



Trinity Church  
Nursery School

February, 2018



# Trinity Times Newsletter



Developing Imaginations and Foundations

## A Message from the Director:

Dear Parents,

TCNS teachers and assistants are required to complete at least 16 contact hours of professional training each year. While there are numerous resources available which allow staff to earn training hours, Professional Development Day is enjoyed by all because we participate in the training together. This year, we especially enjoyed the workshop presented by Nancy Bruski, a clinical social worker and author of the book *The Insightful Teacher*. Her seminar was titled *Building Children's Self-Esteem Through Understanding and Accepting Their Feelings*. Acknowledging a child's feelings promotes self respect, and self respect is at the core of self esteem. Acknowledging and labeling a child's feelings are the first step in the process of emotion coaching, which is aimed at teaching young children to use words to express their feelings. Respectful, empathetic listening empowers our children to grow in self control. It is all connected, and it all begins with acknowledging our kids' feelings.

On a different note, we recently completed the registration process and I'm thrilled to report that enrollment at TCNS is in tremendous shape! In fact, many of our classes are filled with wait lists. When I meet prospective parents, they often relay positive feedback regarding TCNS that they heard from friends and relatives. One recurring theme regarding this feedback is the strong sense of community at Trinity. I not only agree with this assessment, I *love* to hear it!

This brings me to our benefit, which will be held on February 10 at Michigan Shores Club. The event truly feels like a celebration of community! It is fun, high spirited, and crucial 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. The benefit

## Dates to Remember:

2/5-Camp Amigos Applications Due  
2/7-TCNS Parent Advisory Board Meeting  
2/10-TCNS Benefit★  
2/12-TCNS Gives Back  
2/19-NO SCHOOL (Presidents' Day)  
2/23-Session 3 Lunch Bunch Apps. Due  
2/27-Parent Seminar: Mood Foods  
3/2-Session 2 Lunch Bunch Ends  
3/5-Session 3 Lunch Bunch Begins

provides funding for the vast array of "specials" (music, science, movement, Spanish, yoga, and more) plus funding for our small student to teacher ratios. These are all important features that distinguish TCNS from other schools. Therefore, I hope you join us February 10 to celebrate *Under the Big Top - The Greatest Preschool on Earth!* There is still time to say YES to the benefit!

Thank you for your support of our school!  
If you ever have any questions, comments or concerns, please do not hesitate to contact me!

With love and gratitude,  
Sue



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## Happy Valentine's Day!

Valentine's Day is about caring and friendship, and we will share this special day with our friends at school by exchanging Valentines. Watch for an email with details. We are looking forward to a LOVE-ly Valentine's Day!

## Our TCNS Family is Growing!

Congratulations to the Acosta Family on the birth of Baby Marguerite! Big Sisters Camille (4AM) and Claire and Mom & Dad are thrilled!

Congratulations to the Cope Family on the birth of Baby Bridget! Big Sister Nadia (3PM), Big Brother Gino, and Mom and Dad are over the moon!



# Acknowledgements

## TCNS Staff

Sue Gaertner – Program Director  
Meghan MacKinnon – TCNS Administrator

## Teachers:

Deb Bernstein, Kristen Bowie, Agata Budzik, Maria Costas, Anne Crowley, Valerie Dashiell, Sue Gaertner, Luann Hampton, Laurie James, Ellie Johnson, Joyce Ladin, Ginny Lazama, Courtney Mackenzie, Meghan MacKinnon, Colleen Shean, Lindsey Smithwick, Kathy Stein, Lauren Wasielewski, Kathy Zawacki

## TCNS Parent Advisory Board

Chair: Rebecca Johnson  
Vice Chair: Sarah Holcomb  
Treasurer: Carla Benigni  
Secretary: Johanna Toppenberg  
Registrar: Lesley Shifrin  
Church Liaison: Ali Maute  
Communications Director: Lauren Williams  
Newsletter Editor: Jeff Toth  
Lunch Bunch Coordinator: Kelsey Davies  
Goodwill Liaison: Mary Wilkinson  
Bulletin Board: Sophia Robinson  
Birthday Books: Stacy Cavin

Fundraising Committee:  
Benefit Manager: Stacy Shedivy  
Live Auction: Audrey Shedivy, Ali Maute, Maegan O'Neal  
Sign-up Parties: Annie Laughton, Christina Farrell, Christina Glissen, Lindsey Maude  
Silent Auction: Ali Straitiff, Meghan MacKinnon, Erika Burkemper

Donate-It-Now: Annie Laughton, Christina Farrell  
Decorations & Invitations: Mikie Hall, Deena Overstreet, Megan Hermeling  
Communications: Linnea Conniff  
Slide Show Creator: Anne Wegner

## Room Parents:

Parent-Tot: Sarah Holcomb  
Ready Two Grow: Kim Gilmore  
3AM: Christina Farrell, Tara VanderKamp  
3PM: Erika Burkemper  
4AM: Erin Heywood  
4PM: Kate Morrone  
AM KE: Lindsey Bruso  
PM KE: Kimberly Newman

## TCNS Gives Back:

Rachel Laude, Amy Weir, Jen Curchin

## TCNS is on Facebook!



Trinity Church Nursery School is growing its web presence! Please "like" us and follow our school on Facebook.

You can also help us spread the word by reviewing us on Google, Yelp!, Great Schools, or any other helpful community resource website.





**The Greatest Preschool on Earth!**

**TCNS**  
PROUDLY PRESENTS



**UNDER THE BIG TOP**

**Step right up to the 2018 TCNS Benefit!**

**Saturday, February 10, 6:30 P.M.**

**Michigan Shores Club**

**The Best Live and Silent Auctions on Earth!**  
**Featuring chances to win incredible experiences and getaways**  
**to MARVEL and ASTOUND!**

**Bid on:**

**Tickets for 2 to see TAYLOR SWIFT Live!**

**A Tesla VIP Weekend**

**Field of Dreams: The Ultimate Cubs Experience**

**A Windy City Getaway (with Overnight Babysitting Included!)**

**...and more!**

**Thank you for helping**  
**The Greatest Preschool on Earth!**



# THANK YOU

to our benefit sponsors!

We would like to take a moment to recognize our latest sponsors for Trinity's 2018 benefit. Thanks to their generosity, Trinity is able to underwrite some of the costs of the event. Please be sure to thank them for their contributions if see them or stop by their store.

## PLATINUM SPONSORS

### 2DesignGroup

Trinity Mom Christine Moritz and her partner Trisha Cohen started 2Design Group in early 2009 with the belief that each client should feel important. 2Design Group is an interior design company specializing in interior architecture, kitchen, and bath design. We represent multiple cabinetry and furniture lines, Wolf/Sub-Zero appliances and our signature custom metal hood line. This integrated approach enables us to manage all aspects of our clients' projects from concept through completion.

[Christine@2designgroup.com](mailto:Christine@2designgroup.com)

### Grins on Green Bay

As a board-certified pediatric dentist, Dr. Suzy Pope offers children a unique experience as they are introduced to a key component of their comprehensive healthcare. She believes that all children should enjoy seeing the dentist and hopes she can help your child develop into a great patient.

[www.grinsongreenbay.com](http://www.grinsongreenbay.com)

### North Suburban Pediatrics

North Suburban Pediatrics is an independent group of pediatricians who are solely dedicated to the health of your children. All of our doctors support open communication. We encourage questions about your children's health and development, medical concerns, and treatment options. We want to form a long-lasting partnership focused on ensuring your child reaches their full potential. [www.northsuburbanpediatrics.com](http://www.northsuburbanpediatrics.com)

Sara Brahm of Winnetka Baird and Warner  
[sara.brahm@bairdwarner.com](mailto:sara.brahm@bairdwarner.com)

Eyes on the Lake  
420 Green Bay Road, Kenilworth  
Phone: 847-853-1111

Kashian Bros.  
[www.kashianbros.com](http://www.kashianbros.com)  
Phone: 847-251-1200

## GOLD SPONSORS

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**SWIM CAMPS**

## SPREAD THE WORD! TCNS Parent Advisory Board

Want to play an even bigger part in your children's early education?

Join the TCNS Parent Advisory Board for the 2018-2019 school year!

More details will be sent via email soon. Stay tuned!



## Summer is Just Around the Corner!

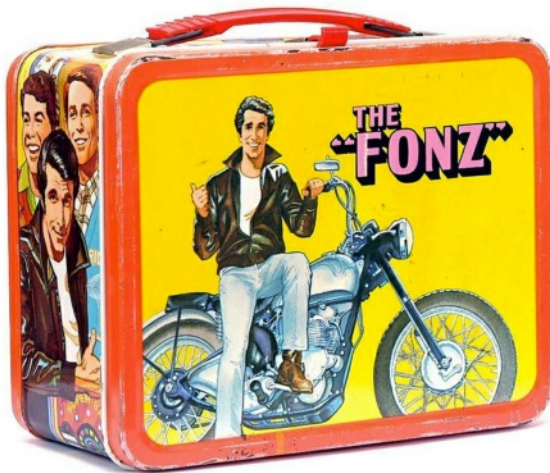
OK, not really. But that doesn't mean you can't start planning.

The postmark deadline for Camp Amigos applications is FEBRUARY 5TH.

There is no online registration option.

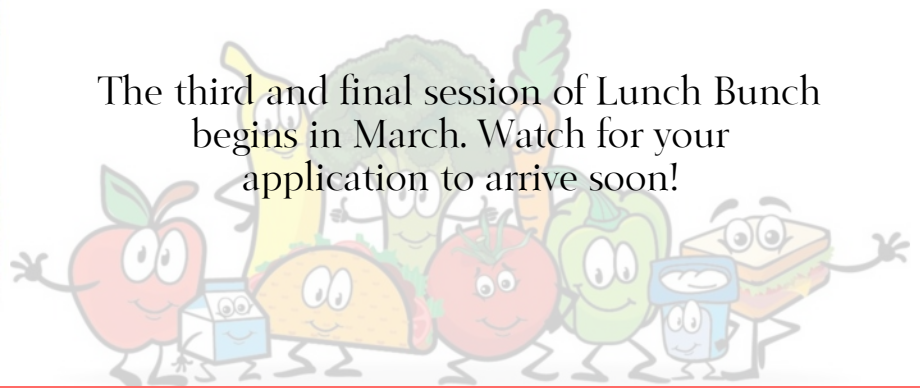
Children enrolled in Ready-Two-Grow through KE are eligible.

Don't miss out! Come join the fun!



## LUNCH BUNCH

The third and final session of Lunch Bunch begins in March. Watch for your application to arrive soon!



## Trinity Kids Say the Darnedest Things!

Avery S. (4PM) was waiting ever so patiently to speak at the rug. She sat while Angus told the class about his vacation and sat even more when Lily talked about her vacation. Finally it was Avery's turn to speak. She began by belting out, "It was so hard for me to keep my mouth shut that entire time!"





# Chair's Corner

Rebecca Johnson, TCNS Parent Advisory Board Chair

Love is all around!

I love February. As Miss Sue would say, on the count of three, let's all do a silent cheer for February. !!!!! Plus - goodbye January. I saw a meme last week of a photoshopped calendar page for the 74th of January. I think that perfectly sums up January in the Midwest. I think that is why February is not only the month of love, it is the month of perseverance. We made it through January. We persevered!

Love is all around, and we want to pass it on! I hope you can join us at the next TCNS Gives Back event on February 12<sup>th</sup>, where we will be making Valentine cards and crafts for children at the Rehab Institute of Chicago, foster children and orphans through the Fill-A-Heart-4-Kids organization, and the sisters at the Sacred Heart Convent in Wilmette. This is an annual event, and we know that each recipient truly appreciates the thought and care that goes into making each of the cards.

Love is all the around the halls of TCNS, all throughout the year! Trinity is known for our caring teachers who create a loving, empathetic environment. They do such amazing work and put forth terrific effort in ensuring each of our children have a positive experience while at Trinity. I hope you will join me in coming out to support our preschool at the TCNS Benefit, *UNDER THE BIG TOP - The Greatest Preschool on Earth!* on Saturday, February 10th. A huge thank you to Stacy Shedivy, Ali Straitiff, Mikie Hall, Audrey Shedivy, and the *entire* Fundraising Committee for all of their hard work in planning this important school event. Your support at the Benefit is incredibly meaningful because the proceeds will fund special projects and events, curriculum, and supplement teacher's salaries. Tuition alone

does not cover the cost of your child's TCNS education so we rely on your generosity. Roaring good times await!

Last but not least, love is all around our wonderful preschool community. Happy February friends. Have a wonderful, kind, compassionate month!

Cheers,

Rebecca Johnson  
Chair, TCNS Parent Advisory Board





# TCNS Gives Back:



Little Hands Making a BIG Difference



Coming Soon:

Monday, February 12<sup>th</sup>

Join us in the TCNS bike room as we make valentines for the children at the Rehab Institute of Chicago and Fill-A-Heart-4-Kids, and crafts for the sisters at Sacred Heart convent.

Thank you!

We had a very successful drive benefiting Share Our Spare. Thank you to everyone who contributed in some way.



# Classroom Updates



What's new?

Here is a glimpse of the hard work (and play) going down between drop-off and pickup as told by the teachers themselves.



## Parent-Tot



Life in Parent Tot is going great! We have begun the much-anticipated HAPPY SEPARATION, and the children are gaining confidence and independence as they learn how to say goodbye to mom and dad, and navigate their way around the classroom. Ms. Kathy and I have had lots of great adult support with the help of Ms. Agata, Ms. Deb, and Ms. Laden. A couple of tears have been shed, and we have been there to help and comfort them, but overall, the children are doing great and having lots of fun!

We have explored the color white in January using mediums of play dough, paint, chalk, styrofoam, rope, rigatoni, and cotton. In February, we will learn about the color red! Red can be a little trickier to find in nature this time of year, but maybe the children will spot some berries or cardinals outside! Fortunately we always have stop signs and fire trucks to look for.

It's amazing how quickly children grow and develop, and the developmental changes in a child from birth-3 are immense. What a delight to have the opportunity to be with these little people, who bring so much to our classroom environment every day! We are so lucky!

Happy February!  
Kristen Bowie and Kathy Stein



## Trinity Kids Say the Darnedest Things!

Every day, the kids in the 3-year-old class are given a warning before clean-up time. We interrupt playtime and ask the kids to count to five, and then we all say together, "In 5 minutes, and that's a very short time, it's going to be clean-up time." Well, one day, a light bulb went off in Andrew D's head. He called out, "Miss Sue! Let's count to 100 so we can play for a long time!"





# Ready-Two-Grow



This month, we made the most of winter by learning about animals who love the snow! We constructed our own penguins by gluing together body parts and adding googly eyes. Using a glue stick and figuring out where and how to glue things down is great fine motor practice and planning. Each penguin was unique and creative! We also had fun waddling like penguins and singing Five Little Penguins. It was fun to see the children notice what was new in the water table each day: penguins floating on “icebergs,” polar bears amongst fluffy cotton snowballs or the most surprising to the children - a pile of real snow!

We also made lots of snowy art. Snowy scenes with white paint on black paper were made even better with a sprinkling of Epsom salt. We drew snowflakes with chalk and also used glitter paint to make paper snowflakes shiny and colorful! Maybe you saw them hanging in the classroom. And the most fun was finger painting. The children could use their finger tips or whole hand or just a paintbrush. We love to give children new opportunities to be creative and explore.

Gross motor play was spent in the bike room and outside. We are all getting very good at getting dressed for the cold. It is great to see the sense of accomplishment when children learn to put on their coat or boots or zip their coat!

We had a special treat when Rory’s mom came in to share Rory’s amazing collection of nutcrackers. The children were fascinated to see them all lined up! You are always welcome in our classroom, whether it be for a birthday or just for fun. We have enjoyed all the family members who have visited us!

Hopefully we will get some snow soon and can make snow angels on the playground!

Ms. Laurie, Ms. Colleen, Ms. Courtney, Ms. Kathy, and Mrs. Z





## 3-Year (AM & PM)



January began with tales of wondrous snowfalls and magical mittens as we enjoyed the classic books *The Snowy Day* and *The Mitten*. We played with snow inside and outside! We cut mittens and laced mittens. Then we switched gears and turned our attention to a study of the North Pole and the South Pole. We studied the environment and the animals that call these frigid regions home. As part of our polar studies we learned fascinating facts about polar osos (bears), pingüinos (penguins), and whales. The niños (kids) can tell you what both regions are like. The niños understand why the polar oso is lucky to be blanco (white) with lots of fur. They will tell you how the Daddy pingüinos keep their huevos (eggs) warm by holding it on their pies (feet). The children found it especially interesting that the Mommy and Daddy pingüinos feed their bebés (baby) by transferring comida (food) they chewed from their own bocas

(mouths) to the boca of their darling bebé (baby). And they were fascinated by their long march to the sea.

We will soon prepare for our exciting polar expedition! The polar expedition is a 45 minute whimsical journey to the North Pole and the South Pole via our rich imaginations! We will wear our backpacks and use our home-made binoculars and let our flashlights light the way as we climb mountains, (holding tight to the ropes) and shine our luz (light) on the arrows that guide us to the North Pole. Along the way we will huddle to stay warm, hide in caves, and look for wild animals. Once in the North Pole we will refresh ourselves and then pack our gear and follow the arrows to the bottom of the world – the South Pole. We will be greeted by pingüinos and enter a tent to stay warm. Once safely inside the tent we will cut through the ice and snack on fish. Finally, we will reverse course until we find our way back to escuela (school)! There will be tres (three) separate



groups of explorers, each guided by a maestra (teacher). Our Polar Expedition is quite a journey, but please don't worry about us! I promise we'll return in time to sing the goodbye song!

And. . .the words in bold are just some of the Spanish words that have been introduced!

In February we will introduce our focused social skills program. Using picture cards and puppets named Moe and Zippy, the children will learn to interpret facial expressions, identify problems, and role play solutions. Zippy and Moe are typically a huge hit!

Thank you for sharing your lovable children with us!

Miss Deb, Miss Ellie, Miss Laurie, and Miss Sue

## 4-Year (AM & PM)



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

couldn't believe that the bear woke up! It was fun asking the children if they would want to hibernate for the winter.

We hope all you dads and special guests had as much fun as we did on Special Guest Day! It was fun to see the guests playing, reading, and sharing snack with their children, but most fun was at the end when the children were singing the Penguin Song in Spanish, and having the guests sing it back to us by themselves! They better practice their listening skills!

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 the fun we had! Following that, we will read the classic story of Rapunzel and learn about the kind little friend Tomten. We'll have fun exploring the five senses! We have interactive activities planned and a lot of hands-on learning.

Valentine's Day is a favorite for the children as they will make a special valentine for moms and dads. We'll sing “I'm Gonna Wrap Myself in Paper” and the kids' favorite “Tickle, Tickle, Tickle.” We'll make our way up to the parlor to play games and sing songs by the fireplace.

We'll be reading in February the classical story of “Beauty and the Beast.” That helps put us in the mood for medieval times and life in a “Castillo” (Castle). We'll learn about armor, jousting, and the chivalry of knights, as well as the fancy ladies and the roles of all the people it takes to live and work in a “Castillo.” We'll turn Trinity into the magical kingdom of Camelot. Our Royal Ball is a must-see as the children sit on thrones and are dubbed knights and ladies. We sing the song “Camelot” and there will be dancing and frivolity for all! (We'll let you know the date and times.)



The teachers and the kids are enjoying our Centers on Mondays and Fridays. The kids are involved in fun activities that help to measure kindergarten readiness skills, and teachers are able to share observations. Miss Agata has some fun songs and games for the Spanish Lesson Center as well to help the children expand their vocabulary in a small focused group setting.

We hope your children are enjoying school as much as we are! We love the month of Febrero (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 to us!

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



# Kindergarten Enrichment (AM & PM)

January flew by in Kindergarten Enrichment! Both morning and afternoon classes enjoyed exploring weather through science, technology, art, mathematics, and literature. Our mini-meteorologists began each day's meeting by reporting on the day's weather using a thermometer, anemometer, and wind vane to read temperature, wind speed, and wind direction. We used a large thermometer on the whiteboard to practice addition, subtraction, and counting by 5s and 10s.



Fiction like Cynthia Rylant's lyrical [Snow](#), Rob Walker's [Once Upon a Cloud](#), and David Shannon's [The Rain Came Down](#) enhanced our weather study by expanding our imaginations. Non-fiction like [The Story of Snow](#) and [Thunder and Lightning](#), along with short video clips from *Magic School Bus*, helped us understand the water cycle and how weather happens.

We looked at photographs of snowflakes taken by Wilson Bentley, the first known photographer to capture individual flakes on film. The kids marveled at their intricacy, and identified lines of symmetry as well as the names of different shapes we saw within the beautiful crystals. We read about his life in the storybook biography [Snowflake Bentley](#).

Kindergarteners used hexagons, diamonds, triangles, and more to create their own symmetrical snowflake designs. Additional art

explorations included using watercolors and pipettes to create rain paintings, stretching cotton to make models of clouds, playing with shaving cream for a sensory "cloud" experience, and even bringing snow indoors as a canvas for paint and a medium for sculpture.

We are looking forward to spending February with our K.E. Valentines!

With love,  
Mrs. Dashiell and Ms. Lauren





# Community Corkboard

## Trinity Parent Seminar



## Mood Foods

Tuesday, February 27<sup>th</sup>  
Trinity Church Parlor

Friends are welcome to this FREE event!

Join certified health coach and fellow mom Leah Bostrom to learn about foods that have been scientifically proven to balance our moods, blood sugar and hormones. Walk away inspired with unique tips & recipes for you and your family.

### Baby Beluga

Baby beluga in the deep blue sea.  
Swim so wild and you swim so free.  
Heaven above and the sea below.  
And a little white whale on the go.  
Baby beluga. baby beluga.  
Is the water warm? Is your mama home.  
With you so happy?

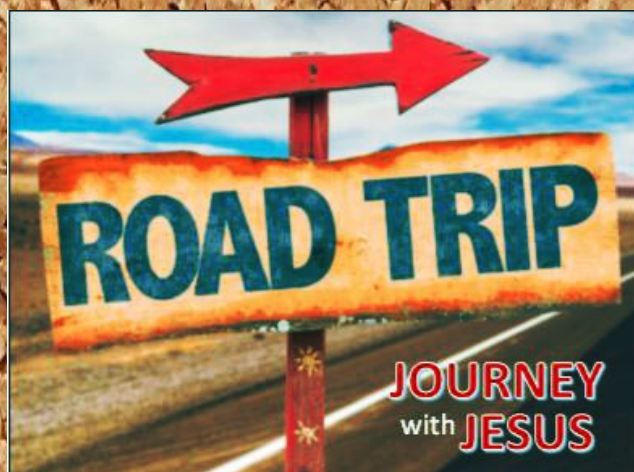
Way down yonder where the dolphins play.  
Where you dive and splash all day.  
Waves roll in and the waves roll out.  
See the water squirting out of your spout.  
Baby beluga. oh, baby beluga.  
Sing your little song. sing for all your friends.  
We like to hear you.  
Baby beluga in the deep blue sea.  
Swim so wild and you swim so free.  
Heaven above and the sea below.  
And a little white whale on the go.  
You're just a little white whale on the go.

## The Pingüino Song

Songs of  
the  
Season

Have you ever seen  
A pingüino (penguin) drinking tea  
Take a look at me  
A pingüino you will see  
Pingüino attention!  
Pingüinos begin!

{Have your child show you the motions and sing in Spanish: Right brazo (arm) / left brazo / right pie (foot) / left pie / cabeza (head)}



## SAVE THE DATE VACATION BIBLE SCHOOL 2018

June 25 – 28

First Presbyterian Church  
600 9<sup>TH</sup> Street, Wilmette

4:15 PM - 6:00 PM

Optional dinner following

Ages 3 to grade 4