



Sunbeam Children's Center Newsletter

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November 2024

Office Notes

Stay informed of what is happening by reading the monthly newsletter, the information board and the black board at the entrance of the school building.

Please be sure to keep the office informed of all changes to your child's information in his/her file, i.e., **updated immunizations**, new phone numbers, addresses, etc.

Please label all belongings, including water bottles, jackets and extra clothes. Also, you must date and label lunch boxes and infant room bottles daily. Others may have the same items and we do not want items to get lost. Please be sure to check your child in and out each day using the Playground app.

We would like to thank everyone that came and enjoyed the SCC annual Pumpkin Patch. It was a pleasure to see our families and staff having fun and getting to know each other.

Safe Snacks

If you are thinking of bringing in cupcakes or cookies for a class celebration or a birthday, please refer to this website. It has a list of acceptable nut free snacks that can be shared here at Sunbeam. **No homemade items please**, as we can't check the ingredients. Thank you! snacksafely.com

School Closing for Thanksgiving

SCC will be closed November 28th and November 29th for Thanksgiving. Please let the office know if your child will **NOT** be here any days during the Thanksgiving Holiday, by Nov. 13th, so we can plan staffing accordingly. Thank

Thanksgiving Celebration

SCC will host its annual Thanksgiving Celebration for all students and parents. Each classroom will post a sign-up sheet on Monday, November 6th to Friday, November 10th for food and the family member attending.

Volunteers are needed the day of the Celebration to help arrange food and pour drinks. Please contact the office to volunteer. The Preschool and Day Care Thanksgiving Celebration is on Monday, November 25th at 11:30 in the Fellowship Hall upstairs. Please have hot food here by 11:15 AM. Please drop off drinks in the morning. Please label all dishes/containers with your name so we can be sure to return them to you.

Come and enjoy the Celebration with your child! We wish all our Sunbeam Families a very blessed Thanksgiving!



Claire's Fundraiser

It's that busy time of year again with shopping, family events, celebrations, holidays and so much more. Let us lighten your busy next couple of months by purchasing some easy dinners and deserts online, and in turn you can support your child's school. The proceeds from this fundraiser will help purchase play equipment for the children for the in door and outdoor play areas. Tricycles, balls, soccer nets, bubble machines, and of course, the must have, digging materials. The two top selling classes will get to celebrate with a pizza party. If the infant room is the top selling class they will get to celebrate with something more edible for the little ones and pizza!

SCC Advent Bag Mission Project

Sunbeam will join the congregation of St. Thomas United Methodist Church in filling Advent bags with non-perishable food for the Food Pantry to help families in need during this holiday season.

Every Saturday the Food Pantry serves several families from our community. The Advent bags will be sent home on November 4th with instructions on what to put in your bag. All of the bags must be returned to SCC by December 6th in time to distribute to families in our community for Christmas. Your support will bless those in need and in return you will be blessed!

Parent Tip

The benefits of outside play extends beyond physical health. During recess students engage with peers and get a much needed break from the structure of the classroom. Studies have found that recess benefits students by improving their memory and attention, helping them stay on topic in class, reducing their disruptive behavior, and improving their social development. Fresh air has been shown to help digest food more effectively, improve blood pressure and heart rate, strengthen the immune system, reduce obesity rates, and strengthen family ties, all leading to a healthier you. Let's go outside and play!!

School News

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Important Upcoming Dates:

- Nov. 4: Kindergarten parent teacher conference day—no school for students
- Nov. 4: Thanksgiving feast sign-up posted in the classroom
- Nov. 4-11: Hibernation trail, putting bears down for winter nap.
- Nov. 4-Dec. 6: SCC Mission Project-Advent Bags
- Nov. 5: Election Day
- Nov 14: Scholastic book orders due
- Nov. 6: Kids Nature show, Hibernation/Migration puppet show
- Nov. 11: No Kindergarten
- Nov. 11: Veteran's Day
- Nov. 11: Dean Alan the Magician
- Nov. 11: Claire's fundraiser ends
- Nov. 22: Kindergarten 2nd Quarter Interims
- Nov. 25: SCC Thanksgiving Feast (Luncheon) @11:30
- Nov. 28-29: SCC CLOSED for Thanksgiving**



SUNBEAM BIBLE STORIES

Theme: Being Thankful
Bible Verse: "Give Thanks to Him"
Psalm 100:4



November 6: Ruth Teaches Me to be Thankful
Ruth 2:8-17

November 13: The Widows Offering
Luke 21:1-4, Mark 12:41-44

November 20: Jesus Heals the Sick
Luke 17:11-19

November 27: No Chapel- Thanksgiving holiday



School News

SUNBEAM CURRICULUM

Pre-Tod Class

Monthly

Skill: Know how to use everyday objects, such as a spoon, toothbrush or phone

Color: Brown
Shape: Square
Number: 4

Week of:

- Nov.4: Hibernation/Clothes; Letter J
- Nov.11: Dinosaurs; Letter review A-E
- Nov.18: Thanksgiving/ Being Thankful/ Neighborly; Letter review F-J
- Nov.25: Thanksgiving; Letter K



Toddler Classes

Monthly

Skill: Differentiate between "mine" and "his/her"

Color: Brown
Shape: Square

Week of:

- Nov.4: Hibernation/Clothes; Letter J, Number 4
- Nov.11: Dinosaurs; Letter review A-E, Number 5
- Nov.18: Thanksgiving/ Being Thankful/ Neighborly; Letter review F-J, Number 5
- Nov.25: Thanksgiving; Letter K, Number review 1-5



2 Year Classes

Monthly

Skill: Differentiate between "mine" and "his/her"

Color: Brown
Shape: Square

Week of:

- Nov.4: Hibernation/Clothes; Letter J, Number 10
- Nov.11: Dinosaurs; Letter review A-E, Number review 6-10
- Nov.18: Thanksgiving/ Being Thankful/ Neighborly; Letter review F-J, Number review 1-10
- Nov.25: Thanksgiving; Letter K, Number 11



3 Year Classes

Monthly skill: Self-care (learning to function independently with putting coats on, bathroom, eating)

Week of:

- Nov.4: Hibernation/Clothes; Letter F, Number 10
- Nov.11: Dinosaurs; Letter review S,M,L,N,F, Number review 6-10
- Nov.18: Thanksgiving/ Being Thankful/ Neighborly; Letter review S,M,L,N,F, Number review 6-10
- Nov.25: Thanksgiving; Letter review A,E,I,O,U,S,M,L,N,F, Number 11



4 Year Classes

Monthly skill: Self-care (learning to function independently with putting coats on, bathroom, eating)

Week of:

- Nov.4: Hibernation/Clothes; Letter F, Number 10
- Nov.11: Dinosaurs; Letter review S,M,L,N,F, Number review 6-10
- Nov.18: Thanksgiving/ Being Thankful/ Neighborly; Letter review S,M,L,N,F, Number review 6-10
- Nov.25: Thanksgiving; Letter review A,E,I,O,U, S,M,L,N,F, Number 11

Kindergarten

Themes- Hibernation, Migration, Dinosaurs, Colonial America & Thanksgiving,

Language arts- What is a noun, adjective; review "E" word families, "ib", "id", "ig", "im", "in", "ip"

Social Science & History- cause & effect; past and present; timelines

Mathematics- 3D shapes; counting by 10's; passage of time

Science- life needs of animals; changes over time;



Day Care Infant Room Ms. Coco, Ms. Shirley, Ms. Isabel, Ms. Anne, Mr. Brayden

As we move on into what I think is one of the busiest months of the year, I want to task you with a little homework:). I will be sending home a family project to be decorated and returned, please stay tuned.

We want to welcome our new friends that have joined our class! We can't wait to get to know you Evan and Natalie Happy Birthday to our November babies, Gian 11/6 and Zoeë 11/20! We pray your special day is filled with hugs and kisses. This is always a bitter sweet moment for us. The babies start walking and next they are moving up to the Pre-toddler class.

The week before Thanksgiving we are planning a little celebration for our parents. Stay tuned for more details later this month.

We want to thank you for sending in the supplies requested. It's greatly appreciated.

Please send in 2 or 3 family photos to be used for a project. Thank you!

Happy Thanksgiving to all of you from all of us!



Thanksgiving

Day Care Pre-Toddlers- Room 101 Ms. Noura, Ms. Caroline, Ms. Bahar

October was a busy month and it looks like November will be the same. We will be making turkeys, singing songs and getting ready for the annual Thanksgiving Feast on the 25th of this month. All families are invited and I hope everyone can attend. A sign-up sheet will be posted later this month.

Also, remember to pack a jacket and hat for your child. We do go outside for walks or play each day. And don't forget their extra set of clothes. Be sure we have that here as well. Thank you for sharing you child with me they are all very special!

Happy Thanksgiving!



Day Care Toddlers - Room 103 Ms. Lida, Ms. Faith, Ms. Laura

We're excited to share some fun seasonal activities and updates with you, as we settle into the beautiful month of November. We have many exciting things planned to make this month engaging and enriching for your children including but not limited to our Thanksgiving Celebration (November 25th).

Weather Changes As temperatures drop, please remember to send your child warm cloths. We plan to continue outdoor play, so it's important they're dressed warmly.

Thank you for being such a wonderful part of our daycare family. We're grateful for each of you and for the opportunity to help your children learn and grow each day. Have a fantastic November! If you need anything from me please let me know.

Happy Birthday Ani 11/25





Teachers Notes

Day Care Toddlers - Room 105 Ms. Johanna, Ms. Sandra, Ms. Bahar

November is here! We're so grateful to be part of your children's lives and to see their growth each day. We have some exciting events and seasonal activities planned for this month!

Toddlers will dive into the colors of fall! We have leaf-painting, nature walks, and lots of hands-on activities planned to help them develop fine motor skills. We'll also practice counting with seasonal items like pumpkins and leaves!

Families are invited to join us on November 25th for our Thanksgiving Celebration. Come for a delicious meal and some quality time with teachers and friends. We hope you can join us for this wonderful tradition!

A quick reminder, as temperatures drop please send your child with a labeled coat, hat, and gloves for outdoor play. We want everyone to stay cozy and warm while enjoying the fresh air.



Day Care 2's - Room 102 Ms. Doris, Ms. Keisi,

October has come and gone as fast as the changing leaves! Aren't you all just loving this amazing weather?! The leaves changing color and the crisp mornings are such joy. Holiday season is here and we are loving it!

We had so much fun during October but November is packed with more fun activities like sensory boxes, printing turkeys, mixing colors, and much more. The weather is getting colder and we want your child to be prepared. Please bring your child with appropriate clothing and keep the chilly weather in mind.

Our Thanksgiving Feast will be November 25th. Keep an eye out for a sign up sheet!
SCC will be closed November 28-29.
Parents thanks so much for your support!!!



Happy Thanksgiving !!!
We are grateful for you and your family, stay safe!!!



Day Care 2's - Room 104 Ms. Nancy

November is here and it's the season to give thanks and to be thankful! I'm thankful for all of my students as well as you the parents! Thank you for working so well with me to ensure your child is well taken care of and is receiving the education they deserve. I'm also very thankful for all the wonderful moments full of laughter and smiles your child has shared with me so far this school year.

This month your child will learn about Hibernation, Dinosaurs, Thanksgiving and Being Thankful. We will also be celebrating Thanksgiving at our own SCC Thanksgiving Feast! You are all welcome to join us and celebrate as a family!

A friendly reminder: Please remember to continue to label items that belong to your child such as water bottles, jackets/coats, and extra change of clothes.



Teacher Notes

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Day Care 3's - Room 111 Ms. Ellen, Mr. Hector

It is finally November! Let's remember to be thankful for the little things. I'm thankful to all of you for entrusting your children to me and for your support. I love your little ones very much and am thankful to them for bringing wonderful moments full of love and laughter each day.

We have some fun activities planned for this month. The kids will work on writing letters with their fingers in shaving cream. For our thanksgiving theme the kids will play a game called "Don't Eat Pete" and they will be making a chalk turkey. Our Thanksgiving Feast is scheduled for Monday, November 25th, starting at 11:30am. I hope all of you can join us and celebrate giving thanks with us.

Lastly, we will be closed November 28-29. Happy Thanksgiving everyone!



Preschool 3 day 2/3 Year Old's Room 112 Ms. Melissa

What an exciting month October has been! We loved learning about fire safety, community helpers, farm animals, and pumpkins. We had a great visit with local firefighters and of course loved the SCC Pumpkin Patch as well as our costume parade. Your child is now participating in weekly music and Spanish classes, as well as visiting the chapel upstairs for Bible stories and songs.

November will be a busy month as well! Your child can look forward to learning all about hibernation and migration. We will dress up for our Thanksgiving Feast, which will take place on Monday November 25th; you will receive more information about the Feast as we get closer to the date. Of course, November would not be complete without a few handprint turkeys, too!

Now that the weather is turning cooler, please make sure that your child's jacket is labeled with your child's first and last name. Please help your child to gain independence by practicing putting on their own coats and taking off their own coats at home if they don't already. We practice this at school, but reinforcement at home helps a great deal! If you haven't already done so, you should also bring in a cooler weather change of clothes for your child.

I am having so much fun with your children this year!



Day Care 3's - Room 113 Ms. Valeria

I am excited and eager to start doing the activities for the month of November, a month where we will learn about what it means to be thankful. We will also be learning the letter F and the number 10. We will continue to work on being more independent/self help skills.

It is also the month of hibernation, and we will have fun dressing up our bears and putting them down for their long winters nap.

I feel very blessed to see your child's progress each day. I'm so proud to see all that they have learned and also to see that they are starting to be more independent. I am so very proud of all the children and I know they can achieve much more throughout the school year. I will be with you at all times.

Thank you for every moment lived, for teaching me something new each day and for making my job so much fun!

Many blessing to all my parents for a wonderful Thanksgiving.

Happy Birthday Colton 11/21



Day Care 3's - Room 117 Ms. Nancy, Mr. Brayden

Wow! It has been a great year so far. Here we are in November already. There are plenty of activities going on this month. We will be talking about hibernation/ clothes, dinosaurs, and Thanksgiving. We will be making a pumpkin pie, so the children can try them. The class will also have a blast making Native American and Pilgrim costumes, which they will get to wear to our Thanksgiving Feast.

Speaking of Thanksgiving Feast, I hope you will be able to join us on November 25th at 11:30 am for food, faith fellowship, and friends! A sign-up sheet will be posted soon.

Just as a reminder, please switch out all extra clothes for some that are appropriate for the cooler weather. And do not forget your jacket, because we will be spending time outside on the playground and on walks around the church.

We will be closed on November 28 and 29, 2024

Happy Birthday Courtney 11/17.

To all, have a Blessed day of giving thanks



Day Care 4's - Room 118 Ms. Beth

It's hard to believe it's November already! October brought many changes, from the weather, to the leaves, to our friends Ayden, Nathaniel, Noah, and Olivia joining us! The children had a blast getting to know each other, learn "by the pinecones," hunt for mushrooms, and celebrate Fall and Halloween with the pumpkin patch, parade, and luncheon! This month will be just as exciting, as we continue our lessons outdoors and watch the seasons change.

This month we will be "travelling back in time" to explore cave paintings and then to Colonial America. We will be making edible teddy bear caves, prehistoric pudding cups, and a Fall trail mix. On Thursday, November 7th please send your child to school with his or her favorite stuffed animal for show and tell!

The colder weather has officially hit, so please make sure your child has a change of weather-appropriate clothing, as we will continue to go outside as often as possible. I hope everyone has a very wonderful Thanksgiving! I am so thankful for all of my students, their families, and the rest of Sunbeam Children's Center! God Bless!



Day Care 4's - Room 119 Ms. Ali, Mr. Hector

Can you believe it's November already? We are having such a great time here at Sunbeam. This month we are focusing on hibernation, winter clothing, dinosaurs, being thankful and Thanksgiving itself. Some important things to note: please make sure that your children are coming in with coats and whatever other winter clothing they need. We will go outside every day that it is possible and the warmer clothing is necessary. Also please check their extra clothes to make sure it is weather appropriate.

Our hibernation trail, where we put our bears down for their winter nap, will be the weeks of November fourth through the fifteenth. That Monday, the fourth our Thanksgiving Feast Sign Up will also be posted in the classroom. On the eighth we have a Kids Nature show and Dean Alan the magician is coming on the eleventh. The Claire's Fundraiser ends on the eleventh with the scholastic book order due on the fourteenth. We are still learning our numbers, our letters and the sounds they make.

Chapel this month will be stories about being thankful. We will be closed November twenty-eight and twenty-ninth for Thanksgiving. With that, Happy Thanksgiving and as always please feel free to come to me with any questions or concerns. Bring on the thankfulness! Blessings to everyone.



Scholastic Book Club News

Online Ordering Information

Web address: scholastic.com/bookclubs

Class Activation Code: **GKY2Z**

Dear Parent,

Please take some time to explore the flyer with your child. Make your selections, go online to order. It's fast, easy, and you get instant access to thousands of additional titles plus online-only specials and discounts. Go to www.scholastic.com/bookclubs and log in using your user name and password. If it's your first time ordering online, use the Class Activation Code shown above to get started. Online ordering offers you several advantages:

- **Larger selection:** Choose from thousands of titles, and more detailed product information than in the printed flyer.
- **Exclusive online-only offers:** Enjoy discounts available only on our Web site.
- **Easy payment:** Use your credit card! No need to worry about printed forms or sending checks to school. Relatives can place an order on-line. All orders will be delivered to your child unless other arrangements have been made.

Go to www.scholastic.com/bookclubs now to get started.

Books make great gifts and are usually here 7-10 days from order due date.

Happy reading,

****Book orders due Thursday November 14th**

Teresa Rook
Scholastic Book Club Coordinator





Volunteers Needed

A few hours is all it takes to help raise awareness and eliminate hunger in our community. Every time you volunteer with the food pantry of St. Thomas United Methodist Church, you know that you have helped put food on the table of our neighbors in need and that you helped to support the community you live in. Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. This is especially important for our youth of today. It's a great way to reinforce kindness and compassion for others. We have several different levels of involvement and many different kinds of volunteer

opportunities. You can start today by;

- Volunteering a few hours one or 5 days a week - we especially need volunteers on Monday
- Pick up food donations from local organizations
- Receive and sort food donations at the pantry
- Help with the Saturday distribution 9-11 pm
- Assist in our holiday distribution events
- Donate items needed each month for those in our community
- Training is available.
- If you would like more information on the food pantry you can go the website and click on the Serve drop down and click on Food Pantry.

Donations Needed This Month

Canned Soup

Stuffing Mix

Cranberry Sauce

**As each has received a gift, use it to serve one another
as good stewards of God's varied grace.**

1 Peter 4:10

Grocery bags





Tuesday Night Dinner

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November 5th

Baked Meatloaf
Baked Potato
Whole Kernel Corn
Cheese Biscuits
Dessert: Chocolate Cream Pie
Kids Dinner: Cheeseburger

November 12th

Guest Chef Connie Santee
Dinner Crepes
Roasted Redskins
Broccoli
Dessert: Frosted Brownie
Kids Dinner: Chicken Nuggets

November 19th

Thanksgiving Feast

Roast turkey
Mashed Potato's & Gravy
Cornbread Stuffing
Cranberry Sauce
Rutabaga
Green Beans
Dinner Roll
Dessert: Pumpkin Pie
Kids Dinner: Same as Adults

Cookie of the month:
Peanut Butter Blossoms

November 26th No Tuesday Dinner





Sunday Services

8899 Sudley Rd., Manassas
Pastor Matt Sergent

Worship Services:

9:00 - Traditional with Hymns, Organ and Piano. Both in-person and Livestream
11:00 - Contemporary with Praise Band. Both in-person and Livestream

Children's Ministries (For Infants - 5th grade)

Nursery 8:45 AM - 12:15 PM
Children's Message during both the 9 AM and 11 AM Worship Services
Children's Sunday School at 10:15 - 10:45 AM

Youth Ministries (for 6th - 12th grade)

Activities

Free Christmas Day Dinner Food Donations

Each year STUMC serves a free Christmas Dinner to our community and first responders from 11 am - 3:00 pm.

STUMC is now accepting any donations of paper towels, all purpose flour, granulated sugar, light and dark brown sugar, green beans, cranberry sauce and Christmas candy. These items will help us to start preparing for the hundreds of people they serve dinner to on Christmas Day.

Thank you for supporting us with helping others in our community to have a warm and blessed holiday meal.



FEED THE HUNGRY

Special Events

- November 9th - Family Game Night - Bring your favorite board game or choose from one of ours and get ready for an evening of fun, laughter, and friendly competition with your church family. We'll have soup and sandwiches available to enjoy throughout the night. There's no cost for the food, but a love offering is appreciated.
- December 1st - Hanging of the Greens and Family Advent Night - Everyone is welcome and we hope you can join us!

