



Trinity Times Newsletter

DEVELOPING IMAGINATIONS AND FOUNDATIONS

Sue's Reflections

Dear Parents,
As we enter the season of Thanksgiving I hope we all find the time to reflect on the joys and blessings in our lives. I typically use the November newsletter to publicly say thank you to some very deserving people. In that spirit, I offer these words of gratitude.

Thank you to the hard-working Nursery School Staff! I am continually impressed by your commitment, your energy, and your love for and devotion to "your" kids. I am proud to work among you.

Thank you to the entire parent body, and a very special thank you to the members of the Parent Advisory Board! Your kindness and support are always very much appreciated. Thank you for helping us in the classroom, for graciously opening your homes for gatherings, for working on school projects, and most of all for sharing your treasured children with us. Your children reflect the love and kindness you pour into them. We love being a part of their lives. You have been wonderful models for your children because they are extremely kind and generous with each other.

Thank you to Pastor Brian and the entire church staff for your support and guidance! I am always grateful for your wise advice and assistance.

Finally, thank you to the children for all of your smiles, hugs, pictures, and happy thoughts! You are each very special to us and we are lucky to have you in our lives. You fill our hearts with love and joy!



Dates to Remember

- Mon Nov 2nd - TCNS Gives Back
- Wed Nov 4th - Scream Free Parenting
- Thurs Nov 5th - Observation Day (Prospective Parents)
- Fri Nov 6th - Deadline for Gift Cards
- Mon Nov 9th - School Photos (PT, 3's, 4PM)
- Tues Nov 10th - School Photos (RTG, 4AM)
- Wed Nov 11th - Parent Advisory Board Meeting
- Nov 12th/13th - Alumni / Sibling Days
- Mon Nov 16th - Lunch Bunch Apps Due
- Nov 18th/19th - Thanksgiving Feasts
- Sat Nov 21st - Holiday Parade
- Mon Nov 23rd - Alumni / Sibling Day
- Nov 24th-29th - Thanksgiving Break
- Nov 30th - Session 2 Lunch Bunch begins

Trinity Church Nursery School

1024 Lake Avenue
Wilmette IL 60091
847.251.0479

Director: Sue Gaertner sue@trinitywilmette.org

As Thanksgiving approaches the teachers will be discussing the concept of gratitude with the children as well as the importance of saying thank you. Recognizing and acknowledging who and what they love is the first step toward developing a sense of gratitude. An attitude of gratitude is a blessing that will stay with them always and enrich their lives. A grateful heart is a happy heart.

I am very grateful for the opportunity to serve as Director of Trinity Church Nursery School. If you ever have any comments or concerns, please contact me on my cell at 847-217-2202, in the office at 847-251-0479, or at sue@trinitywilmette.org.

With Gratitude,
Sue



Children learn what they live. One of the best gifts you could give your child is an attitude of gratitude.

The seven proven benefits of gratitude:

- 1. Gratitude opens the door to more relationships.** Not only does saying “thank you” constitute good manners, but showing appreciation can help you win new friends, according to a 2104 study published in *Emotion*. The study found that thanking a new acquaintance makes them more likely to seek an ongoing relationship.
- 2. Gratitude improves physical health.** Grateful people experience fewer aches and pains and they report feeling healthier than other people, according to a 2012 study published in *Personality and Individual Differences*. Grateful people tend to be more optimistic, a characteristic that researchers say boosts the immune system. There are very interesting studies linking optimism to better immune function.
- 3. Gratitude improves psychological health.** Gratitude reduces a multitude of toxic emotions, ranging from envy and resentment to frustration and regret. Robert A. Emmons, Ph.D., a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being.
- 4. Gratitude enhances empathy and reduces aggression.** Grateful people are more likely to behave in a prosocial manner, even when others behave less kind, according to a 2012 study by the University of Kentucky.
- 5. Grateful people sleep better.** Writing in a gratitude journal improves sleep, according to a 2011 study published in *Applied Psychology: Health and Well-Being*.
- 6. Gratitude improves self-esteem.** A 2014 study published in the *Journal of Applied Sport Psychology* found that gratitude increased athlete’s self-esteem, which is an essential component to optimal performance.
- 7. Gratitude increases mental strength.** For years, research has shown gratitude not only reduces stress, but it may also play a major role in overcoming trauma. A 2003 study published in the *Journal of Personality and Social Psychology* found that gratitude was a major contributor to resilience.

ANNOUNCEMENTS

TCNS GIVES BACK - MONDAY NOV 2ND @ 4:15PM

Gives Back Events are opportunities for young children to participate in social service and learn that little hands can make a big difference in the lives of others. We will decorate pumpkins and make autumn crafts that we will donate to Manor Care Nursing Home in Wilmette.

Kids of all ages are welcome to this FREE event! Invite your friends! Reservations appreciated. Email sue@trinitywilmette.org. The fun takes place in the Bike Room!

non-perishable food drive

As part of our Thanksgiving studies, the children will learn that there are people less fortunate than we are, and that a food drive is a way we can help others. Non-perishable food will be collected in the classrooms until Thanksgiving break and donated to the Wilmette Food Pantry. The pantry, housed in Trinity Church, is a major source of food for low-income residents, especially senior citizens, many of whom have special dietary needs. The following is a list of the most needed items:

- Canned meats and fish*
- Canned fruits*
- Canned vegetables*
- Soups
- Cereals
- Single serving sizes - assorted foods
- Beans and pasta

*low sodium preferred

Trinity Marchers!! Get Ready for the Holiday Parade!

The Wilmette/Kenilworth Chamber of Commerce will host their annual Holiday Parade on Saturday, Nov. 21st! Become part of the action by marching with TCNS. Bundle up, wear your blue and white and join other Trinity families as we welcome in the holiday season.

You can decorate bikes and scooters and pass out your extra Halloween candy en route! We'll provide some extra fun! If you would like to march in the Holiday Parade with us please meet at 4th and Linden on Saturday morning by 10:15 am. The parade steps off at 10:30 sharp. Parade assistants in Santa hats will be directing participants to their spots.

Please note that if it is raining or bitter cold we will not be marching.

School Photos

Mon Nov 9th / Tues Nov 10th

The photographer from PMI is coming to capture your child's precious smile.

All photos must be prepaid. If you need another order form, just ask your teacher. Photos will be back before winter break!

LUNCH BUNCH

Session 1 of Lunch Bunch ends on November 23rd. Session 2 begins on November 30th. Applications for Session 2 are due by November 16th.



SAVE THE DATE
FEBRUARY 20, 2016



**BOOK YOUR SITTER NOW, AND JOIN US FOR THE
BIGGEST NIGHT OF THE YEAR!**

**MICHIGAN SHORES CLUB
911 MICHIGAN AVENUE, WILMETTE**

What you are saying...

Quotes from TCNS parents

"Parent involvement and special events are what make Trinity such a great community."

"I know you want suggestions but I don't have any. Whenever I have a comment or concern I raise it is immediately addressed. We are so happy with TCNS!"



Trinity Church
Nursery School

THE TRINITY TEAM

Meet Our Substitute Teachers

Our school could not run without the wonderful women who answer the call when I put out an email or text for a substitute! Besides being loving, kind and patient people, each woman needs to submit a physical exam, FBI fingerprinting, TB test, three letters of reference, and school transcripts. They are trained in DCFS regulations and NAEYC best practices. You may see them in your child's classroom, eager to greet your child! We are very fortunate to have them and I am very proud of our substitutes! If you see one of these fabulous ladies, please say hello!



Robin Shapo is a former teacher and former TCNS parent. Her son, Noah, started in the Ready Two Grow and, most recently, was a junior counselor at Camp Amigos. Robin taught older kids and LOVES working with the little ones at TCNS! On the day she subbed the smile never left her face!

Anne Crowley is the proud mom of three TCNS grads! Her love for young children motivated her to become a "Safe House" volunteer to provide temporary housing to children in times of crisis, thereby keeping them out of the foster care system. Anne has lots of love to share!



Cathy Brereton is the mother of two TCNS grads. Her older son, Henry, is now in college and her younger son, Jack, is in high school. As Cathy puts it, she aches to be around young children. Cathy's big heart and calming presence are a huge asset to our team!

Jeni Roderick is the proud mom of three children, two of which are Trinity alums. Jeni worked as the third assistant in the Parent Tot class and fell in love with the job. A trained physical therapist, she considers going back to school to study early childhood. Jeni's gentleness and sense of humor are perfect for TCNS!



READY TWO GROW



This month we continued with our exploration of color! For yellow day we “painted” by printing with yellow fruits and vegetables. For orange day, we cut mini pumpkins in half, dipped them in black paint and made prints for Halloween! We also made a trip to the pumpkin patch. For green day, the children made collages of green buttons, feathers and pom poms. For purple day, the children mixed blobs of blue and red paint encased in ziplock bags. They enjoyed squishing and massaging the paint inside to bag to make purple – and no messy fingers! For brown day, the water table was filled with brown leaves, acorns, bark and rubber bugs and snakes. We also finger painted with chocolate pudding. On white day we made ghost puppets; on black day we created spiders. For every color, we fill the special "sparkle bag" with items of the color of the day. It's fun to see what is pulled out of the sparkle bag!

We have also been busy learning Halloween songs. Hopefully you have heard your child singing, “Stirring, stirring, stirring the witches brew!” or “Three little pumpkins sitting on a fence...” Amazingly, most of our Halloween songs end up with a loud BOO!

We are so happy that the children are settled and feel comfortable in the room. If someone asks for their mom, their concerns are short lived as they are quickly distracted by all of the activities and fun in the classroom. They want to be in the class as much as we do!

Ms. Laurie, Ms. Betsy, and Mrs. Z



3 New Things

Early Childhood Literacy by Ann Bates PhD

Here are 3 ways to make a good thing even better for preschool-age children:

1. Include materials that feature rhyme and other forms of language play. This helps develop phonological awareness (the ability to hear the sounds of language), which lays the foundation for using phonics in grades K-2.

Materials: nursery rhymes, poetry, stories that feature rhyme in the text pattern

2. Include alphabet books to introduce your child to the English alphabetic system; call attention to letter names, especially capital letters at this point. Thematic alphabet books also build vocabulary around a specific topic

Materials: alphabet books, including thematic alphabet books around topics of interest

3. Choose quality literature by notable authors and include a variety of genres and forms, including informational texts. Make time for conversation about the text to support language development and comprehension.

Materials: Caldecott medal titles (annual picture book award) and others by these authors; nonfiction from Time for Kids and National Geographic for Kids.

Read to your child... and one day, your child will read to you.

Terrific Threes

The month of October was wonderful in so many ways! Kids love all the seasonal fun! Creating the paper mache apple was truly a labor of love! It was really very simple – the mixture was half Elmer’s glue and half water. They were so surprised that what started ooey-goey dried hard!

We talked about the seasonal changes we observed and read lots of books about autumn. We loved pretending we were trees and our branches were swaying in the wind as we recited:

*Down, down, down
Red, yellow, green, orange, and brown
The leaves are falling
All over the town!*

I’m certain the highlight of the month was singing all the fun, “scary” Halloween songs! They love cackling like a witch and shouting “BOO!!” at the end of our songs! As soon as we finish the song, they cry out, “Again!” Miss Ellie and Miss Laurie always jump in “fear” and the children feel empowered knowing there is really nothing to be afraid of.

The helper chart is a daily ritual, and an excellent tool to teach capital letter recognition and letter / sound association. The best way to teach is to engage the kids in a meaningful activity, and the helper chart is very engaging! Everyone wants to know who has a job! You will hear more about the helper chart as the year progresses.

We introduced Spanish in October and it is going GREAT!! Please Google “benefits learning second language preschool years” and you will find scores of articles and studies that link learning a second language with positive effects on brain development. Switching back and forth from English to Spanish actually promotes the growth of neural pathways. Our kids don’t realize they are growing their brains – they just love learning Spanish! When learning a language, receptive skills precede expressive skills, but I am already starting to hear Spanish woven into the day. For example, upon finishing a book, Maggie said to me, “I really liked that *libro*.” Lauren said, “Miss Sue, why is that *pequeño* mouse making that face?” All this switching back and forth makes me *muy feliz*!!



In November we will talk about friends and family and things in our lives we are thankful for. We’ll have lots of fun with turkeys galore and work hard to prepare for our Thanksgiving Feast. You are invited to join us for the last thirty minutes of class on Wednesday, November 18th for the Feast! We hope to see you there!!

Here’s to a great November!

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

TEACHING GRATITUDE

Children’s books that help teach and promote an attitude of gratitude:

1. *How Full Is Your Bucket: For Kids* by Tom Rath
2. *Have Your Filled a Bucket Today: A Guide to Daily Happiness For Kids* by Carol McCloud
3. *The Secret of Saying Thanks* by Douglas Wood

Here is an excerpt from *The Secret Of Saying Thanks*.

“The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time.

The more we say thanks, the more we find to be thankful for.

And the more we find to be thankful for, the happier we become.

We don't give thanks because we're happy.

We are happy because we give thanks.”

Fantastic Fours



October was full of fun and adventure! We started off the month with Rumpelstiltskin turning our straw to gold. The children were in complete awe and continue to look for the magical character. A fireman surprised the 4 PM class and Miss Ellie dressed up in a real fireman outfit. It was quite a sight! Speaking of sight, there were several pumpkins that rolled out of sight. We sang lots of Halloween songs that even scared the teachers-BOO! The giggling from the children made the teachers appreciate the magic of the holiday. The room was also decorated with fall leaves, ghosts, haunted houses and skeletons. The children love to dress up for Halloween and celebrate the fun!

October also started a number of special classes. Mrs. Dashiell began science. We learned about sound waves and vibration through water and a "balloon" eardrum. Your children were very interested and love putting on their lab coats. Music and Movement has also started which is a great way to stay active. The children stretch, skip, dance and sing. They even sing in rounds! Special Days has also started for our 4s. Each child will have a chance to celebrate themselves with a special questionnaire and poster. The children love the attention and feel like a star!

Thank you to the parents that read for our October birthdays! Mary Kate and Annie's mom read with enthusiasm and real props. Ari's grandfather had the children wanting to read more Dr. Suess. Grace's mother made the children laugh with delight. James's mother had the children wanting more and Claire's mother read outside on a beautiful fall day. Parents are always welcome to read to the children and volunteer in the classroom!

In November, we'll be focusing on Native Americans as we water color sunsets, like in the story "The Legend of the Indian Paintbrush." We will also read "Three Little Indians" and learn about three Indian children who lived in different parts of the country. Each lived in a different home made of animal skins, mud or wood. We'll learn about their tribal names, how they hunted or fished for food, the games they played and how they celebrated special occasions. Another fun book is called "Whale in the Sky," and it tells about the story of a totem pole. As luck would have it, Trinity actually has a totem pole in the building and the children love discovering it!

Our Thanksgiving feast will take place the week before the holiday. We will prepare cornbread and pumpkin pudding for all to taste. We will focus our feast on all that we are thankful for. Parents are invited to come the last 30 minutes of class to share in this special gathering.

We are all very thankful for you sharing your children with us! We are blessed to be a part of your children's' lives and hope you know that you are greatly appreciated!

Lots of love, Mrs. Hampton, Mrs. Lezama, Ms. Agata, and Ms. Ellie



JOIN THE BIRTHDAY BOOK PROGRAM

Choose a book from the selection in the school office. Your child can take the book home, share the book with his/her classmates and then it will become a part of the TCNS library. A label is placed on the inside cover to acknowledge your child as donor. The Birthday Book Program is strictly optional. Each book is \$16.

Tear off and return to your child's classroom



CHILD'S NAME: _____

CHILD'S CLASS: _____

BIRTHDAY: _____

EMAIL: _____

Please make the check payable to TCNS for \$16

Questions? Contact Dana at danaamclaughlin@gmail.com or sue@trinitywilmette.org.

Kindergarten Enrichment - AM



Kathy and I wish you a blessed Thanksgiving with your loved ones and friends.

“Over the river and through the woods” will be our theme for November, creating a beautiful bulletin board of villages, rivers, woods and homes celebrating Thanksgiving. We will learn about the hardships of our earliest settlers, their ocean crossings, meeting our Native Americans and our Thanksgiving traditions of feasts, friendships and thankfulness.

In October we completed our study of forest animals. The children created their own pictures from our mural of their trees and animals, which they drew, colored and painted.

We also had fun preparing for Halloween. The children made back-lit haunted houses with windows and doors filled with bats, skeletons, ghosts, pumpkins and their own imagination of what a haunted house would be. Mrs. Dashiell told the story of a bat that Mr. Dashiell discovered in our lake house. (We got the bat out safely and discovered that it had eaten all the insects in the house!)

Our children dictated their own Spooky Ghost Hunt Story with each child contributing to where we would search in the church for the Friendly Ghost treat. We acted out their story with the each child reading his or her part from the story. We searched from room to room according to the children’s instructions (they made maps) and finally found a Halloween treat in a secret passageway!

In science we continued our exploration of sound waves by making a pretend eardrum sprinkled with pepper that jumped to demonstrate vibration. We learned the percentage of our earth covered in both salt and fresh water and their different properties. Our experiment confirmed the difference between the two. By adding salt to fresh water we made an egg float!

We read many wonderful books from the Wilmette Public Library about the lives of wolves, bears, cougars, bobcats, deer, eagles and owls. Plus, we heard how Mr. Dashiell spotted Mama Bear in a tree with her cubs and our daughter and grandchildren witnessed a bear chase a doe and her fawn up to our deck (in far north Wisconsin). The children also loved the story of “Verdi” by Janell Cannon about a python who discovers that his color is important to his survival.

In reading readiness we made rhyming words with long and short “a” words, emphasizing the long “a” sound followed by an “e,” such as make, bake and cake. We continue to practice our letters to music and magic pencils. The children are writing their letters beautifully.



Thank you for the pleasure of being with your children. They are precious.

With love, Mrs. Dashiell and Ms. Kathy

KIDS SAY THE DARNDDEST THINGS

Wet paper mache feels very unusual to kids. Some kids love the ooey-gooy feeling. Others, like **Nicholas G.** (3 AM) – not so much. As soon as Nicholas put his hands in the mixture he exclaimed, “Oh my God!”

When the TCNS kids took over the pumpkin patch, **Olivia W.** (PM KE) said, “She is taking this very seriously!” However, at her young age, she really doesn’t understand commerce. That is why, when a friend gave a customer their change, she reacted with, “What are you doing? You’re not supposed to give HER money!”

Teddy M. (3 PM) was playing in the kitchen with some of his friends. They were passing food to each other and having a great time! Teddy, proving he is a wonderful host asked, “Well, does somebody want a beer?”

Kindergarten Enrichment - PM

This past month of October has brought us colorful fall days, and many memories with it! We used our imaginations as we pretended to be artists, scientists, community helpers and much more! The themes for this past month have been the following:

- "B" for *Bugs*
- "C" for *Caring Community Helpers*
- "H" for many *Happy Haunted Halloween days!!!*



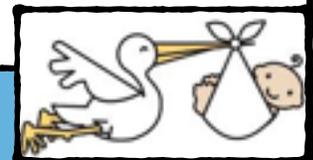
We started off the month by learning about bugs and exploring our surroundings looking for them! We even had two class pet bugs for a day (an ant and an armadillidiidae "roly poly"). We learned about how to take care of our pet bugs and what type of environment they live in. One of our favorite art projects was making our own bumble bees and then pretending that our bees were buzzing/flying around the classroom!

Our next theme was "Community Helpers"! Miss Natalie and I extended the unit due to the fact that the students were learning so much! We had a firefighter and a police woman visit the class on different days! The police woman even even let us see her police car!!! :) We also took a field trip to the "Trinity Post Office" to stamp and mail letters that we wrote! Our favorite book was "The Jolly Postman," because we opened and read letters from fairy tale characters! We pretended to be scientists by creating our own sedimentary rocks, and we also learned about combustion and carbon dioxide!

Halloween is the spookiest time of the year, so we had plenty of haunted activities in Kindergarten Enrichment! We learned all about bats, read the bat story of *Stellaluna* and created a cool bat graph and chart! Some of our happy Halloween art projects included: flying bats, leaf ghosts, and a pumpkin booklet where we showed how pumpkins grow! We loved to sing the "Bruja" (witch) song! One of the best days this month was the day we got to go to the Calabaza (pumpkin) patch to pick out our own calabaza!

Overall, October has been a very bug-filled, caring, happy & haunted Halloween month! Show & Share was a big hit this month!! We will continue Show & Share once a week (Tuesdays), since it was so great to see everyone's rock collections, books, Lego creations and other cool items! We enjoyed putting on our pretend lab coats for our lava lamp science experiment, and getting out our mats for yoga time on Fridays! We are all looking forward to a great November filled with yoga, show & share, art, cooking, math/science and much more!!!

Sincerely, Miss Agata and Miss Natalie



Shop on the TCNS Shutterfly Storefront before ordering your holiday cards! 13% of every purchase is donated to Trinity."
<http://tcns.shutterflystorefront.com>

*Welcome to the TCNS Family!
Congratulations to the Burnell on the birth of Baby Spencer! The proud parents, Alexa and David, are overjoyed! Big Sisters Sophia and Natalie and Big Brother Jackson (3PM) are all thrilled!!*

Chicken & Cheese Enchiladas

Yummy & Easy – 15 min prep/15 min cook time

Ingredients

- 1 small red onion, halved
- 1 1/2 pounds tomatillos, husked and rinsed
- 1 to 2 serrano chile peppers, stemmed and seeded
- 1/2 cup low-sodium chicken broth
- Kosher salt
- Pinch of sugar
- 8 corn tortillas
- 3 cups shredded rotisserie chicken
- 2 1/2 cups shredded mozzarella and/or Monterey Jack cheese
- 1/3 cup fresh cilantro
- 2 tablespoons extra-virgin olive oil, plus more for greasing
- 3/4 cup crumbled queso fresco or feta cheese



Directions

Preheat the broiler. Slice half of the onion into thin rings and set aside. Place the other onion half, tomatillos and serranos on a foil-lined baking sheet and broil until the vegetables are soft and slightly brown, 7 to 10 minutes, turning as needed. Transfer the vegetables and any liquid to a blender, add the broth and puree. Season with 1/2 teaspoon salt and the sugar.

Meanwhile, stack the tortillas, wrap in a damp paper towel and microwave just until warm and soft, 1 minute; keep covered. Toss the chicken with 2 cups shredded cheese in a bowl. Spoon a portion of the chicken mixture down the middle of each tortilla. Add a few cilantro leaves and roll up. Place the enchiladas side by side in a lightly oiled 9-by-13-inch baking dish and brush with the 2 tablespoons olive oil. Broil until crisp and golden, 3 minutes.

Pour the tomatillo sauce over the enchiladas and top with the remaining 1/2 cup shredded cheese. Return to the oven and broil until the cheese is bubbly and golden brown, 3 to 5 minutes. Garnish with the onion rings, queso fresco and any remaining cilantro.

Serve with a salad.

Source: The Food Network

Organizing Life

Make your mornings easier with “Day of the Week” drawers so the kids can get dressed on their own. I let my kids do the labels. When I've got my act together I put in their clothes for the week. When I don't have my act together I put in the clothes for the next day or two. Either way it's helped me with the morning rush to get out the door. The one unlabeled drawer I use for pajamas.

- Amy Koplow, TCNS Mom



Share your idea with TCNS.

Email carlabenigni@gmail.com

The Final Word...

Help Promote TCNS

Do you review on Yelp or know anyone who does? If so, please contact Meghan MacKinnon.

Thanksgiving is my favorite holiday. I love the simplicity of it. Thanksgiving doesn't require presents, decorations or cards. You don't need a special outfit for it or worry that you won't be able to get everything done before the big day. And by the time Thanksgiving weekend arrives, you aren't burned out and exhausted because you and your family have attended 10 Thanksgiving parties leading up to it.

Thanksgiving is all about being with family and friends, sharing a meal (which we have even simplified to steaks on the grill!), maybe watching some football, and most importantly, reflecting on what you and your family are truly grateful for – something we don't always take time to do on regular basis.

As parents of young children, it is often challenging to teach them what gratitude is and explain all of the things that they should be thankful for. Gratitude is a difficult concept for them to grasp and also can be tricky translating into a tangible thing for them to see or experience.

I still laugh when I read my girls' turkeys from the RTG and 3's programs on which the teachers wrote down what the girls said they were grateful for. Some of my favorites include "roller coasters," "my blanket," "ice cream," "my big girl bed," and "when Molly let's me play with her American Girl dolls." To little kids – those ARE important things!

In addition to the class "Feasts" and the kids dictating what they appreciate on their turkeys, Trinity offers some additional opportunities for families to show their gratitude and give back to those in need.

TCNS Gives Back Events

About 4 years ago, Trinity started TCNS Gives Back. These late-afternoon events are hosted by the school from November through March and are an easy and fun way for your kids to create a special project for organizations in the area.

On Monday, Nov. 2 we will be gathering in the bike room to create leaf wreathes and paper plate owls for nursing homes in the area. On Thursday, Dec. 10 we will be creating gingerbread houses for Manor Care in Wilmette. Both events start at 4:15 p.m. and last about an hour. Your kids will have a lot of fun at them and be so proud of their masterpieces and getting to share them with others.



Trinity Methodist Church Announcements

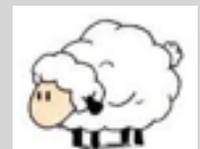
SCREAM-FREE PARENTING SEMINAR, WED. NOV. 4th at 7:00 pm

Rev. Erin Sharp, AMFT, Resident in Pastoral and Relation

The greatest enemy of parenting—*our own emotional reactivity*. It may be actual shouting, quiet worrying, caving-in or pulling away emotionally. Our challenge is to become self-aware and ScreamFree. **Attend the event at no cost to the participant. Invite friends. Refreshments will be served. RSVP to cath@trinitywilmette.org**

MEET US AT THE MANGER, Live Nativity SUNDAY, Dec. 13, 2015

Animals arrive at 3:30 pm for viewing. Program begins at 4:30 in the sanctuary. Reception follows. This event welcomes all ages and includes singing of carols. Free will donation.



TCNS Gives Back Caroling

For the first time ever, TCNS students will have the opportunity to go caroling! TCNS will be spreading holiday cheer at two retirement communities – on Monday, Dec. 14 at 4 p.m. at Mather Place and on Wednesday, Dec. 16 at 4:15 p.m. at Sunrise.

Thank you to Aimee Stoltz and Mary Wilkinson, the TCNS Gives Back Co-Chairs, for putting so much enthusiasm and energy into planning this year's projects.

Wilmette Food Pantry

The Wilmette Food Pantry is organized and run by Trinity United Methodist Church out of the church. Every week it helps people in the area who need assistance with food. You and your family can contribute to the Wilmette Food Pantry during the holidays as well as throughout the year. Donation bins are located outside of the upstairs classroom. Miss Sue shared a list of items the food pantry is looking for in the upcoming weeks, but know that food items such as pasta, canned goods and individual packages of oatmeal, applesauce and cereal are always welcome.

Finally, even something as simple as Birthday Books is another way for the kids to learn about making a donation to the Trinity library and contributing to the TCNS community.

Speaking of the TCNS community, it was great catching up with so many parents at Parents' Night Out at Smylie Brothers on the 23rd. A big thank you to Kimberly Newman for organizing such a fun evening and bringing a little Charlie Brown spirit to the event (I was so inspired that we watched "The Great Pumpkin" as a family the next night!).

I hope to see you all again soon at the upcoming TCNS Gives Back events and/or at the Scream-Free Parenting Seminar on November 4 (very curious about this one myself...).

Have a safe, relaxing and happy holiday whether you are in town or on the road. Happy Thanksgiving everyone!

Food for Thought

Local lectures on child development and parenting.

Sensory Needs in Preschool & Early Elem Years

Tues, Nov 10th, 8-9pm

Register here: <http://info.nspt4kids.com/webinar-sensory-needs-in-preschool-and-elementary-years>



With gratitude-
Meghan MacKinnon
Chair, TCNS Parent Advisory Board

SHARE YOUR FAVORITE HOUSEHOLD OR ORGANIZATION TIP

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

Email carlabenigni@gmail.com



Trinity Church
Nursery School

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Director: Sue Gaertner sue@trinitywilmette.org
Staff: Agata Budzik, Valerie Dashiell, Luanne Hampton, Laurie James, Ellie Johnson, Courtney Johnston, Joyce Ladin, Ginny Lezama, Wendy Morgan, Betsy Segal, Kathy Stein, Lauren Wasielewski, Kathy Zawacki, and Natalie Zawarsky