

40 Years in the Business

By Anne Bensinger, MAT



Hello Parents,

I hope your first few months of preschool have been full of wonderful learning experiences for you and your children, whether you are new to the preschool environment, or an old hand at early education.

As we move into the busy season of holidays, here are some things you may want to keep in mind that your worst enemies now (and most of the time with children under eight) are Food, Fear, Frustration, and Fatigue. These are what I call the Four F's of Ugly or Unattractive Behaviors. They are the four main causes of behaviors you may not usually see in your child.

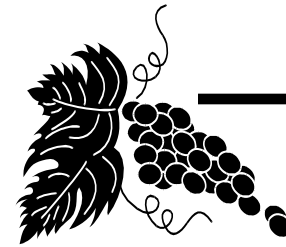
Food - during the holidays is a problem for all of us. Children constantly go through alternating ages & stages of being absolutely famished and then eating nothing for what seems like days. They will LOVE peas on Tuesday and HATE them on Friday. Their palates are testing and learning. We had a son who ate nothing but chicken salad sandwiches every day for nine months. No big deal. But at the holidays foods are different from our normal fare, we eat more sweets and rich foods, and we may eat at times and in places your child is not used to. Watch out for too much of anything and try to stay on as normal routine as possible.

Fear - of the Mall Santa, the kissy-face relatives, the changes in weather and the differences in the adults around us – is unnerving to little children. Children under two especially, and also children eight years old and under do best when their routine is . . . routine. Young children learn through their senses, so those senses are very acute and change makes them even more so. Even Daylight-Saving Time is hard for them. You may see your normally friendly, eager Three, suddenly hide behind your legs when he meets Uncle Fred at Thanksgiving, have trouble sleeping through the night, or even regress on his toilet training with all the excitement of the holidays. Take it easy and do not push your child to enjoy everything presented to him.

Frustration - means both under and over stimulation. The holidays are filled with "over". There is just too much of everything and for a child, this is overwhelming and very hard to comprehend and internalize. Expect tears and maybe some physical aggression as they learn to deal with loud noises, bright colors, changes in bedtime and food. Let them play with the boxes their gifts come in! Get outside as much as you can. Air and exercise will help.

Fatigue - kind of self-explanatory – but fatigue and illness plague us through the holidays and winter days. Try to help your child get as much rest as possible and know that very often ugly behavior is simply a symptom of fatigue and illness.

Sounds wonderful, doesn't it? Seriously, the holidays can be the best times of the year, but keep your child's needs in mind as far as these Four F's are concerned and you will make some beautiful family memories.

**Winter Park Presbyterian Preschool****400 South Lakemont Avenue****Winter Park, FL 32792****407-629-0727****www.winppc.org****Breakfast With Santa *and***

Bring your friends and family along to socialize, enjoy breakfast with Santa, and get your Christmas shopping done with one of a kind gifts!

Saturday, December 9th***9am to 1pm******Inside & Outside the Fellowship Hall***

Children's Clothing * Books * Home * Decor

Jewelry * Accessories * Candles

Skincare * Bath Items * Women's Clothing

Kitchen Accessories * Food Items

And much, much more...

Church Page

GLOBAL MARKET 2016

Saturday, November 11 (9am-1:30pm) & Sunday, November 12 (Noon-1:30pm)

Save the dates for the Global Market. This is your chance to shop globally and help individuals and communities throughout the world. Nonprofit groups will be selling jewelry, accessories, toys, home décor, Christmas ornaments, candy, chocolate, plants, and many unique gift items. All funds go to support the organizations represented: SERRV, Ten Thousand Villages, Madagascar, African Team Ministries, WPPC Youth, Equal Exchange coffee, chocolate, and tea, VOSH, Ukraine Orphan Foundation, Society of St. Andrew, Global Crafts, Peace Olive Oil.



JOURNEY TO CHRISTMAS

Sunday, November 26—11:30am-1:00m

**YOU ARE INVITED TO WINTER PARK PRESBYTERIAN CHURCH
FOR OUR ANNUAL ADVENT EVENT IN THE FELLOWSHIP HALL**

**Come make graham cracker nativities, simple Christmas crafts,
hear stories, sing songs and share pizza.**



WPPC TOY COLLECTION FOR APOPKA FARM WORKERS

Please support this Church ministry by bringing new toys in to the school by December and the deadline is Sunday, December 3, 2017. Price tags should be left on the donated toys and games. Farm worker parents will choose gifts for their own children, then pay a small amount which goes to support the ongoing work of the farm worker ministry. Following is a list of popular toys for these children and teens:

- Ethnic dolls, esp. brown or black dolls, all of all types
- Electronic or board games for teens (avoid Chutes and Ladders, Candyland & Checkers)
- Bicycles, skateboards, scooters, helmets, tricycles, wagons, bats & gloves
- Inexpensive CD players, radios, portable stereos, watches, cameras
- Arts & crafts set, cars and trucks of all kinds, especially large ones
- Children's socks, underwear, play clothing
- Toys, clothing, diapers, and blankets for babies and toddlers

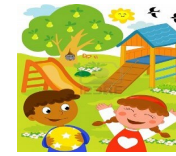
WPPC CHRISTMAS EVE SERVICES

Sunday, December 24—10:30am, 5p.m., 7p.m. 11p.m.

Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.

John Wesley

Announcements



**Please Join Us for
PRESCHOOL CLEAN-UP DAY**



Saturday, November 4th, 9:00am-2:00pm

Our PAC committee is reaching out to parents that are available to volunteer on Saturday, November 4th from 9:00am-2:00pm. We will be cleaning playground equipment, filling garden boxes with soil for the children to plant seeds, planting, pressure washing, and picking up debris. Please contact David Erne or Luis Puertas if you would like to volunteer. Emails: daviderne@gmail.com & lpuer400@fiu.edu



Thank You!

NOVEMBER AND DECEMBER HIGHLIGHTS



Saturday, November 4, Preschool Clean-up Day—9am-2pm
 Tuesday, November 7, Birds of Prey
 Tuesday, November 14, PAC Meeting—9:15-10:15am
 Wednesday, November 15, Family Chapel
 Thursday, November 17, Holiday Shoppe—9:00am-2:00pm
 Monday, November 20-Hurricane Make-up Day—9:00am-1:00pm
 Tuesday, November 21-Friday November 24—Thanksgiving Break
 Sunday, December 3 — Deadline for toy donation for Apopka Farm Workers
 Sunday, November 26 — Journey to Christmas 11:30pm - 1:00pm
 Saturday, December 9 — Breakfast w/Santa/Holiday Shoppe
 Tuesday, December 12—PAC Meeting 9:15-10:15am
 Friday, December 15—Staff Lunch —1:30pm - No Extended Day
 Wednesday, December 20 — 12:00 — Holiday Program — No Extended Day
 Friday, December 22 — Last day of school—Classes resume on Monday, Jan. 8, 2017



WINTER PARK PRESBYTERIAN PRESCHOOL CHRISTMAS PROGRAM

You are invited to join the teachers and children in the Fellowship Hall for refreshments following the Christmas program on Wednesday, December 15, 2017. This will be a regular school day. The children will eat an early lunch and then gather in the Sanctuary for the program which will begin at 12:00. Following the program, refreshments will be served until 1:15. There will be **NO EXTENDED DAY**.

We will send a flyer prior to the event with more information.

