

December News Touchstone School



Winter Camp Sign up!!

**Look on your child's classroom door to sign up. Last day to sign up
December 6th**

Please Remember

- Bring in plastic grocery bags
- Old pot and pans for the playground
- No Nuts (nut free school)

School & Camp Closed

December 24th, 25th and
31st

January 1st



Parking Lot Reminder

Please be mindful of your speed when entering and exiting the parking lot.

Slowing down is extremely appreciated!!

Important Information

Page 2: Christmas Family Adoption

Page 3: Winter Camp

Page 4: Winter After-School Activities

Page 5: Preschool Mindfulness Class

Page 6: Rainsuit Order Form





This holiday season we will be collecting gifts for three families in need, these families include: The Jones Family, Anderson Family, and Bennett Family.

Christmas Family Adoption Foundation is a non-profit organization serving the greater Portland-Metro, Salem, and Vancouver area. Adopting Angels help provide toys, clothing, household essentials and more to families in need. They work with recognized agencies and case-workers to connect with families in the area. Join us in Making this Christmas a time of real celebration for families.

Be on the look out for the tree in the front lobby. The tree will be decorated with tags that have a the items needed to make a wonderful Christmas for these families!!

Thank you for all your support!!

Winter Camp

We offer a winter camp for parents that need care over the winter break. Winter camp begins December 23rd to January 3rd. If you would like to bring your child to Touchstone between those dates please make sure you sign up.

The school and camp are closed on the following dates:

December 24th, 25th, 31st, and January 1st.

The cost of winter camp is \$30 a day. You will need to sign up for Winter Camp by **December 6th**.

Please make a check mark under the days your child will be attending. The sign up sheets will be located on the door windows of your child's classroom.

After School Classes for Winter

This Winter Touchstone will have these 3 after school classes available. If your child is currently enrolled in these classes, they will continue to attend these classes. (the month of December will be prorated, for Dance and Tumble Bus)

Dance: 6 spots available

Tumble Bus: 6 spots available

Art Class: Begins in January (trial class TBD)

Please ask the front desk for a enrollment form if you would like to have your child attend any of these classes.

Preschool Mindfulness Classes

Touchstone will be offering a Preschool Mindfulness class starting in January. This is an 8 week course that parents have the opportunity to participate in with their children. This class will be held one day a week for 8 weeks from 5:00pm to 6:00pm. Participation details will be available at the end of December.

Below is some information describing the class:

Parents often feel that they're just too busy to fit meditation into their busy lives. Too many distractions! Too little time! Too many demands! Impossible to relax!

Join us and learn how to integrate meditation and mindfulness practices into your life with children. Experience increased calm and peacefulness which is transmitted to your children. The classes are fun, flexible, and adapted to the children that are attending that day.

Numerous studies show that mindfulness techniques help children learn better, develop a sense of competency, and manage emotions more effectively. Children who become familiar with these techniques early in life, naturally incorporate them into their day to day living and are more resilient.

The first question everybody asks is "what is mindfulness for preschoolers??. These are strategies to help children be more in touch with their feelings and their bodies as a way to manage their emotions more effectively. Children are able to use these techniques to have less "meltdowns".

Adults learn mindfulness and meditation practice through verbal learning or reading. Children learn best through body movement, visual stimulation, and music. Class mindfulness practice is geared to preschool learning.

As an example, instead of talking with a child about taking deep breaths, an expanding ball might be used to demonstrate the in and out motion, while taking deep breaths. Surprisingly, the children automatically imitate the breathing motion.

At another time, in order to help with focus on body sensations, a child might be asked to lie on her back and place her head on the tummy of another child. One child is asked to giggle or laugh and the child on the belly is asked to describe what that feels like. Of course, we use lots of singing and dancing to demonstrate other techniques.

All ages of children are welcome, including infants. Feel free to arrive and leave whenever you're comfortable.

Marcia Kahn, MD

Wildwood Psychiatric Resource Center, P.C.

<https://www.meetup.com/Meditation-for-parents-children-welcome/>

Rainsuit Order Form

\$25.00

The money we raise is going towards new bikes, balls, and rainy weather activities.

Payments can be added to your monthly tuition, cash, or by check.

XS

S

M

Student Name:



