

SCHOOL NEWS

June 2008
Volume 1, Issue 8

College Park UMC Primary School & CDC
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MASSEY'S MESSAGE

I received a great e-mail this week. It made me think. The title is "Stop and Tell God Thank You." It begins, "I want to thank You for what You have already done." It made me think of a growing trend I'm seeing. It seems many of us haven't made God a part of our daily lives. We are too busy with children, jobs, neighborhood associations, clubs, etc., and figure we'll get around to it. But, when tragedy strikes, a life-changing event that overwhelms us and often brings us to a point of despair, that is when we turn to Him. When we know we are faced with something bigger than we are, we turn to Him, because He is bigger. We need His strength, His comfort, His peace, His hope. I can't help but think He would be so much happier with us, His children, if we turned to Him, daily, and thanked Him for the many blessings He has given us. Have you ever had a friend who never found time for you until he/she needed a shoulder to cry on? That's how God must feel when we refuse to acknowledge Him, except when we need Him. He must think, "Wait a minute! What about those beautiful children you have? What about that new job I made possible?" It must make Him incredibly sad and disappointed in us.

We all get so caught up in life and our daily routines, that we don't stop and tell God "Thank You". He has instructed us to gather together to encourage one another in life (Hebrews 10:25). That life involves an attitude of gratitude, daily, thanking God for our many blessings. That life involves what Christ named to be most important: "Love the Lord, your God, with all your heart, and with all your soul, and with all your mind. Love your neighbor as yourself" (Matthew 22:38, 39). That life involves worshiping our Creator. Our children need us to model the importance of taking time, every Sunday morning, to gather together for corporate worship. Are we waiting for that tragedy in our lives before we seek God? Doesn't He deserve our praise, adoration, and gratitude NOW, for all He has done for us? I often see parents who haven't made time for God in their lives and then, when tragedy strikes, along with their grief and sorrow, they are riddled with guilt because they haven't acknowledged God in their daily living; but, in their time of need, expected His help. We do it because we know He is a God full of mercy and grace. And He is there for us because He loves us, even though we cut Him out of our lives for years, He still loves us. Which brings us back to . . . "Stop and Tell God Thank You." Let's do it now. See you Sunday?

Contents

Massey's Message	1
Parenting Tips	1
Partners in Education	2
Wholesome Tummies	2
Caution, Parents!	2
Contact Information	2
Teaching Tips	2

The last
day of
school for
Primary
School
students is
June 4th!

PARENTING TIPS

Hug the Mountain!

When I was growing up, my Dad always told us, "Don't see how close you can get to the edge, without falling off; instead, hug the mountain." That has become my mantra in life. I urge you, as the parent of young children, to adopt a similar mantra in regards to safety for your little ones.

I'm sure many of you read about Steven Curtis Chapman (contemporary Christian artist) and the tragedy his family faced last week when his teenage son, driving an SUV, accidentally backed over his youngest daughter in the family's driveway, killing their precious 5-year-old. "Backovers" have escalated in this country at an alarming rate (www.kidsandcars.org). Please go to this website and read up on safety tips and ways to avoid this preventable tragedy in your family.

Also, it's Summer time! Florida leads the nation in water-related deaths of children. Please secure your own bath and pool areas and take extra precaution when visiting someone who has a pool to be sure your children are always properly supervised by adults, not older children, at all times.

We're on the Web!
www.cpumc.org

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PARTNERS IN EDUCATION

As we wind down another school year, I want to take a moment to thank our Partners in Education for their kind and generous support, on our behalf.

~Design Team ~Apenberry's Nursery ~Muse Group

~John Cabrera

~Donna Hartsaw

Because of you, we are stronger, we are better and great things continue to happen here!



We are looking into becoming a Partner School with "Wholesome Tummies" next school year. Please visit www.wholesometummies.com to see what great nutrition this program can bring to your child. More information to follow!

CONTINUED CAUTION TO OUR PARENTS!

We continue to have a problem with car break-ins in our parking lot. As long as the thieves are successful here, they will continue to break into vehicles parked in our lot. I am encouraging all parents to secure personal belongings out of sight, every time you leave your vehicle, even if you are just "running in for a minute". Anything of value is at risk of being stolen. Please help us discourage future break-ins, by securing your belongings. Thanks for your help with this.

TEACHING TIPS

Sleep Habits: Learning and Behavior (www.sleepforkids.org)

Research is clear when it comes to how sleep affects learning and behavior in children. As children grow, their minds and bodies require far more sleep than those of adults. A lack of sleep can cause irritability, mood swings, lack of ability to concentrate and many other issues that can result in your child not reaching his full potential. Bedtime does not need to be a battle ground. Develop a routine, set the rules, make those expectations clear to your child (maybe even with a visual chart) and then BE CONSISTENT! Your child will push the limits, that's his job and your job is to BE CONSISTENT! Don't allow out-of-the-ordinary circumstances, illness, or emotional issues to cause you to vary the expectations. Children need consistency and the security of routines to feel safe. Holding your child to these expectations will benefit him in many other areas of his growth and development. Below are some guidelines to set your schedule by, regarding how much sleep a child's growing mind and body need:

- | | |
|-----------------|---------------|
| • 0 - 2 months | 10.5-18 hours |
| • 2 - 12 months | 14-15 hours |
| • 1 - 3 years | 12 - 14 hours |
| • 3 - 5 years | 11 - 13 hours |
| • 5 - 12 years | 10 - 11 hours |

Other tips:

- Maintain a regular and consistent sleep schedule
- Follow through with a bedtime routine every night
- Provide the same sleeping environment every night, conducive to sleep: dark, cool, and quiet. TVs, computers and video games should be off and out of the bedroom.

