

SEAS Preschool

2135 15th Street West

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Dear Preschool families,

February brings the opening of registration, discussions about healthy eating, community helpers, spirit week and the start of Lent.

REGISTRATION IS OPEN!!!! Registration is now open for enrollment for the 2018-19 school year! Please visit our web page <https://www.seas-school.org>. The incentives happening now for enrolling by **Feb15th** are:

- Kindergarteners register by **Feb 15th** and receive **\$200** off your tuition.
- Be entered into a drawing to receive either **\$200 off of your Fundraising Obligation** or **\$500 off of your tuition!**
- Receive your first choice for Preschool options!

If you have any questions about the process please contact Kelly H at 651-437-3098 or myself at 651-438-3223.

THANK YOU for being a part of our family and we look forward to having you next year!

We will be celebrating **Valentine's Day** on **Monday Feb 12th** and **Tuesday Feb 13th** due to Ash Wednesday falling on Feb 14th. You have the option to bring in a small treat to share with your child's classmates. **These treats must store bought and peanut free!** For exact numbers and suggestions of items to bring in, please speak with our teachers.

Preschool will be celebrating **Lent** this year by performing extra good deeds throughout the **40 days**. Starting **Feb 14th**, each child will receive either foot prints or hearts. Each time your child performs a good deed, write the good deed on the footprint or heart and bring them into to school. We will hang them in our hall ways. These will represent that Jesus is in our hearts and we walk with him every day.

Upcoming Events

Feb 5th-Feb 9th – Spirit Week

Feb 12th & 13th – Valentine's Day celebrations

Feb 14th – Ash Wed

Parish member coming to speak about the ashes..

Feb 16th & 19th – No School

March 1st – Preschool Family Night

March 2nd – No School

March 12th-16th – Spring Break

A reminder letter will be going home to our all day families regarding **requirements mandated by the state of MN** about **bag lunches**. Please review these requirements and be sure to have these components within your child's lunch each day of attendance.

Feb 25th we are having a **Preschool Open House** after the **10:00 AM** mass. Please come and join us as we take a tour and see Creature Encounters!

March 1st is our Preschool Family Night! Please mark your calendars! More info to come!

A new program will be starting soon **called Early Catholic Family Life (ECFL)**. This program was founded by Joanne and Alan Foley through the Archdiocese of St. Paul and Minneapolis. The goals of the program are:

- To provide parents with tools and opportunities to teach their children the Catholic faith.
- To strengthen the faith of parents and enhance their knowledge of the Catholic faith through active personal involvement in faith formation and through the witness of other faith-filled families.
- To develop relationships and connections with other Catholic families through small group discussion of Catholic topics of interest to parents.
- To grow our Catholic preschool enrollment.

Blessings,

Shauna Thilmany – Preschool Director



Huck – Feb 7th

Archer - Feb 9th

Stella S – Feb 13th

Half Birthdays

Stella A – Feb 8th

Ridley – Feb 21st

Isla – Feb 27th

Tip Corner

My Plate Tips for Preschoolers

1. Finding your healthy eating style
 - a. Provide a variety of fruits, vegetables and protein choices.
2. Focus on whole fruits!! Whether fresh frozen or canned be sure to have them at every meal!
3. Make sure half of your grains come from whole grains!
4. Mix up those proteins! Try fish, unsalted nuts, peas, tuna and seafood!

5. Drink water instead of sugar drinks!
6. Get your daily dose of dairy products! Items such as low-fat milk, cheese, yogurt and fortified soy milk are excellent choices.
7. Have a picky eater??? Try these tricks to encourage new items:
 - a. Let your kids be the produce pickers
 - b. Have your child help prepare meals with you.
 - c. Offer three choices of a fruit or vegetable. Do not allow them to say no...
 - d. Enjoy family meal time together! This is the most FUN!
 - e. Prepare meals that the whole family will enjoy! No need to make 4 separate meals at once..

For more information please visit www.myplate.gov! They have wonderful ways to help guide busy families stay healthy and fit!