



# Trinity Times Newsletter

DEVELOPING IMAGINATIONS AND FOUNDATIONS

## Sue's Reflections

Dear Parents,

As I write this the memories of Special Guest Morning are fresh in my mind. It was extremely touching to hear the gratitude expressed to the teachers for hosting the event on a Saturday so the kids could show off their school! It never ceases to amaze me....Trinity families are the most gracious people I have ever met!

The event reminded me of my days as young mom, attending similar functions. I recall being elated to see my kids interact in their "element." I recall swelling with pride as they sang a song to the parents or danced on stage. You might think I am saying this because they were incredibly talented or impeccably well-behaved. Well... if you think that you would be very wrong. You see, my kids were delightfully imperfect! Now that they are grown, the tales of their imperfections at school functions are beloved Gaertner folklore. They are the stories we tell as we sit around the table..... Remember when Erin opened the play and picked her nose for the entire song?! Remember when she sat on the stage at her preschool graduation talking to all her friends instead of singing the songs and repeatedly yelled, "Daddy, I love you!! Thank you for the corsage!" I can still see her in my mind's eye.

We talk about the time 6-year old Michael convinced 3-year old Erin to call 911 on the pay phone at their piano recital. (Yes – we were all evacuated. and as we stood outside Erin confessed). We talk about the time 3 year old Zack pulled the fire alarm at Devonshire Preschool where I was the director! And we talk about the time Mom left work to surprise Michael at Highcrest Middle School to take him out to lunch because she felt horrible about yelling at him that morning. (When I got there.... Michael didn't even remember that I yelled that morning.) The list of Gaertner legends is endless, because we are all so delightfully imperfect!

## Dates to Remember

Mon Feb 1st - KE Enrichment App Available

Wed Feb 3rd - Vision/Hearing screening 3s & 4s

Fri Feb 5th - Camp Amigos App due

Mon Feb 8th - TCNS Gives back

Wed Feb 10th - Parent Advisory Board Meeting

Mon Feb 15th - School Closed (PRESIDENT'S DAY)

Tues Feb 16th - KE Enrichment app due

Sat Feb 20th - "The Magic of Trinity" Benefit

Fri Feb 26th - Session 3 Lunch Bunch App due

Fri Mar 4th - Last day of Session 2 Lunch Bunch

My point is, enjoy, celebrate and embrace your child's imperfections! Laugh in the face of stress! Love, honor, respect and cherish your child for the uniquely precious, imperfect child they are! And when they act out in public just remember – this will make a great story one day! And, you won't believe how quickly one day arrives...

With love,  
Sue



## Professional Development Recap

On January 19<sup>th</sup> the staff of TCNS gathered for Professional Development Day. A speech and language pathologist presented a workshop on developmental red flags and when to intervene. An occupational therapist gave a fascinating workshop on how to help children calm themselves. Our final workshop was on Howard Gardner's theory of multiple intelligences and the importance of incorporating activities that promote and nurture these intelligences in our daily schedule. It is this last workshop that I will share with you now with plans to share the other workshops in the next two newsletters.

We all have different strengths, which Gardner calls intelligences. Some educators may refer to them as learning styles. Our job as educators is to provide activities that allow our children to discover their natural aptitudes as well as practice and grow all their intelligences. We want our kids to discovery their passion(s). At the workshop we worked in teams to examine a unit of study and make certain we included activities that promote all the intelligences. The theory has important and practical applications to lesson planning, as well as parenting.

### 9 Intelligences of Gardner's Theory

1. **Verbal-linguistic intelligence:** Well-developed verbal skills and sensitivity to the sounds, meanings and rhythms of words
2. **Logical-mathematical intelligence:** Ability to think conceptually and abstractly, and capacity to discern logical and numerical patterns
3. **Spatial-visual intelligence:** Capacity to think in images and pictures, to visualize accurately and abstractly)
4. **Bodily-kinesthetic intelligence:** Ability to control one's body movements and to handle objects skillfully
5. **Musical intelligence:** Ability to produce and appreciate rhythm, pitch and timber
6. **Interpersonal intelligence:** Capacity to detect and respond appropriately to the moods, motivations and desires of others
7. **Intrapersonal Intelligence:** Capacity to be self-aware and in tune with inner feelings, values, beliefs and thinking processes
8. **Naturalist intelligence:** Ability to recognize and categorize plants, animals and other objects in nature
9. **Existential intelligence:** Sensitivity and capacity to tackle deep questions about human existence such as, "What is the meaning of life? How did we get here?"



# ANNOUNCEMENTS

## A WORD ABOUT “THE MAGIC OF TRINITY”

I hope you will join us for this year's benefit, "The Magic of Trinity", which will be held on February 20<sup>th</sup> at Michigan Shores club. The event feels like a celebration of community! It is fun, high-spirited, and important to the financial health of the school. Tuition alone does not cover all our operating costs, and the funds raised at the benefit cover the gap in our operating budget.

Be sure to secure your babysitter early! There will be delicious food, beer and wine, and a silent and live auction. We will show a video of all the TCNS kids and truly have a blast! Plus, there are always fun surprises!! In addition, you'll have the opportunity to sign up for fun parties for you and your child! These parties are very popular and tend to fill up quickly. Hats off to the fabulous ladies of the FUNdraising Team who have been working since the summer to bring us this magical moment!



### Camp Amigos!

Make your summer plans at Trinity's Camp Amigos!! Applications are due Friday, February 5th. Children currently enrolled in Ready Two Grow through Kindergarten Enrichment are eligible.

Roses are red, Violets are blue,  
we will be exchanging Valentines  
at school! Watch for emails  
about your class party!

### KE Registration for 2016 - 2017

Applications available on Feb 1st. They will be due Feb 16th. *Both programs will now have a 2 and a 3 day option.* For more information, please contact Sara Brahm at [sara.brahm@bairdwerner.com](mailto:sara.brahm@bairdwerner.com) for PM KE, Kristen Bowie at [ksbowie@gmail.com](mailto:ksbowie@gmail.com) for AM KE and [sue@trinitywilmette.org](mailto:sue@trinitywilmette.org)

### TCNS GIVES BACK - MON FEB 8TH @ 4:15PM

Come join us to create a winter craft and raise the spirits of seniors!

Bring friends! RSVP to Aimee Stoltz at [aimee\\_prunier@yahoo.com](mailto:aimee_prunier@yahoo.com) or Sue at [sue@trinitywilmette.org](mailto:sue@trinitywilmette.org)



Trinity Church  
Nursery School

## Fundraising Corner



We hope to see all of you at TCNS' annual benefit, *The Magic of Trinity*, on Saturday, February 20th at the Michigan Shores Club.  
Please RSVP by Friday, February 12th.

Keep an out for the weekly TCNS Magic Times email highlighting a few of the fantastic live and silent auction items. And remember to buy your First Choice Raffle tickets to have a 1 in 30 chance to pick ANY live auction item BEFORE the live auction begins! Tickets are \$100. Only 30 tickets will be sold.

This year we our THRILLED to introduce our new benefit website! The website allows you to RSVP, purchase tickets, purchase 1st choice raffle tickets, make a donation to our campaign “Magic Is All Around,” and check out all of the amazing items and sign-up parties available this year.

Visit [www.tcns.ejoinme.org/themagicoftrinity](http://www.tcns.ejoinme.org/themagicoftrinity) to check it out!

Interested in volunteering to help set up the morning of the benefit, or with the auction close later that evening? Please contact Ali Straitiff at [alistraitiff@gmail.com](mailto:alistraitiff@gmail.com) or Mikie Hall at [mikiehall@gmail.com](mailto:mikiehall@gmail.com).

# PARENT-TOT

The Parent-Tot class is now just the Tot class and they are doing just great! Ms. Kathy and I are amazed at how independent and confident all the students are! They are a wonderful group of children!

The color of the month was white and snow has been our inspiration. We acted out "Three Little Penguins," sang about a snowman, and "played" in the snow with shaving cream. Miss Wendy is still our favorite visitor and the kids delight in her music.

The children are having fun discovering the room all over again, talking with each other, and playing side by side. They are actually chattier with the teachers now that they are on their own.

Luanne Hampton joined us in the room and it is wonderful to have the extra set of hands. There is always a crowd at the play dough table and the water table continues to be a big hit!

Ms. Kathy and I can already see the children grow in confidence as they are learning to speak up for themselves. These are "baby steps" which we are thrilled to be both a witness and facilitator to as they walk toward independence.

We have been having tons of fun with this little song.

## *I'm a Little Snowman*

*I'm a little snowman short and fat,  
Here are my buttons here is my hat  
When I see the sun I run away  
Before I slowly melt away!*

We love spending time with your children and look forward to spending time with you at the benefit on Saturday, February 20! See you then!

Miss Betsy and Miss Kathy



## KIDS SAY THE DARNEST THINGS

Ella P. (3 AM) came running into class with a giant Teddy Bear! She was so excited! "Sue! Look what Febnett got me! She spent so much money on me!"

Campbell F. (3 AM) came to school with his Grandma and his usual huge smile! I said, "Campbell! I hear you have big news!" "Yes!" he exclaimed! "The ice broke cause I was stomping on it!" "That's cool!" I replied. "But don't you have other big news too?" That's when Campbell yelled, "And I have a new Baby Sister!"



# READY TWO GROW

February was all about snowmen, snowflakes and snow! The children spread puffy glue on paper snowflakes all by themselves and added pinches of glitter. It's fun to watch their determination with these fine motor and creative activities. Another day we made "snow" from crushed ice and poured fresh lemon juice and sugar over it to make lemonade snow cones. Everyone loved juicing the lemons. They were mesmerized by the electric juicer which turns on automatically when pressed. Another day, after reading the book, *Snowballs* by Lois Ehlert, we created our own snowman. The children decorated paper plates by gluing on an assortment of buttons, pom poms, bits of fabric, pipe cleaners, popcorn, sequins and more. The project that excited the kids most was making an edible snowman. Marshmallows were quickly skewered to build the body and frosting helped a cookie/Rolo hat to stick. Cherry licorice ropes were used as scarves. It was fun to see all of the creative ideas they had to make their snowman unique.



We also talked about the different steps one takes to actually build a snowman and helped the children verbalize that. This and a cute picture of them as snowmen will be part of the year-end memory book.

Another hit was letting the children play with shaving cream on trays. The best part was mixing in drops of food coloring to see what colors they could create. A few of them did not want to leave this activity!

Thanks to the bike room, the children got lots of exercise this month. They love the bikes, the slide, pretend play and just running around and having fun!

We're looking forward to another great month in February!

Laurie, Betsy, Kathy, and Lauren

## Songs of the Season

### Snowman Song

5 little snowmen knocking at my door  
I melted away – then there were 4  
4 little snowmen as happy as can be  
I melted away – then there were 3  
3 little snowman having so much to do  
I melted away – then there were 2  
2 little snowmen having lots of fun  
I melted away – then there was 1  
1 little snowman standing in the sun  
He melted away – then there were NONE

### A Valentine's Day Song

Skinnamarink a dink a dink

Skinnamarink and do

I love you

Skinnamarink a dink a dink

Skinnamarink and do

I love you

I love you in the morning

And in the afternoon

I live you in the evening

And underneath the moon

Oh... Skinnamarink a dink a dink

Skinnamarink a do

I love you!

### I Love You So Much

I love you so much  
I love you so much  
You're so very special  
I love you so much  
You're special to me  
You're special to me  
I'm lucky to have you as part of my life  
I love you I love you I love you  
I love you I love you I love you  
I love you I love you I love you  
I love you I love you so much!



## Terrific Threes

We welcomed 2016 with tales of snow! One of the great things about TCNS is our wonderful selection of books! Stop by the school office to check out our library! Each time we change our theme we bring in a bin of books to support the theme – both fiction and non-fiction books. *A Snowy Day* by Ezra Jack Keats and *The Mitten* by Jan Brett were the clear favorites of our winter unit! The kids also created snowmen; each as precious and unique as your child! They look great on our bulletin board.

After reading *The Mitten*, we talked about the meaning of a ‘pair’, which then led to a lesson on symmetry. We created cool looking paintings to illustrate symmetry by painting on half of a paper, then folding it. When we opened it we saw a mirror image of the original painting! Wow!!

As I write this we are well into our study of the North Pole and the South Pole. We learned about the harsh climate and the animals that call these frigid places home. Your kids were so excited to learn how the penguins keep their eggs and babies warm by keeping them on their feet! We practiced “huddling” like penguins to keep warm. We learned about the march of the penguins to the ocean.

Our polar unit also includes learning about polar bears and whales. We fill this unit with fascinating facts, and it all culminates with our whimsical, famous polar expedition! That’s correct! In one incredible day we will wear our backpacks and our home-made binoculars, check our homemade maps, and shine our flashlights on the arrows which will lead us through the nooks and crannies and secret stairways in the church until we reach the North Pole, where we will cut through the ice and have a treat with the polar bears. Then we will set off, following the

arrows that lead to the South Pole, where we will find the tent that the scientists work in surrounded by penguins! The polar expedition is all about the journey – it’s a day long exercise in imaginative play and the magic of childhood! The expedition will be on Thursday, Feb 4<sup>th</sup> for the PM class and Friday, Feb 5<sup>th</sup> for the AM class. Be sure your explorer brings a flashlight and wears a backpack.

In February we will celebrate friendship and love as we prepare for a Valentine’s Day Party. Children should bring Valentines for their classmates that are UNADDRESSED but signed by your child.

THANK YOU for sharing your child with us!! We adore each and every one of them!

Love, Miss Laurie, Miss Ellie, Miss Natalie, Mrs. Z & Miss Sue



# Fantastic Fours

Winter has officially arrived, just in time for us to learn about Antarctica and the Arctic! The children learned about the different types of penguins and how polar bears camouflage themselves with the ice. We also had the chance to measure out the length of a blue whale...a 100 foot whale extending from the bike room to the middle of the blue lunch bunch room!



In addition to animal facts, we learned about colder climates and made some fun “snow” artwork. Tying these two ideas together, we focused on learning about hibernation. The children loved to make a den for their hibernating animal and learned all about the book, *Bear Snores On*. The children could not believe that the bear woke up! It was fun asking the children if they would want to hibernate for the winter.

Thank you to those parents who were able to come in for birthdays this month, including Jennifer Mullman and Dana Lieberman. The children love to have their guests read to the class and the children enjoy the excitement of the new birthday book.

Additionally, thank you to those who attended the Special Guest Morning! The children loved to walk around with their guests. It was fun exploring the different areas of the room and singing songs at the rug. Has anyone tried to sing the pinguino song at home?

We have a few upcoming events that are approaching rapidly. This week we have pajama day! In fact, by the time this newsletter is released, we will have had it already...ask your child about all fun we had! Following that, we will read the classic story of Rapunzel and learn about the kind little soul Tomten who lives with Mrs. Lezama. We will also prepare for Valentine's Day by make lots of colorful crafts. We will begin our unit of the Middle Ages at the end of the month to be followed by our Camelot Ball.

We hope your children are enjoying school as much as we are! We love the month of February to show our LOVE for them on Valentine's Day...really every day! Thank you for sharing your children with us! They are all very special!

Lots of love,

Mrs. Hampton, Mrs. Lezama, Ms. Agata, and Ms. Ellie



# Kindergarten Enrichment - AM

Hot off the press and griddle! Our Pancake/Pajama Day will be on February 28. For many years, our secret recipe has converted many KE non-pancake eaters, to proclaim: "These are the best pancakes I've ever tasted!" To tell the truth, we think it's because we have so much fun with PJs, stuffed toys, favorite blankets, games and music. The most pancakes consumed so far is eight! We'll see if any new records are set this year. Please pack a small lunch.

In February, we learned how an "i" followed by a silent "e" at the end of a word makes the "i" say its own name, like bike, hike or like! We also discovered the mysterious and inexplicable "gh" following an "i" to make the long "i" sound, such as light, might or tight. The children love a mystery – and they get it.

Our class was finally able to collect the perfect snowflakes to observe with magnifying glasses. The children were thrilled to see these beautiful six-sided star crystals. Please, if you have the chance and time, do this same experiment at home to observe the beauty and mystery of nature.

In February, we will read and compare the many interpretations of classic fairytales with different authors and illustrators. The children learn the difference between fantasy and reality, and they also come to appreciate the derivations from the original tales – from Grimm's brothers to modern versions. Instead of saying: "That's not how the story goes," they understand that authors use their imagination to interpret classic stories.

We will create a magical bulletin board with a castle and the children's artwork depicting the various characters from the written tales, including "Thumbelina," "Beowulf," "Jack in the Beanstalk," "The Princess and the Pea," "Hansel and Gretel" and any other story that the children would like to share. As a finale, each child writes and illustrates their own fairytale.

In science, we did the experiment on cohesion and adhesion described in the last newsletter. We also made ocean waves using a liter bottle filled with blue colored water and oil. As we tilted the bottle back and forth the children exclaimed: "The blue water turns greenish when mixed with the oil, just like the ocean waves!"

Our music this month was so much fun! (Especially with below 20 degrees Fahrenheit outside.) The children created their own music shows. They set up chairs for their own audience and performed, either in groups or solo, with song, ballet, break-dance and Celtic-dance. We can't wait until Ms. Kathy's mom, who is a performer in her own right, comes to sing and dance with the children to "Dancing Queen!"

Be ready, on February 14, for lots of hearts! They love you so much, and we appreciate all the love and support you give to your children. We also appreciate your sharing your beautiful children with us.

## **SHARE YOUR FAVORITE HOUSEHOLD, ORGANIZATION TIP & RECIPE**

Send us your favorite tips and we'll share them with the TCNS community!

Email [carlabenigni@gmail.com](mailto:carlabenigni@gmail.com)



Trinity Church  
Nursery School



# Kindergarten Enrichment - PM

Nobody can believe just how quickly the first month of the year has gone by! We are so fortunate to have had such a great beginning of 2016. In February we have focused much of our energy learning about "The Wonders of Winter & Animals." We learned all about hibernation and migration, the students even chose their favorite animal to draw hibernating. Two of our favorite books that went along with our theme were "Why Do Birds Fly South?" and "Why Do Animals Sleep in the Winter?". One of our best art projects was the "Muñeco de Nieve" (Snowman) – we used shaving cream so it looked like real snow!!!



We also loved our science activities/experiments this month! The kids created their own quick sand and even a fizzy lemonade drink! For our quicksand, we used a cornflour and water mixture. When we added just the right amount of water the mixture became very thick when you stir it quickly. To our surprise it became hard and we were able to poke it! It worked very much like real quicksand. However, our tastiest experiment was our fizzy lemonade! We learned about chemical reactions while using lemon juice, water, and baking soda to create a lemonade soda – when we were done, we even got to taste our experiment!

The month of February has been full of fun, laughter, as well as many learning opportunities! We had fun creating shaving cream snowmen, and real life snowmen in the park! We tasted our edible science experiment, and learned about how skunks, snakes, bears etc. hibernate and why some birds migrate. In yoga class, we have began a journey on an "African safari"! We hope to continue on our yoga safari next month, as well as the many unique art and science activities we have planned. We also will continue reading many books, working on our word searches, word wheels, and we will be starting our journals this coming month! Looking forward to an amazing February!



Sincerely, Miss Agata and Miss Natalie

**What you are saying...**  
Quotes from TCNS parents

"I couldn't think of how to be better! What I love is lots of play but with lessons too. Holidays are great too. And appreciate how everyone gets to know each other – or warm familiarity – through drop-off. The social curriculum is excellent and the children feel very supported."

— Parent (3 AM 2015)

"I love walking into the class to drop-off/pick up. You get to meet the teachers, kids and other parents as well as actually SEE the classroom where your child spends their day...the teachers are wonderful, atmosphere caring and nurturing, and what my child has learned is awesome!"

— Parent (4 AM 2015)



# Korean Braised Chicken (Korean Bapsang)

Easy yummy supper that is very forgiving if you don't follow the recipe exactly! It can be made several days ahead too!

## Ingredients

- chicken thighs (~2.5 pounds, can be cut up)
- 2 medium potatoes
- 1 medium carrot
- 1/2 large onion
- 3 – 4 mushroom caps (shittake, white, or baby bella)

## Braising liquid:

- 1 tablespoon minced garlic
- 1 teaspoon grated ginger
- 1/3 cup soy sauce
- 2 tablespoons dark brown sugar
- 2 tablespoons oyster sauce (if not available – use a little more soy sauce )
- 2 tablespoons rice wine (or mirin)
- 1/4 teaspoon pepper
- 2-1/2 cups water
- 2 tablespoons corn syrup or honey
- 2 teaspoons sesame oil
- 1 teaspoon sesame seeds



You can serve by itself or over noodles.

## Directions

1. Mix all the sauce ingredients up to the water. The last three ingredients are to be added at the end of the cooking process. Set aside.
2. In a large pot, place the chicken pieces in a single layer. Pour the sauce over the chicken. Bring it to a boil over high heat. Remove the foam. Cover, and cook for 15 minutes.
3. Add the potatoes, carrots, mushrooms, and onion. Continue to boil over high heat, covered, for an additional 10 minutes until the liquid is reduced to about 1/3. This seems like a lot, but the potato and starch noodles will soak up a lot of the liquid. Stir in the corn syrup, sesame oil, and sesame seeds. If using starch noodles, add and continue to cook, uncovered this time, for an additional ~5 minutes.

Source: Carla Benigni, TCNS Mom  
(<http://www.koreanbapsang.com/2011/02/jiimdakdakjiim-korean-style-braised.html>)

## ORGANIZE LIFE - CLEAN-UP SIGN-UP

My kids hate to clean the basement, but they love "signing-up." We make a sign-up sheet and they take turns "signing-up" for things they want to put away. I think of categories like Barbies, Kitchen, MagnaTiles, Trains, etc. For some reason this makes it more fun for them and they help with less complaining.

- Lesley Shifrin, TCNS Mom



Trinity Church  
Nursery School

# The Final Word

"To My Friends" -

With February's arrival, come highlights for both TCNS students and their parents – the kids' Valentine's Day parties and the benefit for mom and dad.

It has always amazed me how much my kids enjoy the Valentine's Day parties at TCNS. The parties are incredibly simple -- just creating a paper bag mail box to put on their chairs and receiving cards from their classmates, which TCNS often encourages to be addressed as "To My Friend," since the kids all are friends and it takes the pressure of them having to know to read everyone's name.

Whether we have gone to Walgreens to select a card with a Disney theme of some sort or another, or used doilies and glitter glue to make them ourselves, the girls have always taken great pride in creating and signing each card for their classmates.

And when the girls bring their Valentine's home, they tear through them to see which kind of card everyone picked. Often my girls read the cards over and over again because they love seeing what their friends made for them. And it is usually spring time before I can figure out way to "move along" the Valentine's Day cards because they enjoy them so much!

Like our children's Valentine's cards, the TCNS benefit is a chance for us parents to connect with friends and hopefully meet some new ones as well. I have always felt that it was appropriate that the benefit is in February since it just after Valentine's Day and a chance for all of us to get together with friends we love and support the school that our children and we love as well.

Having served on the fundraising committee for 6 years now, I know how much time and effort goes into planning this event, so it is a special community-building evening, as well as a successful fundraiser for the school. A huge thank you to Ali Straitiff and Mikie Hall, the fundraising co-chairs, and their entire committee for all of the hard work they have already put into this evening for our children and the school.

So my TCNS friends, I hope that you all will be able to join us on Saturday, February 20 at Michigan Shores Club for "The Magic of Trinity," to celebrate our children, our community and the school that makes it all possible.

With love-  
Meghan MacKinnon  
Chair, TCNS Parent Advisory Board

## Food for Thought

*Local lectures on child development and parenting.*

**David Yaeger PhD** - Feb 23rd (FAN)  
**Sen Cory Booker** - Feb 23rd (FAN)  
**Scott Barry Kaufman PhD** - Feb 29th (FAN)



### Church Announcements

**Ash Wednesday** (Feb. 10) - Family worship @ 5 pm. Soup & bread supper @ 6 pm. Service @ 7 pm

**Family Movie Night (FREE WILLY)** - Fri Feb. 26 @ 6 pm - All Ages! Not a drop off for young children, older youth can come alone.

**Trinity Church Nursery School**  
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