



# Sunbeam Children's Center Newsletter

8899 Sudley Road  
Manassas, VA 20110  
703-368-5161 Option 2

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January 2019

## Office Notes

A BIG THANK YOU to all that filled an Advent Bag this year!

Our supply of Clorox wipes, and Lysol spray are running low, so we would appreciate any donations of these items to help replenish our supply.

## Weather Closings

For **Preschool**: If Manassas City schools are closed, the Preschool is closed. If the Manassas City schools are delayed, the Preschool is open on time.

The **Day Care** will announce its decision to close or delay opening by 5:30 AM. Announcements will be posted on the school's voicemail, WTOP 107.7 FM and Channel 4 News.

## Parent Tip

Studies show extensive viewing of television or gaming violence may cause children to become more aggressive and anxious. Children who watch many hours a week of violent TV or gaming may become insensitive to violence and begin to see the world as a scary and unsafe place.

- ♦ Pay attention to what your children are watching.
- ♦ Watch TV with your kids.
- ♦ Put kids on a "TV diet" and limit their TV time just as you limit their junk food.

## 2019-2020 Preschool Registration

Beginning Wednesday, January 2nd at 9:15 AM, we will begin accepting registrations for the 2019-2020 Preschool school year from currently enrolled students and siblings. You may pick up the registration materials from the SCC office beginning January 2nd.

Registration will open to church members on Monday, January 7th and to the public on Friday, January 11th at 9:00 AM.

### Classes Offered:

- 2-3 year old 3-Day class: Monday/Wednesday/Friday  
3 year old class: - 3 day - Monday/Wednesday/Friday  
- 5 day - Monday-Friday
- 4 year old class: - 3-day Monday/Wednesday/Friday  
- 5-day Monday-Friday

### Prices:

- \$100.00 Registration/Supplies/Activity fee
- 3-day class: \$240.00/mo.
- 5-day class: \$280.00/mo.

For more information, contact the SCC office at 703-368-5161, Option 2.



## Parent/Teacher Conferences

January is the month we hold our Parent/Teacher conferences for all the children enrolled in a 3 or 4 year old preschool or day care class. Sign-up sheets will be posted in your child's classroom beginning January 3rd. The conferences will be scheduled for 20 minutes.

The Preschool conferences will be held on Friday, January 18th between 9:15 AM and 12:15 PM. There will be no school for students on this day. If you need childcare during the conference time, you must sign-up in the office by Monday, January 14th.

Day Care conferences will be scheduled during January for a time convenient for you and your child's teacher.

If you have any questions, please contact the SCC office, 703-368-5161, Option 2.

# School News

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## Day Care News

### Important Upcoming Dates

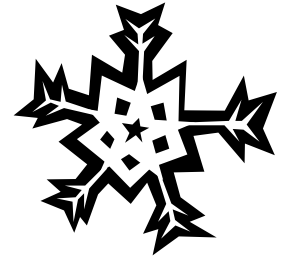
**Jan. 1: CLOSED**

Jan. 2-31: Parent/Teacher Conferences throughout the month

Jan. 8: Winter Soccer begins

Jan. 10: Parent/Teacher Workshop with Mrs. Gleason

Jan. 23: Dean Alan's Wonderland Magic Show at 10:00



## Preschool News

### Important Upcoming Dates

**Dec. 21-Jan. 1: CLOSED**

Jan. 10: Parent/Teacher Workshop with Mrs. Gleason

Jan. 18: Conference Day for 3 & 4 Year Olds - No Preschool classes in session

**Jan. 21: CLOSED** in observance of Martin Luther King, Jr. Day

Jan. 23: Dean Alan's Wonderland Magic Show at 10:00



## SUNBEAM BIBLE STORIES



*Theme:*  
Being Brave

*Bible Verse:*  
"Do not fear"  
Isaiah 35:4



*Week of:*  
December 31: No Chapel

January 7: Joshua Teaches Me to Be Brave - Joshua 1-6

January 14: Daniel in the Lion's Den - Daniel 6:1-28

January 21: Gideon's Little Army - Judges 6-8

January 28: David and Goliath - 1 Samuel 17

## SUNBEAM CURRICULUM

### Pre-Tod Class

The Week of:

Dec 31: Winter/Ice/Snow  
Jan. 7: Bears  
Jan. 14: Mother Goose/Fairy Tales  
Jan. 21: Sun/Moon/Stars  
Jan. 28: Nutrition/Exercise/Groundhog Day

Color: White

### Toddler & 2 Year Classes

The Week of:

Dec 31: Winter/Ice/Snow, Letter K  
Jan. 7: Bears, Letter L  
Jan. 14: Mother Goose/Fairy Tales, Review Letter K-L  
Jan. 21: Sun/Moon/Stars, Letter M  
Jan. 28: Nutrition/Exercise/Groundhog Day, Letter N

Shape: Rectangle  
Color: White  
Number: 5

### Preschool 2-Day Class

The Week of:

Dec 31: Winter/Ice/Snow, Number 6  
Jan. 7: Bears, Letter L  
Jan. 14: Mother Goose/Fairy Tales, Letter M  
Jan. 21: Sun/Moon/Stars, Letter N  
Jan. 28: Nutrition/Exercise/Groundhog Day, Letter O

Shape: Rectangle  
Color of The Day: Jan. 30/31 - White

### 3 Year Classes

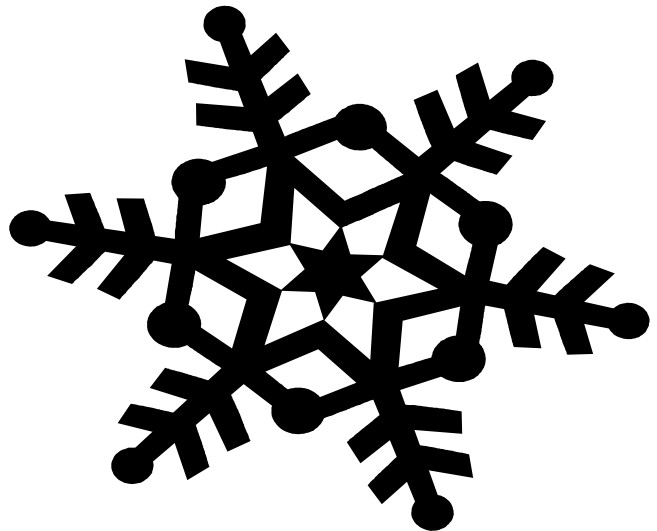
The Week of:

Dec. 31: Winter/Hibernation, Letter Review Aa-Ll, Number 8  
Jan. 7: Winter/Hibernation, Letter Mm, Number 8  
Jan. 14: Mother Goose/Fairy Tales, Letter Nn, Number 9  
Jan. 21: Outer Space, Letter Oo, Number 9  
Jan. 28: Nutrition/Exercise/Groundhog Day, Letter Pp, Number 10

### 4 Year Classes

The Week of:

Dec. 31: Winter/Hibernation, Letter Review, Number 1-12  
Jan. 7: Winter Hibernation, Letter Kk, Number 13  
Jan. 14: Mother Goose/Fairy Tales, Letter Ff, Number 14  
Jan. 21: Outer Space, Letter Hh, Number 15  
Jan 29: Nutrition/Exercise/Groundhog Day, Letter Nn, Number 16



# Teachers Notes

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## Day Care Infant Room Ms. Pastora, Ms. Coco, Ms. Briseyda, Ms. Nancy D., Ms. Shirley

Baby, it's cold outside!

A few of our little friends have progressed by moving around our room. We may need a few stop signs in here! The older babies that have become very mobile love to dance. Some of our toys make music and our smart little ones have learned to play the music, make eye contact with us, and start to dance!

Be on the lookout for snowballs around our room. Just as a note, it gets quite crowded in the front where the car seats are placed, we are trying to work this out. However, please don't leave car seats in front of the sign in desk.

Parents, please continue to supply spare bibs and clothing for your child. Also, check the sizing of existing clothes and make sure they are weather appropriate.

Our goal is to keep your children happy and healthy. We strive to create and maintain such an environment. Thank you for your support and cooperation. Please let us know if there is anything else we can do to enhance your child's infant room experience.

We hope that the new year brings good health, peace, joy, love and prosperity to you and your family.

## Day Care Pre-Toddlers - Room 101 Ms. Tracy

Happy New Year! We are looking forward to a wonderful 2019 with your child! The new year brings many changes to our classroom. We said goodbye to our friends Kenley and Michael as they have moved up to the Toddler class. We look forward to seeing them at playtime. We are excited to welcome our new friends Liam and Julia to our room and look forward to getting to know them.

One of our themes for January is Bears so we will be making polar bears out of cotton balls, which will be a wonderful textual experience. Additionally, we will be trying some age appropriate yoga moves and learning to jump during Health and Nutrition week.

Lastly, the cold weather is upon us and we go outside as long as the temperature isn't too frigid. Please ensure that your child has weather appropriate clothing as well as outerwear every day.

## Day Care Toddlers - Room 103 Ms. Doris, Mr. Justin

Happy New Year! I hope everyone had a blessed Christmas and enjoyed spending some time with family and friends.

This month the Toddlers will be learning about Winter, Ice, and Snow. We are going to have loads of fun playing with fake snow. The children will also make paper plate polar bears after reading *Polar Bear, Polar Bear What Do You Hear?*

Remember to make sure you have a warm set of extra clothes here for your child, in case it is ever necessary to use them. We do go outside for walks so make sure they have a hat, mittens and whatever else you think they may need.

We would like to wish Colt a Happy Birthday. He will be turning two this month. I hope your day is filled with many blessings.

Lastly, we'd like to welcome Michael to our class. He is joining us from the Pre-Toddler class.

Thank you so much for always helping. Have a safe and healthy month.



# Teacher Notes

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**Day Care Toddlers - Room 105**  
**Ms. Elke, Ms. Ellen, Ms. Beth**

Welcome 2019! We hope that the new year brings joy, prosperity, and health to your family. All the children have grown so much since the start of the school year and we look forward to supporting their continued growth and exploration in the new year.

This month we are going to be very busy learning all about bears. We will read the book, "Polar Bear, Polar Bear, What do you hear?" Going along with that story, we'll create a cotton ball polar bear. We'll also have fun going on a "Bear Hunt" and by making our own hibernating brown bear in a paper bag. Another wonderful experience our Toddlers get to enjoy will be our homemade "snow" for our sensory play.

Winter is here, so please dress your child appropriately. We will continue to go outside for walks and play, even if it is just for a short period of time.

Happy Birthday to Chloe and Ben! Both will be turning two this month. I hope your day is filled with many blessings. Last but not least, I would like to welcome Kenley and her family to our class. Kenley is joining us from the Pre-Toddler room. We cannot wait to get to know you better.

Happy New Year!



**Day Care 2's - Room 102**  
**Ms. Jackie, Ms. Kim**

Happy New Year! I can't believe it's already 2019. I hope everyone had a great few days off.

This month we will be talking about snow, so the children will get to play with shaving cream and pretend it is snow. If we get any snow, we can even look out the window to talk about it. For Fairy Tales and Nursery Rhymes week, we will be talking about Humpty Dumpty and the children will get to make their own. Of course we cannot forget about Groundhog Day, so we will be talking about him and his shadow.

I hope we have another great month together. Please remember to come to me with any questions or concerns. Thank you for your help and support!

**Day Care 2's - Room 104**  
**Ms. Elizabeth, Mr. Eric**

Happy New Year! I hope everyone had a great holiday and enjoyed their time with their loved ones. I can't believe we are already in 2019. This past month I have enjoyed getting to know each one of the children in my class and their different personalities.

I would like to start off by wishing Venus a very Happy Birthday!

There are many fun activities in store for the children this month. They will be playing with ice cubes in the activity table. The children will be able to feel the ice's texture and watch as it melts. We will also be reading the book *Polar Bear, Polar Bear* since we will be talking about bears this month. We will also be discussing Nursery Rhymes later in the month. The children will get to hear the story *The Three Little Pigs* and get to build different houses from the story. I'm sure they will enjoy this since we can then go back and hear the story again.

Many prayers and blessings for the New Year!



**Day Care 3's - Room 111  
Ms. Teresa, Ms. Briseyda**

Welcome to a "New Year". I hope everyone had a wonderful Christmas.

During the month we will be learning about winter and hibernation. We will be personalizing a bear and placing it into a cave to hibernate, after we read books to it. In the spring we will go back to the cave to wake up the bears and have a teddy bear picnic.

I will be holding parent/teacher conferences during this month. There will be a sign-up sheet available on January 2nd to pick your date and time. Each conference will be no longer than 20 minutes and can be scheduled between 6:40 am to 2:30 pm. If you need a different time, please let me know so we can work it out.

The children continue to have fun making our snacks. Last month we made a bird feeder from a rice cake and hot chocolate. For science, we watched the color run to make a wreath from M&M's and watched fireworks in a jar. We celebrated St. Nicholas day by lacing a shoe and filling it with straw in hopes that St. Nicholas would fill them while we took a nap and he did!

The weather is getting colder. Please make sure you dress your child in warm clothes. We will go outside everyday unless it is raining or too cold outside. Please check your child's emergency clothes to make sure they still fit and are weather appropriate.

Lastly, Happy Birthday to Anthony on January 4th!

Have a great New Year! I hope to meet with each of you this month.

**Day Care 3's - Room 113  
Ms. Nancy H.**

Wow, it is a New Year already. I hope everyone enjoyed their Christmas holiday.

For the month of January we will be learning about Winter and Hibernation. We cannot wait to read to our bears (provided by SCC) and put them to sleep in the cave for hibernation. We will be waking them in the Spring for our Teddy Bear picnic.

In January, we will be holding parent/teacher conferences all month long. I will post a sign-up sheet on the 2nd. You can sign-up for any day in January from 8:00 to 3:30 and conferences should only take 20 minutes. If you need a different time, let me know and I can work with you.

As the weather gets colder, please make sure to provide warm outerwear for your child.

Lastly, Happy Birthday to Tracy (1/11) and Nina (1/24)!

Have a blessed month!



# Teachers Notes

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**Day Care 4's - Room 117**  
**Ms. Mareyan, Ms. Lizzy**

Wow!! Can you believe that it is 2019 already?

I hope your Christmas holiday was blessed with family and friends and that 2019 will bring health, happiness and prosperity to you.

We have completed half of the school year so it is time for us to get together and discuss the progress that your child has made. We will be holding 20 minute conferences during the month of January. There will be a sign-up sheet for you to choose a date and time that is convenient for you to come in. I encourage you to take advantage of this opportunity to discuss your child's progress and also any concerns that you may have.

Now that winter is upon us, we will be discussing hibernation and the animals that go to sleep. The children will be putting their own bear to bed for the duration and waking it up in the spring. We will also visit outer space and discuss those lovable and memorable Mother Goose and Fairy Tales.

The winter months have a tendency to make us lethargic and crave "comfort" food. We will be discussing ways to alleviate those "not so good" habits by talking about good nutrition and exercise. We will be having a 15 minute slot for group movement each morning at circle time to get the blood flowing to our brains. We will also be trying "healthy" foods from the different food groups.

With winter comes colder temperatures. Please make sure your child has appropriate outdoor clothing: heavy coat, gloves/mittens, a hat or scarf, as we do go outside twice each day, weather and temperature permitting.

A big Happy Birthday shout-out to Shane who turns 5 this month.

As I discussed at open house in September, I will be preparing your child for kindergarten. There will be a more rigorous curriculum this second half of the year and the day will be more structured, with less "free play" time.

As always, I want to thank you for the opportunity to teach your child and look forward to a fun and very successful rest of the year.



**Day Care 4's - Room 119**  
**Ms. Mary, Ms. Leslie, Ms. Lizzy**

Happy 2019! I hope you all enjoyed the wonderful holiday's and some precious family time. We had such a wonderful 2018 and I am looking forward to starting off 2019 with the same excitement and learning that we ended the year with.

During January our class will be having a "Hibernation Day" and we will be putting our bears into hibernation for the winter. We will be designing and making some warm clothing for our bears. We will incorporate this art project into our Winter/Hibernation theme. We will continue to learn our alphabet and numbers as well as review all letters we have already learned. This will be done with art projects, activities and group discussions.

As the weather gets colder, we will continue to have outdoor recess. Please be sure that your child is dressed for the weather! This is to include jackets, hats and gloves. Also, please take a few minutes anytime you are leaving the house to let your child practice putting his or her own jacket on independently, including fastening any buttons or zippers.

# Teachers Notes

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## Scholastic News

Ms. Teresa

Thanks for your support of Scholastic. Did you hear about, or maybe check out, the Dinosaur room? In January there will be an Outer Space Room! Some of the books and activities come from your purchases.

I just want to remind you that there is no minimum order, taxes or shipping charge. The books are usually here 7-10 days after I close the order and no charges are applied until I submit the order. You only need to write one check, made out to "Scholastic Book Club," no matter how many catalogs you order from. Cash is also accepted.

If you go on-line you can search for books by reading levels, title, author, theme, board books and much more. You can charge your order on-line. Book orders are due January 11th.

Happy reading!

## Preschool 3 Day 3's - Room 112

Ms. Melissa

It's hard to believe that a new year is upon us! During the month of January, we will have lots of exciting activities and opportunities for learning!

Our letter buddy crafts this month includes M is for Mouse, N is for Night, O is for Octopus, and P is for Penguin. We will learn about the colors black and white by painting a snowy night with white paint on black construction paper. Your child can look forward to projects such as making a bear in a snowy cave. January 11th will be our teddy bear hibernation. This is where each child will tuck a teddy bear into the cave for a long winter's nap.

January 18th will be our Parent/Teacher conference day. There is no school this day. If you will need child care during your scheduled conference time, please let the office know by January 8th. A sign-up sheet for a conference time will be posted as the date draws closer. Please note that there will be no school on Monday, January 21st.

Winter is upon us, and unfortunately, so are the germs! Please be vigilant in washing your child's hands in the morning before entering the classroom. We wash our hands after using the bathroom and before eating snack. I highly recommend having your child wash his or her hands upon entering your house after school. Handwashing is very important, especially this time of year!

Happy New Year!

## Preschool 3 Day 4's - Room 116

Mrs. Green

Happy New Year to SCC family, parents, and students. "OWL" class is thankful for all of the things that the Lord blessed us with during the holidays. I thank you for your prayers, gifts, and acts of love.

There's a time for everything (Ecc. 3:1-9). Now it's time to exchange our Santa hats for thinking caps and get back to work. A sign-up sheet will be posted in the classroom for our Parent/Teacher conferences. We will review the results of the PALS tests and discuss what areas we need to work on to enhance your child's comprehensive and learning skills.

Our "OWLS" are excited for the winter season. That's because it's *HIBERNATION* time here at SCC. Our students are given stuffed bears and it's up to us to make sure that they are fed and clothed for their long winters nap that lies before them. We will learn about other animals that snooze the winter away until we see them again this spring. Snowmen, penguins and owls are just a few of the crafts that we'll be making this month. Come this spring the classes will come together and have an outdoor picnic. We are off to a great start, thank you parents for all the support that you give to our school.

Parents, please wrap your child up warmly because we go outside when the weather permits. It gets windy, so make sure their little heads and hands are protected.



# Teachers Notes

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## Preschool 3 Day 4's - Room 118 Ms. Gina

Happy New Year! I hope you all had a wonderful Christmas and enjoyed time with family and friends.

This month we will discuss winter and hibernation. We will visit the bear cave this month and settle our bears in for a long winters nap. We will read Jan Brett's, "The Mitten Story," and decorate and lace our own mittens. We will have an "ice is nice" sensory table activity and talk about what happens when ice melts. We will make a melted snowman craft for our bulletin board.

Parent and teacher conferences for our preschool class are scheduled for Friday, January 18th. We will not have class that day. A sign-up sheet for conferences will become available on January 2, 2019. Conferences will be scheduled every twenty minutes beginning at 9:15 am. Childcare will be provided during your conference time provided you sign up in the office not later than January 9th.

In observance of Dr. Martin Luther King Junior Day, we will not have preschool on Monday, January 21, 2019.

We will have an outer space week this month. We will study planets and our solar system. In addition, an "outer space" themed activity room will be set up for the students.

As a reminder, be sure to send in warm jackets, hats and mittens each day. The kids have been practicing putting on their coats and zipping them independently. If weather permits, we will take the children outside for recess. Also, if you haven't already, please make sure that you swap out your child's change of clothes with winter attire.

We will continue to work hard on our writing and fine motor skills. We will begin writing our last names this month. We will also practice rhyming words and number recognition. Your children are doing so well and make me proud every day!



## Preschool 2 Day 2's & 3's - Room 107 Ms. Sandy

Happy New Year and welcome back! 2019 is going to be a great year! I hope you all enjoyed your holidays and that they were special. I can't believe it's January and half the school year is gone by. How fast time flies.

The "Frosty" artwork from the children will be on display this month outside our class. Hope we don't melt! Please take a few minutes with your child to enjoy the art work that they have created. It means so much to them and they work very hard at what they do while here at school.

Just a reminder that we do venture outside, as long as it is not extremely cold. Please remember gloves, hats and a scarf (optional) for your child as I do make sure it is on them so they stay warm.

This month we are going to be talking about Bears, Healthy Food and Exercise, Sun, Moon & Stars and Mother Goose Rhymes.

It's going to be another fun and exciting month with your child! Thank you for sharing them with me.

Happy Birthday to Zachary (T/Th) on January 21st!



# St. Thomas UMC Activities

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## Sunday Services

Manassas Campus  
(8899 Sudley Rd., Manassas)  
Pastor Abi Foerster

### Worship Services:

8:15 - Traditional  
9:40 - Contemporary  
11:00 - Traditional

### Children's Ministries:

Nursery - during all 3 Worship services for newborns to age 2  
9:40 - King's Kids - ages 3 years to 5th grade  
11:00 - Children's Church - K to 2nd grade

### Youth Ministries: (For 6th-12th grade)

9:40 - Youth and Family Worship  
11:00 - Sunday School

### Adult Ministries:

9:40 and 11:00 - Various Adult Sunday School Classes Offered

### Haymarket Campus

(Meets at Gravelly Elementary School,  
4670 Waverly Farm Dr., Haymarket)  
Pastor Brian Johnson

### Worship Service:

10:00 - Modern Worship

### Children's Ministries:

Nursery - newborn to age 2  
Children's Church - preschool to 5th grade during worship

### Youth Ministries: (For 6th-12th grade)

6:00-8:00 PM - at the Old Bank Building located at 14951 Washington St., Haymarket

### Adult Ministries:

Throughout the week



## Weekly Activities

### Tuesday Night Dinners and Worship -

Dinner 5:30, Worship 6:30 - Please make reservations if attending dinner by Monday or stop by because we usually make extra. You can register online at [stthomasumc.org](http://stthomasumc.org) Click on Connect -then Tuesday Nights - \$6 per person or \$20 for family of 4 with \$2 for each additional family member. You may also request meals for take out. End the evening with a praise service.

St. Thomas Moms Group - Meets on Fridays at 9:30 - 11:00. Childcare available for infants - pre-k in room 107 - Various Bible studies

## Special Events

The first Sunday evening of every month, a group from St. Thomas church goes in to D.C. to give needed items to the homeless. Any items listed below that you would like to donate are greatly appreciated.

Items Needed: blankets/sleeping bags, hoodies, backpacks/duffle bags, shoes, men's winter coats, men's jeans (sizes 32-36), men's underwear (M, L), men's white t-shirts (L,XL), men's white socks, men's thermal underwear, women's underwear (sizes 5-7), and toiletries, especially toothpaste, washcloths, combs, and deodorant.