



# Trinity Times Newsletter

DEVELOPING IMAGINATIONS AND FOUNDATIONS

## Sue's Reflections

Dear Parents,

By now I hope I have greeted each of you in person to welcome you to school! The kids are settling into their class routines and the few tears we saw are drying up and truing to smiles. First order of business is to teach the children that school is a happy place and the teachers will care for them and all that they need. By the smiles on the faces I see, I think that lesson is sinking in!

I think of the curriculum as having layers. The most visible layer is the daily activities and themes. The environment is arranged in a manner that should invite play, exploration and discovery. The structured activities (rug-time, projects) are often chosen for their connection to the current theme. Other elements of the program (specials such as music, movement, science, cooking, yoga) are chosen for their enrichment qualities. A tremendous amount of behind the scenes planning and preparation goes into the daily activities.

Another layer of the curriculum is one I describe as scaffolding learning to promote child development in the areas of speech and language, fine and gross motor, and cognitive development. We make certain that each day includes activities that promote development in these domains. Assessment is a big piece of this layer of the curriculum, since we want to make certain each child is appropriately challenged and encouraged to try the untried in a safe and loving setting. Modifying our program to meet the individual needs of each child is an important attribute of the curriculum.

Finally, the over-arching layer of our curriculum and what drives all our goals is promoting social/emotional development and a positive sense of self. This includes treating each other with kindness and respect, learning to manage intense feelings, learning to recognize and respond to the feelings of others, and knowing that they are cherished – exactly as they are. We strive to create a classroom community in which every child feels loved, respected, and valued for the precious, unique individual they are!

I received a beautiful email over the weekend. Ella P. was in Sunday School and was asked what is something that happens on a daily basis that makes her feel **WOW!** She replied, "Going to school." That's how we

## Dates to Remember

Week of Oct 5th - Shutterfly promotion begins!

Wed Oct 7 - Board Meeting @ 9:15am

Mon Oct 12th - NO SCHOOL (Columbus Day)

Oct 14th-28th - Phone Conferences

Fri Oct 23rd - Parents' Night Out

Thurs Oct 29th & Fri Oct 30th - Halloween Parties

Trinity Church Nursery School

1024 Lake Avenue

Wilmette IL 60091

847.251.0479

Director: Sue Gaertner [sue@trinitywilmette.org](mailto:sue@trinitywilmette.org)

Please do not hesitate to contact me if you ever have any questions or concerns. I look forward to our feedback and input!

Finally, living with a young child has a magical quality to it. Your child will experience so many firsts this year that it will be hard to remember these early days of school once May comes around. Their growth will astound you! So please, every once in a while hit PAUSE, sit back, relax, and enjoy the magical ride!

*Here's to more great weeks at TCNS!*

With love and respect,  
Sue

## ROLL OUT THE SPECIALS!

One of the many features that distinguish Trinity is our wonderful array of enrichment programs.

**Music & Movement (Valerie Dashiell):** Every other Wednesday Val gets the kids in our 3's & 4's Programs dancing, clapping, marching, and singing, to music that ranges from classical to country to rock! She often incorporates rhythm sticks, instruments, the parachute, and an autoharp. In the 4's, there is added emphasis on vocal music and singing in rounds.



**Music and Movement (Wendy Morgan):** Twice a month, Miss Wendy brings her guitar and collection of puppets, props, and instruments to Circle Time in our Parent Tot and 3's Program. Her high-energy brand of music is super fun and interactive!

**Science (Valerie Dashiell):** Every other Tuesday, Val joins the 4's with her bag filled with hands-on fun and engages the kids in experiments that bring sophisticated scientific concepts to life for young children. Each lesson will have an accompanying write up, so you can follow-up at home!



**Spanish in the 3's & 4's and PM KE:** We will soon begin weaving Spanish into the day! Spanish will be introduced in context, while the children are actively engaged in meaningful activities. In the 4's Program, Miss Agata will also include Spanish games and songs at rug-time and on Centers Days.



**Cooking (Miss Laurie):** Kids love cooking! They love to mix, crack, blend, stir, chop, sprinkle and EAT! Cooking teaches math skills and following directions – plus it's fun! Miss Laurie's recipes are exciting and kid-friendly. Once a month our 3's, 4's, and KE kids will enjoy cooking with Miss Laurie!

**Radiant Child Yoga (Christine Quinn):** Radiant Child Yoga uses imaginary animals and stories, which captivate the children who, in their delight, have no clue how healthy and relaxed they are becoming! It could be called "creative movement," except that Radiant Child Yoga contains all the essential ingredients of yoga-breath awareness, mind-body fitness, and the opportunity to experience the "self-within." Christine is a former TCNS mom and Parent Advisory Board Chair. She currently teaches adult and children's fitness, health and wellness classes. She will be working with our AM & PM KE Classes once a week.



**Centers Day in the 4's:** While technically not a "special," Centers Day is a fun way to ensure that each child takes time to focus on academic skills in a small group with a teacher every week. There are 3 or 4 centers, which can range from letter sound association, number recognition, number value, sequencing, story writing, and lots more. We use play based materials and the kids love when it is time to rotate to the next center and check out the fun!

# ANNOUNCEMENTS



## Fall Phone Conferences in October

One of your child's teachers will soon be calling to discuss your child's adjustment to school. Please share any questions or concerns you have during this time. **You will receive a specified calling time (during the day) and date via your child's cubbie.** If you need to change your assigned time please let your teacher know as soon as possible. **If you would like to be called at work or on your cell, make sure your teacher knows.** We look forward to sharing our observations with you!

## GIFT CARDS TO SUPPORT TCNS

Support Trinity while doing your everyday shopping. Purchase gift cards from your favorite vendors and a percentage of the cost will be donated to TCNS!

**SUPPORT TCNS - SIGN UP NOW!**

<https://tcns.wufoo.com/forms/s1515n9b1qnv7ow/>



### YOUR FAVORITE VENDORS!

B&N, Gap, Gymboree, Jewel-Osco,  
Panera, Amazon, Starbucks, Whole Foods,  
Lands' End and Macy's.

## SAVE THE DATE

### TCNS GIVES BACK

Nov 2nd

Dec 10th

Starts at 4:15pm

Details to come next month!

## TCNS SHUTTERFLY STOREFRONT OPEN FOR BUSINESS!

When you shop at Shutterfly, Tiny Prints or a family brand use the link and **13% of your purchases will be donated to TCNS!** All outside coupons can be used and we will also be getting coupon codes exclusive to TCNS!

### ORDER YOUR HOLIDAY CARDS & SUPPORT TCNS!

<http://tcns.shutterflystorefront.com/>

## food pantry donations

did you know the wilmette food pantry is operated by and located right at trinity methodist church?

donations can be placed outside of the upstairs classroom

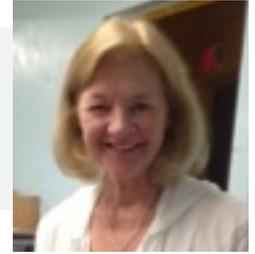
## THE TRINITY TEAM

### Meet Our Teachers



We extend a warm Trinity welcome to **Agata Budzik!** This is her first year at TCNS. (Although she got her feet wet, literally – on water days, at Camp Amigos!) Agata double majored in Education and Spanish at the University of Findlay in Ohio. Her teaching career began in a 7<sup>th</sup> grade classroom, but her true joy is preschool. Agata teaches in 4 AM & 4 PM.

**Valerie Dashiell** has been at Trinity for ~25 years. A former second grade teacher, Valerie now teaches AM KE, plus our Movement Enrichment and Science Enrichment. Val lives in Evanston with her husband. Her son lives in Hawaii with his wife and her daughter, son-in-law and grandchildren are in Deerfield.



**Luanne Hampton** has been at Trinity for 14 years. She was a kindergarten teacher in Evanston prior to starting a family. She started at TCNS as an assistant, but is thrilled to be a teacher in both 4AM and 4PM. Luanne lives in Skokie with her husband. She has a daughter in college at Marquette and a daughter in the Marines. Miss Sue was their teacher at Devonshire Preschool in Skokie.

**Laurie James** is starting her 6<sup>th</sup> year on Team Trinity! She began as an assistant, but holding a Masters in Education, she was anxious to become a teacher. Laurie now serves as an assistant in the 3AM class, and a teacher in Ready Two Grow and 3PM. She also serves as an Administrative Assistant, Cooking Instructor, and helps with Lunch Bunch. Laurie lives in Wilmette with her three daughters, two of which are in college. Her youngest daughter is a student at New Trier.



**Ellie Johnson** is thrilled to be promoted to a teacher in the 4PM class! This is Ellie's third year at TCNS. She started as a sub, which ignited a spark and a quest to study Early Childhood Education. She also assists in the 3AM class. Ellie is a former TCNS parent and lives in Wilmette with her husband and three Trinity alum daughters.

**Courtney Johnston** will soon be joining Team Trinity so please welcome her warmly! Courtney will serve as Academic Readiness Specialist working with the 4AM class and 4PM class. Courtney's son Will is a current student in AM KE. Courtney and her husband and son are new Wilmette residents, and are thrilled with the warm welcome they received from the community at Trinity and McKenzie.



**Joyce Ladin** is thrilled to be a part of Team Trinity! A former assistant in the AM KE class, Joyce now assists in Lunch Bunch. She is starting her 7<sup>th</sup> year on the team!

## THE TRINITY TEAM

### Meet our Teachers



**Ginny Lezama** has been here long enough to remember the filming of the movie "Home Alone" on site. (The 25<sup>th</sup> anniversary of the filming is this year!) Ginny is a teacher in the 4 AM class. She has seen many teams and is especially excited about Team Trinity 2015! She has two daughters; one is an assistant at McKenzie School and one is a teacher in Chicago Public Schools. Ginny raised her family in Wilmette, and now resides in Evanston.

**Betsy Segal** has been part of Team Trinity for 9 years. Betsy was a kindergarten teacher before her girls were born and as they grew she returned to work as an assistant in the Parent Tot class. She is currently the teacher in Parent Tot and a teacher in Ready Two Grow. She is also a former TCNS parent and lives in Wilmette with her husband and two daughters, one of whom is a student at Vanderbilt University.



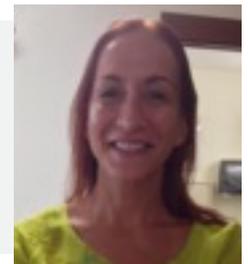
**Kathy Stein** joined Team Trinity 8 as an assistant in Parent Tot. As our enrollment grew, Kathy joined the Ready Two Grow team as an assistant. This year she made the jump from Ready Two Grow to Kindergarten Enrichment. She still spends time with our youngest students in Parent Tot, but is excited about working with our oldest kids and all the possibilities that brings. Kathy lives in Wilmette with her husband and two sons, both of whom are Trinity alums.

**Lauren Wasielewski** also deserves a warm TCNS welcome! She is thrilled to be part of Team Trinity! Lauren earned her Master's in Education at Northwestern University and taught second grade for gifted students in Chicago Public Schools. She teaches Lunch Bunch and spends one day a week in the 4PM class. Lauren also generously shares her time subbing in other classes. She lives in Chicago with her husband.



**Kathy Zawacki** joined our team 5 years ago. She can be found working as an assistant in Ready Two Grow and 3PM. However, Kathy is also known to say "YES" to most subbing requests, so there's a good chance you will see her in other classes! Kathy lives in Wilmette with her husband and two kids – both of which are (that's right!) Trinity alums!

**Natalie Zawrazky** is currently working as an assistant in the PM KE class. You may also see her helping in the 3PM class. Working at TCNS ignited a desire to become a teacher, and Natalie is studying Early Childhood Education in pursuit of that goal. Natalie lives in Glenview with her husband, son and daughter,



# READY TWO GROW



We have enjoyed getting to know your children and helping them make new friends. We have been singing "Hey, hey, what's your name? You've got a name so you can play this game!" Each child takes a turn standing up while the class sings about them. Another favorite song is "Jack-in-the-box sits so still, won't you come out – Yes, I will!!!" We start this song crouched down and pop up when it's time. Other favorites are "Two Little Sausages" and "If You're Happy and You Know it." Maybe they will sing these songs for you!

They are also enjoying playing together and are learning to share - the trains and cars, playdough, water table, dolls and kitchen are favorites.

The children are also mastering the classroom routine - learning when to come to the rug for circle time, how to line up and hold the railing for safety, washing up for snack, and waiting patiently at the table for everyone before eating. This is the hardest one, but they are doing a great job!

We started our art projects this month by coloring coffee filters with markers and then spraying them with water. The children loved watching the colors run together and also using the spray bottle themselves! We framed these with paper apple frames and they look so pretty in our classroom. We also made placemats with each child's name in bold letters. They enjoyed decorating these with stickers. Every day during snack we will use these placemats to help the children learn their names.

We also started our color unit with blue and red. We will continue this in October as we immerse ourselves in the color of the day through art, play, books and what we are wearing!

With the beautiful weather we have gone outside almost every day. Whether the children choose the sandbox, slides, climber or playing with new friends, everyone has fun on the playground.

We are off to a great start this year and look forward to the coming months in RTG! Ms. Laurie, Ms. Betsy, and Mrs. Z



## FUNDRAISING CORNER

### TCNS' fundraising efforts are off to a great start!

We are seeking live and silent auction donations for our winter benefit "The Magic of Trinity." **No donation idea is too crazy!** Please send them our way. We appreciate your support, and cannot wait to hear your ideas!

Past donation ideas that have been successful are:

- **Airline miles and hotel points** – These usually have to be booked by the donor.
- **Vacation home stays** – Our auction attendees love get-aways! Anything from a two-night stay at a local cabin to a week-long stay at a beach or ski destination. Predetermined dates and open-ended dates are both welcomed.
- **Experiences** – Tickets to Restaurants, sporting events, concerts, theater performances...
- **Employer Donations** – Products and services that your employer is willing to donate.
- **Special talents** – Are you an artist, crafts person, builder, chef, personal organizer or athlete? You might have something that the Trinity community would love!

If you have an item you would like to donate to the live or silent auction, please contact Ali Straitiff ([alistratiff@gmail.com](mailto:alistratiff@gmail.com)), or Mikie Hall ([mikiehall@gmail.com](mailto:mikiehall@gmail.com)).

# Terrific Threes

Play is the work of childhood, and our kids are doing their jobs! They are feeling more comfortable each day and exploring all the areas of the room. The play dough is very popular. So are the easel and rug-toys. The water table is always busy and the art table is visited by each child! The housekeeping area is always alive with mommies and daddies! They enjoy taking care of the babies and cooking for the teachers.



We follow the same schedule every day and the routine is very reassuring to the children. They hurry to the rug when the xylophone plays to signal the start of rug-time. School may have just started but many of them seem like old pros!

We started using the Helper Chart and the children are eager to learn who has a job! We use the Helper Chart as a tool to teach letters and letter/sound association. Teaching in context is both meaningful and memorable. Soon we will start using the Friend Counter to help us teach number recognition and number value.

We started learning about patterns. We are noticing the patterns around us and created patterns at the art table. This is a challenging topic and one that we will revisit throughout the year.

By the time you read this, we will be up to our elbows in our paper mache project! We are creating an apple, and we know you will treasure it! We hope when you look at it you think about the fun we had applying the ooey-goey mixture and painting our apple!

Looking ahead, we will soon have fun with pumpkins galore and lots of fun Halloween songs that end with "BOO!" (Each time the teachers jump with surprise and the kids roar with laughter!) We'll even take a trip to the Trinity Pumpkin Patch! It will all culminate with a very simple Halloween party on Friday, October 30<sup>th</sup>. Children are invited to wear simple costumes if they'd like – but no elaborate face paint, masks or weapons as accessories allowed.

It has only been one month, but we are falling in love with your children! Each unique, special person is a treasured part of our class! Do you know that when someone is out sick, we close our eyes to make a wish that our friend feels better and comes back to school? And when all the children are in class we do the silent cheer! (Have your child show you what that is!) We are learning about friendship and caring – and along the way we are having lots of fun!



Thank you for sharing your children with us!

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

# Fantastic Fours

As you know by now, the children have settled in and are reacquainting with old friends and making new ones. They are becoming comfortable with the routine and necessary limits and rules as each day brings new experiences and discoveries! The song "Make New Friends" is a favorite!



The children enjoyed drawing pictures of their families which were laminated for use as placemats. We even made a family graph as a class project which we all enjoyed doing! We learned a family song both in English and in Spanish. The children really enjoy singing so we have been singing new and old songs almost everyday! Ms. Agata is fluent in Spanish and will be happily teaching more Spanish songs!

We like reading books and having the children be the illustrators. We recently read the story The Little Red Lighthouse and the Great Gray Bridge. Ask your child what city the story takes place in, the name of the river and the name of the bridge. (SPOILER: New York, the Hudson River, and the Washington Bridge) If anyone is planning a trip to New York, consider adding these to your itinerary. After reading the book, we drew the lighthouse and the bridge with watercolors. Come see the paintings displayed on our bulletin boards!

We enjoyed being illustrators so much we made a tree all covered with letters and coconuts for Chicka Chicka Boom Boom, a favorite for young children!

A very special thank you to the moms who have come in to read to the class! We have had so many birthdays so far in the morning class! Remember you can come to the class anytime, it does not have to be your child's birthday.

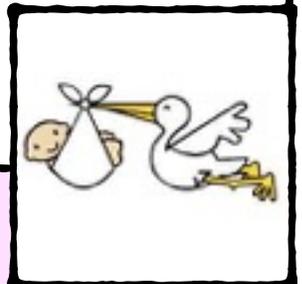
Fall is really now upon us which begins our study of the honeybees, We will learn more about their hives, their stages of life and their search for nectar to make honey! Do not be surprised to see your child dancing while singing, "Buzz Buzz Goes The Honeybee"! We will also be concentrating on Fall with books and various art projects which will lead us into Halloween! We promise lots of fun activities during the month of October!



As Henry Lieberman said, "We are really on a roll", which shows that the children are really into a good routine. Our energetic fun-filled days always end with a respectful Pledge of Allegiance and singing "God Bless America."

Thank you to all who attended our Fall open house. Thanks for sharing your children with us. We enjoy each and everyday with them.

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



*Welcome to the TCNS Family*

*Our warmest congratulations to Sarah & Patrick Lahey on the birth of their daughter, Lucy!! Lucy is welcomed to her family by her big brothers Charlie (4PM) and Henry.*

# Kindergarten Enrichment - AM

Thank you for your help and enthusiasm for a great start of an exciting year, which will include creative writing, reading skills, art, music, science and much laughter!

Our goals are to provide a kind, loving and respectful environment where your children feel valued, can grow, discover their unique gifts, and love learning.

Speaking of unique gifts, we hope you enjoyed the children's booklet about themselves, including where they would go on a magic carpet ride, their imaginary friends and when they are happy. We read "Miss Mingo," which is about a teacher who has amazing, unique students, including an alligator who grows three-thousand teeth in his lifetime, a Narwhale with a ten foot long tooth and a centipede with three-hundred-sixty-four legs!

The children have made up our classroom rules: 1) Be kind; 2) Always share; 3) Be polite; 4) Be respectful; and 5) Keep hands to yourself. It is amazing that the children understand these golden rules year after year. The children are happy when allowed age-appropriate decisions, while knowing that parents and teachers provide structure and guidance.

We explored art with music, looking at paintings displayed at the Metropolitan Museum of Art in New York. Showing the children large posters of woodwind, string, brass and percussion instruments, we all played to orchestral music, including Ms. Kathy on violin and Mrs. Dashiell on flute. Then the children drew gorgeous gardens and bumblebees while listening to "The Flight of the Bumblebee" by Nicolai Korsakov.

In October we will explore the deep woods of northern Wisconsin where bear, fox, wolf, eagle, owl, Bobcat, cougar and deer roam. What a perfect fall setting for the children to learn about these marvelous animals and nature. We will end the month writing and illustrating "A Spooky Halloween Hunt," which we will act out!

With love, Mrs. Dashiell and Ms. Kathy



## KIDS SAY THE DARNDEST THINGS

It was the first day of school and I asked some of the kids in the 4 AM class to dress the babies. I said that I took the clothes home to wash them and now they are ready for the babies. Katie M. asked if I really took them home. I said yes. She asked if I was just pretending, and I said no. She asked if I was serious and I said yes. Then she said.... "Are you talking about real life???"

Mrs. Hampton was visiting our class and talking to Nicolas G. (3 AM). She looked at his big, dark eyes and said, "You have chocolate eyes!" Nicholas responded, "No! They're not chocolate eyes! They're beautiful eyes!"

Elise W. (AM KE) is new to Trinity, but she is very perceptive! It was the first day of school and she noticed I have lots and lots of keys on my keychain. She immediately exclaimed, "You must have lots of power!"

Finally, the teachers and I get a kick out of what the kids call us these first weeks of school. I hear lots of Miss Zoo and Ginny Lezama will hear Mrs. Lasagna. However, this is the first year that Luanne Hampton heard Mrs. Hamster!

# Kindergarten Enrichment - PM

Welcome to Kindergarten Enrichment! Miss Natalie and I were so excited to meet everyone! This first month of school has been wonderful and the students have had plenty of fun learning and spending time with new and old friends!

This first month we have accomplished so much in so little time! Oh my, how the time goes by when we are having fun! The themes for September have been the following:

- "Getting to Know Us" Week
- "Friends, Family & Neighbors" Week
- Amazing Animals & Autumn "A" Week

During these past few weeks we have designed our own picture frames for family photos, learned how to tell temperature using *Fahrenheit & Celsius*, and explored the outdoors using magnifying glasses and so much more! One of our favorite books was *How Full is Your Bucket?*, which taught us how to fill "buckets" with kindness towards others. We were also very curious to learn many Spanish songs, and one of our favorite

games was Perro, Perro (Doggie, Doggie). Show & Share has been a blast! Overall, Miss Natalie and I are very proud of how well everyone is adjusting and of all that we have accomplished in September! Thank you to our wonderful students and parents for a great beginning!

Sincerely, Miss Agata and Miss Natalie

## The KE PM Class

Bea  
Mason  
Connor  
Kate  
Sam  
William  
Fede  
Owen  
Kiera  
Trevor



## SONGS OF THE MONTH

### Sticky Bubblegum

Sticky Bubble-Gum  
Sticky, sticky, sticky, sticky, bubble-gum  
Bubble-gum, bubble-gum  
Sticky, sticky, sticky, sticky, bubble-gum  
Makes my hands stick to my HEAD  
And you pull them, and you pull them  
And you pull them away!

\*Continue the song by substituting different body parts

### God Bless America

God Bless America

Land that I love.

Stand beside her, and guide her  
Thru the night with a light from above.  
From the mountains, to the prairies,  
To the oceans, white with foam  
God bless America, My home sweet home.  
God bless America, My home sweet home.

### Make New Friends

Make new friends, but keep the old.  
One is silver and the other gold.  
A circle's round, it has no end.  
That's how long I want to be your friend

### The Bee Song

Buzz, buzz, buzz goes the honeybee  
Buzz, buzz, buzz goes the bee  
Fly, fly, fly to his honeycomb  
Where he lives in a colony  
Egg and larva and pupa,  
Then he becomes a real bee  
Fly, fly, fly to his honeycomb,  
Where he lives with his family

### Hey Hey!

Hey Hey! What's your name?  
You've got a name so you can play this game!  
Michael, Michael, stand up please!

# Easy Baked Chicken

## Ingredients

- Approx 1lb. of chicken breast, washed and trimmed
- Approx 1/2 cup of lemon juice (I use Real Lemon for simplicity sake)
- Approx 3/4 cup of bread crumbs (seasoned or un-seasoned)
- 1-2T of olive oil

## Directions

1. Preheat oven to 375-400 degrees.
2. Washing and trimming chicken, dip chicken breasts individually into lemon juice (dip in bowl for 5-10 seconds to allow it to absorb), and then into the bread crumbs bowl until each piece is completely coated. Place all chicken breasts into glass baking dish. Drizzle chicken with olive oil.
3. Bake for 30-40 minutes.

Great paired with cooked carrots, rice and salad.

Source: Meghan MacKinnon (TCNS Parent Board Chair)



## TCNS Fall Carnival



# The Final Word...

Hello New and Returning TCNS Families!

I hope that you are all doing well and have had a smooth start to the school year so far (or at least as smooth as can be expected!).

## Introduction

For those of you whom I haven't met yet, my name is Meghan MacKinnon and I am the Chairperson of the TCNS Parent Advisory Board this year. I am honored to be taking on this role this school year and I hope that I have the chance to meet all of you in person at some point soon.

As I told some families at the class orientation nights, this is our family's 7<sup>th</sup> year at TCNS, my 6<sup>th</sup> year on the board and our family's 9<sup>th</sup> year in Wilmette. Our two oldest daughters are both Trinity alums and are now at Central – Molly is in 4<sup>th</sup> grade and was at TCNS for 3 years and Kelley is in 1<sup>st</sup> grade and was at TCNS for record-tying 5 years. And our youngest daughter, Katie, is in her third year at TCNS and is in the 4AM class.

Combined, our girls have actually been in every class at Trinity – Parent-Tot, Ready-Two-Grow, 3AM, 3PM, 4AM, 4PM, AM KE and PM KE – and I can honestly say we have loved all of them and each has been a unique experience for our children and our family. One of the biggest reasons our kids have loved their classes is thanks to the amazingly dedicated teachers at Trinity, led by the tireless Miss Sue. All of your patience, kindness and expertise is truly appreciated – thank you teachers!

## The Parent Advisory Board

Another aspect of Trinity that makes it stand out as a wonderful school is the Parent Advisory Board. This year we have a group of energetic and diligent women volunteering their time and talents to help Trinity run as smoothly as possible. Thank you to everyone on the board for all of the hard work you have put in already this year!

If you ever have any suggestions, ideas or concerns, please feel free to contact me or anyone else on the board because we are always looking for ways to make TCNS an even better place than it already is. A list of the 2015-2016 board members was included in your orientation packet and is also on the website, and I can be reached at [meghanmackinnon@me.com](mailto:meghanmackinnon@me.com). We hope to hear from you!

## The 3 C's of Trinity

Along with Miss Sue, the teachers and the board, I have come to think of the ways that Trinity is special as the "3 C's of Trinity." In my mind, they include...

### **I. Caring for Your Children**

Taking care of your children and educating their hearts and minds is of the utmost importance to every single teacher at the school. Trinity truly believes that each child is a gift with a unique set of talents and the school does everything it can to nurture all of those special traits.

<b>FORT BUILDING</b>	<b>When?</b>
	<b>Fri, Oct 9, 4-7pm</b>
	<b>Sat, Oct 10th, 12-7pm</b>
	<b>Where?</b>
	<b>Crow Island Woods, Winnetka.</b>
	<b>Sponsored by the Alliance for Early Childhood</b>

## 2. Curriculum

Having been in every class a couple of times now, I think the great thing about the TCNS curriculum is that there are always wonderful “staples” that stay the same from year-to-year (Polar Bear Expedition, Camelot, to name a couple...), but the faculty is always looking for new ways to expand it and improve it.

Hopefully you were able to attend your child’s curriculum night August or September, but if not, be sure to read through your class packets and check out some of the wonderful activities your child will be experiencing this year. Also, the “What We Did Today” forms at the end of the day at pick up are always a good way to see what the kids are doing on a daily basis and the newsletter class updates is another.

## 3. Community

Our daughter Molly actually started out at another preschool before Trinity. Although we were impressed with the academics and teachers at the school, we felt like we needed a place that would nurture our daughter, but also be a place for us to meet people and become part of a larger community. Trinity has been that place for us and more. We have met some of our dearest friends through TCNS.

The school offers so many chances to get to know the families in your child’s class. I was really happy to see such a great turnout to the TCNS Open House the other week because that is just one example of a fun way to get to know both the school and the families at TCNS – and the kids all seemed to have a blast!

Also, I hope that you can join us for Parents’ Night Out on Friday, Oct. 23 at Smylie Brothers. Thank you to Kimberly Newman, Vice Chairperson of the Board, for organizing the event this year! In addition, your class cocktail parties are another great way to meet the parents in the class. I hope you have a chance to attend them and thank you to all of the room parents for organizing these evenings!

### Fall – A “Love-Hate Relationship”

Fall is my favorite season. I love the autumnal colors, the “smell” of fall and the cooler temperatures. I love getting organized for the school year – cleaning out drawers and files for new projects – it is kind of like a bonus “New Year’s resolution” time. In addition, our two oldest daughters’ birthdays are in September and my husband Bruce and I were married in October, so we have many family celebrations going on during this time.

However, now as an adult, I personally have kind of a “love-hate” relationship with September and October because along with all of those fun events, this time of year brings the stress (and relief!) of the start of school and helping the children (and you!) adjust to the new routine, schedules and activities. Sometimes it seems the kids are constantly in tears – and anything can set them off – from adjusting to the new drop off routine at school to their new shirt getting yogurt on it at breakfast.

## Trinity Methodist Church Announcements

**PUMPKINS! PUMPKINS! PUMPKINS!** Please come visit the Trinity's 17th Annual Pumpkin Patch to support many mission projects. Wonderful photo opportunities any time of the day!



**PET BLESSING IN THE PUMPKIN PATCH, OCT 11th at 1:00 pm**

Everyone is welcome to bring a pet or a picture of a pet to receive a special blessing.

**SCREAMFREE PARENTING EVENT, 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](mailto:cath@trinitywilmette.org)**

Fall and the launch of the school year is such an exciting, exhausting and exhilarating season all at the same time.

One of my favorite quotes about fall comes from my long-time “mentor” and TCNS teacher, Ellie Johnson. I met Ellie when her youngest daughter Lindsay and my oldest Molly were in the 3PM class together. Like myself, she is the mother of three girls, who are slightly older than my girls, and I always have looked to her for advice and guidance on how to deal with the in’s and out’s of having three girls.

Four years ago when Molly and Lindsay were in kindergarten, I was sprinting to a soccer game at the Highcrest Middle School fields one scorching Saturday in September. I was dragging a then 3-year-old Kelley and 9-month-old Katie along with us. We were all hustling so Molly wouldn’t be late for the “all-important” kindergarten soccer game. I was sweating and swearing all at once.

Ellie saw me and took pity on me. As she seemed to be calmly gliding towards me with her three older girls she said, “I know – it is so hard right now. Every year, it is really tough for the kids and for us to adjust to all of the new activities and the new schedule. We are all running around like crazy. But I find that every year things have settled down and are in more of a routine by Halloween...and then it is the holidays...”

No truer words have ever been spoken! I still laugh at it.

### Final Thoughts

So, in the midst of this hectic time, remember to drive down Sheridan Road with your kiddos to see who can spot the prettiest tree; collect some spectacular fallen leaves in your yard or on your block, or just take a walk with your family and enjoy this lovely time of year...because before you know it...this beautiful season will be over and we will be sprinting into our houses and cars to avoid the cold and will be in hibernation mode.

And finally, I would be remiss if I didn’t mention that this month marks one year since Happy Baird passed away, a beloved teacher at Trinity for more than 26 years. Molly and Kelley both had Happy in the 4’s program and she was a treasure of a teacher. I still laugh remembering her doing her fake British accent on Camelot Day and her famous Donald Duck voice that made the kids roar with laughter. She is dearly missed, but her spirit lives on within all the children she taught and those of us who were lucky to know her. We love you and miss you, Happy.

I look forward to seeing you at Parents’ Night Out at Smylie Brothers or at another TCNS event soon. And please let me know if there is anything we can do to help make this year at Trinity a great one for you and your family.

Happy Fall and Enjoy October-  
Meghan MacKinnon

## Food for Thought

*Local lectures on child development and parenting.*

**"Reclaiming Conversation: The Power of Talk in a Digital Age" Sherry Turkle, Ph.D.**

Mon, Oct 12th 7pm @ NTHS (North) FAN Program

**"How To Raise An Adult" Julie Lythcott-Haims**

Wed, Oct 14<sup>th</sup>, 7pm @ Glenview, FAN Program

**"An Evening with Andrew Solomon"**

Tues, Oct 20<sup>th</sup>, 7pm @ NU, FAN Program



Trinity Church  
Nursery School

### Trinity Church Nursery School

1024 Lake Avenue  
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847.251.0479

Director: Sue Gaertner [sue@trinitywilmette.org](mailto: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

### **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](mailto:carlabenigni@gmail.com)