at the front of the school by the gym.

November 14 -6:15-7:30 PM at Birch Grove

FRC Family Let's be Thankful Pot Luck and Art Show, sign up today to join us for this wonderful family evening for our School Aged Families. Let your kids show you all the beautiful and creative art work they have been having fun creating. Each family is asked to bring a dish to share...may be homemade or store bought! Please use the side entrance at the front of the school by the gym.

November 28 & 29

TERAC (Tolland Early Readiness Advisory Council) November 28 evening meeting in the Birch Grove Media Center 6:30-7:30 PM.

Thursday, November 29, 9:00-10:00 AM- Daytime meeting and playgroup at the FRC. Open to those available during the day, especially after

dropping children off at preschool in town! Come share your ideas, meet other parents and enjoy some baby playtime!

December Fun!

December 3-6

Free Child Developmental Screening Week for ages 1 month to 5 ½ years old. Call to schedule appointment 860-870-6750 ext. 30215.

December 3

Early Childhood Professional Training 6:00-8:00 PM

Topic: Everyone is Different: Working with Children of All Abilities and Communicating with Parents about their Child. Second Grade Teacher's Lounge (snow date 12/10)

December 7

Early Release Day- Faculty In-Service

Afterschool Program opens at the end of school for those children enrolled on Friday afternoons (additional \$10.00 fee)

December 14

Family Gingerbread Night 6:00-7:00 PM BG Cafeteria (snow date 12/20)

December 21

Early Release Day- Winter Break begins

Afterschool Program opens at the end of school for those children enrolled on Friday afternoons (additional \$10.00 fee)

**December 24-January 1 Closed-Winter Break
SAC reopens Wednesday, January 2, 2019**

All Star Bowling for Special Needs Bowlers will begin December 6. It will be held from 5:00-6:00 PM on Thursdays at Spare Time in Vernon. We need Buddies to cheer on our bowlers!

Call or email to register. lleibowitz@tolland.k12.ct.us (860) 870-6750 x 30215

Program News

FRC Preschool

Remember to send your child with a jacket or sweater and sturdy shoes as we try to get outside as much as possible when weather and time allows. We sometimes get to run and play in the gym when we can't go outside.

PS 3's and 4's themes for November include be Healthy Me, My Family and Thanksgiving. 3's will begin color days and 4's will begin letter days including a trip to Big Y.

Preschool Enrichment

Our Preschool Enrichment children have been developing into a good group of friends. They are helping each other grow and learn by building together, creating artwork, and even teaching each other how to write As and Bs. In November, we will continue our trek through the alphabet, learn about community helpers with visits from the Fire Department and a police officer, and talk about gratitude, the fall harvest, and family.

This month we will also have a visit from "2 Right Feet". You can visit their website www.tworightfeetmusic.com to learn more about them.

Don't forget these important dates in November:

Thursday, Nov. 1st, Early Release Day - REMEMBER 12:00 pick up

Friday, Nov. 2nd-No School

Wednesday, Nov. 22- Friday, Nov. 24th...No School (Thanksgiving Break)

Before and After School Care Program News

At TIS and Birch Grove the FRC children have been enjoying the beautiful fall weather by playing outdoors. We will continue to release our energy outdoors as much as possible. Please be sure your child dresses appropriately for outdoor play.

The children have also been very excited to work on a variety of art projects for our upcoming Let's be Thankful Pot Luck and Art Show. We hope all our FRC families will be able to join us for a wonderful get together on November 14th. The children continue to have homework time and free play time. If you have any questions or concerns, please contact us.

**Don't miss our SAC Let's be Thankful Pot Luck and Art Show
Thursday, November 14, 2018 at Birch Grove School's cafeteria from
6:15-7:30pm. Sign-ups are by the sign in/out sheets.**

Words to think about - Thankfulness and Gratitude....

Gratitude is one of the most powerful emotions that you can practice and share with your children in your everyday life

1. "Gratitude can transform common days into thanksgivings, turn routine jobs into joy and change ordinary opportunities into blessings." -- William Arthur Ward
2. "Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." -- Oprah Winfrey
3. "If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get." -- Frank A. Clark
4. "Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good." -- Maya Angelou
5. "Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude." -- Ralph Waldo Emerson
6. "Gratitude is not only the greatest of virtues, but the parent of all others." -- Marcus Tullius Cicero
7. "The unthankful heart discovers no mercies; but the thankful heart will find, in every hour, some heavenly blessings." -- Henry Ward Beecher
8. "We must find time to stop and thank the people who make a difference in our lives." -- John F. Kennedy

9. "Thank you is the best prayer that anyone could say. I say that one a lot. Thank you expresses extreme gratitude, humility, understanding." -- Alice Walker

10. "None is more impoverished than the one who has no gratitude. Gratitude is a currency that we can mint for ourselves, and spend without fear of bankruptcy." -- Fred De Witt Van Amburgh

11. "Gratitude always comes into play; research shows that people are happier if they are grateful for the positive things in their lives, rather than worrying about what might be missing." -- Dan Buettner

12. "The roots of all goodness lie in the soil of appreciation for goodness." -
- Dalai Lama

13. "When I started counting my blessings, my whole life turned around." -- Willie Nelson

14. "Appreciation can change a day, even change a life. Your willingness to put it into words is all that is necessary." -- Margaret Cousins

15. "If you are really thankful, what do you do? You share." -- W. Clement Stone

16. "There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." -- Albert Einstein

17. "Look at everything as though you were seeing it for the first or the last time, then your time on earth will be filled with glory." -- Betty Smith

18. "When you give and carry out acts of kindness, it's as though something inside your body responds and says, 'Yes, this is how I ought to feel.'" -- Rabbi Harold Kushner

19. "Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving." -- W.T. Purkiser

20. "All across America, we gather this week with the people we love to give thanks to God for the blessings in our lives." -- President George W. Bush

News from Music Together Miss Rebecca and Miss Jane, Arts from the Heart, llc

Hello FRC families!

Check out Music Together's free "Hello Everybody" app for iPhone, iPod, iPad, or Android device. It's an easy way for you to access your Music Together songs, whether you are at home or on the go! Log in with your Family Music Zone account—or create a new one right from the app—to get your song collections into the app. Use the code on the inside of your CD folder. Then, have fun singing and dancing along from wherever you are. Here are some of the features of the app for you to explore:

- Stream your songs or download them so your family can sing and play along even when you don't have Internet access.
- Show or hide on-screen lyrics.
- Turn the vocals up or down—or off completely for an instrumental track to make up your own words.
- Use your device's camera to record to the music and easily share with friends.
- Flip through the colorful pages of Music Together's award-winning Singalong Storybook *Hello, Everybody!*

Even if you are not currently in Music Together Family classes or Preschool, there are still songs loaded in to the app to enjoy! Download the Music Together "Hello Everybody" app from the App Store or Google Play today!

If you'd like more information on our Music Together Family classes, Babies classes or Rhythm Kids (4-8's) check out our website at www.artsfromtheheart.net

Have fun making music together this Fall!

Miss Jane and Miss Rebecca

TOLLAND FAMILY RESOURCE CENTER'S INCLEMENT WEATHER PROCEDURES

If the Tolland Public Schools are closed due to inclement weather then the Tolland Family Resource Center is closed.

Weather delays and early closings

Announcements will be made on the WFSB website.

It is the parent/guardian's responsibility to monitor weather related delays, closings, and early dismissals and to cooperate with school personnel as we work to ensure student safety.

School Age Care

The Before School Program will follow the School System for delays:

* 2 hour delay the FRC opens at 9:00 a.m. for children registered in the before school program for that day. (This is to allow enough time for the parking lot and sidewalks to be treated)

Early Dismissal

When there is an early dismissal due to inclement weather the FRC will close at 3:45 p.m. However, if Birch Grove and Tolland Intermediate School closes before 12:45 p.m. then FRC will close 2 hours after the end of school; for example if Birch Grove closes at 11:00 a.m. then FRC will close at 1:00 p.m.

Late fees pick up fees apply on early dismissals.

FRC Preschool

If Tolland Public Schools are closed there is no FRC Preschool

If Tolland Schools have a delayed opening, 90 minutes or 2 hours, FRC morning preschool will open at 11:00 a.m. and will run until 12:00 p.m.

Four Year Old FRC afternoon Preschool will start at 12:00 p.m. as usual.

If Tolland Schools have an early dismissal, the afternoon Four Year Old FRC Preschool will be cancelled.

FRC Preschool Enrichment

If Tolland Schools have a delayed opening, 90 minutes or 2 hours, Preschool Enrichment will open at 11:00 a.m. and will run until 1:30 p.m.

If school closes early Preschool Enrichment will close at 12:00 P.M.

FRC Playgroups at Birch Grove and TIS

If Tolland Public Schools are closed there are no FRC playgroups

Morning playgroups are cancelled on delays and **afternoon playgroups** are cancelled on early closings.

Please remember to call if your child will not be attending.



Thank you for sharing your awesome children with us. Join us as you are able and let us know how we can help support you and your family!

Our best,

Laurel Leibowitz and the amazing FRC Team