



"The GMC CEC admits students of any race, color, and national or ethnic origin."
DCF # C01ES0238; ACSIS#186886



April 2024



The Parent Well...

As parents we all hope that our children get to achieve the great American Dream. The American Dream is defined as "the ideal that every US citizen should have an equal opportunity to achieve success and prosperity through hard work, determination & initiative." How do we help our children achieve success & prosperity? Perhaps it is in helping them establish healthy habits. Habits, in large part, chart the direction of our lives. While the sum of one's bank account does not necessarily define success, I found an article based on the book, Rich Habits, the Daily Success Habits of Wealthy Individuals, by Thomas Corley, most interesting. After reading this article, I could not help but ask myself are the habits we are instilling in our children setting them up for success or failure?

Did you know that...

- 70% of the wealthy eat less than 300 junk food calories per day
- 76% of wealthy exercise aerobically 4 days per week
- 63% of wealthy listen to audio books during commute to work
- 81% of wealthy maintain a to-do list
- 63% of wealthy parents make their children read 2 or more non-fiction books per month
- 70% of wealthy parents make their children volunteer 10+ hours per month
- 67% of wealthy write down their goals
- **% of wealthy read 30 minutes or more per day
- 67% of wealthy watch 1 hour or less of TV per day
- 44% of the wealthy wake up 3 hours before work starts
- 84% of the wealthy believe good habits create opportunity
- 86% of wealthy believe in life-long education

I don't know about you but to me those statistics were shocking, eye-opening. Our children's habits depend on the examples we are setting.

His word tells us "Train up a child in the way he should go, and when he is old he will not depart from it." May we, by example, train up His children to have positive, healthy habits that will help them succeed in life!

Blessings,

Tammy

This Month...

This month the children will learn letters W, X, Y & Z; & numbers 22-25. Our color of the month is purple and our shape is a cone & cylinder. This month's theme is All Creatures Great & Small. We will learn about everything from

insects to zoo animals.

Our Bible Theme is SHINE! And we will learn the following Bible Stories...Light of the World; Great Commission; Early Church; & Shine Like the Stars. Our memory verse is "Let your light shine."

Matthew 5:16

KEY QUESTION? Who can do what Jesus says?
BOTTOM LINE— I can do what Jesus says!

Snack Menu April 1st—26th

Snacks
Am Snack—1's Only
PM Snack—All Classes

Monday

A.M.—Graham Crackers & Fruit Cocktail
P.M.—Yogurt

Tuesday

A.M.—Cheese Balls & Applesauce
P.M.—Veggie Straws

Wednesday

A.M.—Yogurt & Mandarin Oranges
P.M.—Cereal

Thursday

A.M.—Veggie Straws & Pineapple
P.M.—Cheese Balls

Friday

A.M.—Cereal & Banana
P.M.—Graham Crackers

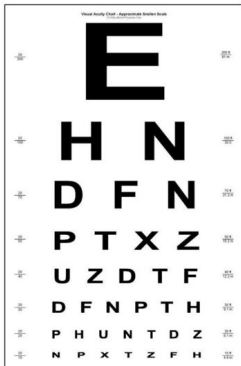
Morning Snack—1's only
Afternoon Snack—all
Afternoon snack—served with juice

St. Jude Trike-A-Thon—Friday, 4/26

We are excited to host our annual St. Jude Trike-A-Thon. This will be our 18th event. Since the spring of 2006, the CEC has raised over \$26,000.00 for St. Jude's Children Hospital. What is a trike-a-thon? Throughout the week, the children will learn bicycle safety. Then on Friday, children are to bring their trikes/bikes from home. Each class will have a turn riding laps in the gym. Children in the 3's & VPK classrooms will receive packets in which they can collect pledges & earn prizes. Pledges can be obtained through family, friends & local businesses and can all be done on-line!

If your child will be riding a 2-wheeler, they **MUST** wear a helmet. Parents of all 3's & VPJK students must sign a permission slip as well. Our goal this year is to raise at least \$2500 for St. Jude's!

VISION / HEARING SCREENINGS—TUESDAY, 4/9



The nurses from the Escambia County Early Learning Coalition will be on site to conduct vision/hearing/BMI screening of children age 2 & up. This screening has been key in detecting vision or hearing issues. Please sign the attached permission form if you would like your child to be screened.

Cap & Gown Pics for VPK Students, 4/16

Ms. Savannah will be here to take Graduation Pictures of our VPK students on Tuesday, 4/16. The cost is \$10 & a form must be completed to have your student's photo taken. Be sure that girls do not wear pigtails, high ponytail or bows and all students should dress in light colors—grad gowns are white!



Important Dates...

- 4/9—Vision/Hearing Screenings
- 4/16—VPK Graduation Picture Day
- 4/26—St. Jude Trike-A-Thon
- 5/18—VPK Graduation
- 5/22—Last Day of School Term

