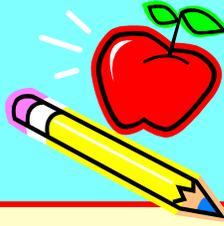




# THE WEEKDAY MESSENGER



Weekday Ministries  
Child Care Center

Mettelise Ziegler, M.S.  
Director

## November 2020

### Holiday Resilience

We have all known children who seemed to beat the odds. You may be among them. Some children have to endure a lot in their young lives. What makes some of them grow into strong adults while others are weakened by emotional baggage and destructive habits?

**Resilience.** According to Harvard University, building resilience is the key to a strong adult. How do we do that?

**Relationships.** One stable, committed relationship with a supportive parent, caregiver or other adult makes the difference.

A supportive adult helps a child build a sense of self-efficacy. What does that mean? It means helping a child learn that there are things they can control in a hard situation. There are choices they can make. There are skills they can employ.

A supportive adult provides opportunities for a child to strengthen adaptive skills and regulate their emotions. This can mean helping children find ways to figure out solutions to problems without dissolving into fits of rage. It means coming up with coping skills rather than giving in to temper tantrums or giving in to tough situations.

A supportive adult does not fix every problem for their child. If they did, the child would never be able to stand on their own two feet. They would not be able to weigh options or develop confidence in their ability to conquer challenges.

A supportive adult uses sources of faith, hope and cultural traditions to encourage a child when things are tough. This is when holidays are useful. Families can pass along their faith, point to the hope that comes from trusting God, share the stories of hardship endured by ancestors and embrace the yearly traditions that give a sense of meaning and dependability to children.

The COVID Holiday Season is almost here. It can be full of teachable moments for your child that will have life-long impact. It is up to you, supportive adult!

[www.developingchild.harvard.edu/science/key-concepts/resilience](http://www.developingchild.harvard.edu/science/key-concepts/resilience).

### Upcoming Events

Remember that we are **closed on Election Day** - Tuesday, Nov. 3rd. The building will be wide open to the public, as ours is the location for two polling places.

We will be **closed on Thanksgiving** - Nov. 26th and remain closed the day after, Black Friday.

Please do not forget to check the weather before bringing your children. If we delay, we will post immediately to the REMIND app and all three local television stations by 5:30 am. We do our best to clear the parking lot, but sometimes it is hazardous. To receive emergency messages on REMIND, go to [rmd.at/missmette](http://rmd.at/missmette). Download to your smartphone. Our class name is *Weekday Ministries Child Care*. Our class code is *missmette*. If you signed up last year, do not sign up again. You are already active.

Please bring a canned good or other non-perishable item for the food pantry. Bring items to the classroom so teachers can use them to encourage the values of giving and sharing. The food pantry serves over a hundred local family units in need each month. The Pre-K classes will bring their items as offerings on chapel day, Nov. 10th.

**Child Health Reports are mandatory!** They must be dated every 3-6 months for children under two. For children over two years of age, they are expired if older than 12 months. We are required to check for current flu vaccines. When your child receives immunizations, send us a copy.

Thankful

*Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.*  
1 Thessalonians 5:16-18

## Classroom Highlights

Infants wish Happy 1<sup>st</sup> Birthday to Haley & Austin! They are creating photo projects of their little turkeys this month.

Super Tots and Tiny Tots are learning that food comes from God. They are still learning about Autumn and will be experiencing Thanksgiving in their classrooms. They are learning about Pilgrims and Native Americans as they learn about sharing, kindness and customs.

Older Toddlers are learning about Thanksgiving, where food comes from, community helpers including police officers, firefighters and trash collectors, Veteran's Day and kindness. They are painting with broccoli, of all things!

Jr. Pre-K themes include fruits and vegetables, friendship and Thanksgiving. Letters are P & T. Do vegetables grow above or below the ground? Do acorns sink or float? On the 20<sup>th</sup>, they are making friendship fruit salad. More on this activity later.

Sr. Pre-K is super busy this month. Letters are Gg, Hh and Ii. They will be making butter and vegetable soup. Bring a lidded container along with your assigned soup ingredient on the 19<sup>th</sup> so you can take some home to share. Other themes include what it means to be thankful; opposites, food groups and healthy nutritional choices. There will be a special feast on 11/25.

## Reminders

- Use the handicapped entrance only. It is marked by the blue handicapped chair icon.
- Social distance in the hallways.
- Report illness to us.
- Call if your child is absent.
- Get flu shots and documentation to us by the end of November.
- Wash your children's hands. Constantly. Every time they come into the center.
- Take home cups and nap things to be washed well.

Have a Happy Thanksgiving. We have so much to be thankful for!

## Special Dates

Please see our website. The Health Form and Parent Handbook are posted there.  
[www.mlumc.org](http://www.mlumc.org).

### November

- 1 Sunday...Turn your clock back one hour!
- 3 Election Day - CLOSED
- 26<sup>th</sup> & 27<sup>th</sup> Thanksgiving Break - CLOSED



### Children:

Haley B.	11/8	1 year
Teddy S.	11/12	4 years
Austin B.	11/12	1 year
Margot K.	11/14	2 years
Benicio	11/15	2 years
Liam K.	11/21	4 years

### Teachers:

Mrs. Brack 11/8



United  
Methodist  
Church

## MLUMC Corner

Reverend Tom Strandburg, Pastor  
*You are invited!*

- Worship 8:30am and 11:00am in person or online