

METHODIST DAY SCHOOL

FEBRUARY 2021

Even though February is the shortest month of the year, we have so much going on at MDS! It is American Heart Month, Children's Dental Health Month, Black History Month and International Friendship Month!!! We will have visits from Yoga Instructor (and parent!), Candice Hanna for outdoor YOGA and our very own Melissa Donka will be sharing songs and stories about dental health & those pesky sugar bugs!! We will also be celebrating 100 Days of School, Valentine's Day and Dr. Seuss week this month! February is the month of love in the air... And what better way to share love than spending time with each other and playing together? Our goal at MDS is to help the children learn to make friends, be kind and share God's love for them each and every day!

Jamie

PRE – REGISTRATION FOR CURRENT FAMILIES...

The first opportunity for families with children currently enrolled at MDS to register for next year will be Monday, March 15th. The Admission forms will be available the first week of March. You will bring the Admission packet to school on Monday, March 15th complete and that will pre-register you for next year. The Registration fee will be added to your child's account when you bring the packet back in. You do not need to bring a separate check for that.

OPEN ENROLLMENT FOR NEW FAMILIES...

Open Enrollment for new families will begin on Thursday, April 1st for families who want to enroll their child(ren) for the 2021-2022 school year. We will be hosting Open Enrollment online again! Anyone who applied for the waitlist this year, but didn't get in, will need to apply again on April 1st. The link will be posted on our Methodist Day School page of the FUMC Portland website, www.portlandmethodist.org/methodist-day-school No money, documentation or coming to the school in person is necessary. Just create the account and submit for the waitlist. If your child is enrolled, Jamie Hartley will call you asap!



UPCOMING EVENTS

2/1-2: 100 Days of School

2/4-5: Heart Health Week

2/11-12: Valentine's Day Parties

2/15-16: President's Day & No School



2/22-26: Dr. Seuss Week!

Mon: Wear GREEN

Tues: Crazy SOCKS

Wedn: Dress WACKY

Thurs: Crazy HAT

Friday: CAREER Day or COLLEGE Shirts

3/2-3: Western Days

3/8-12: Spring Break, No School

3/15-31: PRE-REGISTRATION for the 2021-22 school year

3/23-25: Spring Pictures

4/1: Open Enrollment, ONLINE

4/2: Good Friday, No School



FOR



Hey, parents! Here's a look at what we're covering with your kids this month so you can help your kids continue growing at home during the week.

GROW AT HOME THIS MONTH

WEEK 1

This week, kids get challenged by the story of **Jesus healing Simon's mother-in-law and many others who are sick and hurting.**

- **THE BIBLE:** Mark 1:29-39
- **THE BIG IDEA:** Jesus takes care of me.

WEEK 2

This week, kids get challenged by the story of **Jesus being transfigured** to show he is God's Son.

- **THE BIBLE:** Mark 9:2-9
- **THE BIG IDEA:** Jesus shows me the truth.

WEEK 3

This week, kids get challenged by the story of **Jesus overcoming temptation in the wilderness.**

- **THE BIBLE:** Mark 1:12-13; Matthew 4:1-11
- **THE BIG IDEA:** Jesus helps me when I'm tempted.

WEEK 4

This week, kids get challenged by the story of **Jesus predicting his death**, showing he obeyed God no matter how tough it got.

- **THE BIBLE:** Mark 8:31-38
- **THE BIG IDEA:** Jesus understands my challenges.

MEMORY VERSE OF THE MONTH: 1 John 5:5 (NIV)

Who is it that overcomes the world? Only the one who believes that Jesus is the Son of God.

Go to growcurriculum.org/1John5-5 for memory verse sign language to try together!

Connecting to Community...Special Events



25 WAYS TO GET MOVING AT HOME



1

Run in place for 30 seconds



2

Dance party for 1 minute

3

Stand up and sit down 10 times



4

Read standing up

5

Hot lava!
Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6

Jumping jacks for 30 seconds

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

10

Wall sits while reading



11

One-minute yoga

12

Stretch your hands high over your head



13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

14

10 frog jumps



15

Standing mountain climbers for 30 seconds

20

Practice spelling by doing a jumping jack for each letter

21

30-second plank



18

Practice spelling, do a squat for every vowel

19

Run in place for 30 seconds, check your heart rate



24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25

High knees for 30 seconds

22

Practice math problems, do a jumping jack every time the answer is an even number

23

20 leg lifts

ORAL HEALTH

Tips for Families from the National Center on Early Childhood Health and Wellness

You Can Promote Good Oral Health By:

- Knowing how to make sure you and your family have healthy mouths and teeth
- Helping your children learn good mouth and teeth habits

Why Is It Important?

When Children Have a Healthy Mouth, They:

- Can speak clearly
- Can eat healthy foods
- Feel good about themselves

Having a Healthy Mouth Also Means:

- Healthy growth and development
- Being able to focus and learn
- A pain-free mouth
- Lower dental care costs for your family



Things You Can Do to Help Your Child

- Brush your child's teeth with fluoride toothpaste twice a day.
- If your child is younger than 3 years, brush with a smear of fluoride toothpaste.
- If your child is age 3 to 6 years, brush with a pea-size amount of fluoride toothpaste.
- Young children will want to brush their own teeth, but they need help until their hand skills are better. Brush children's teeth or help children brush their teeth until they are about 7 or 8 years old.
- Be a role model for oral health! Brush your teeth with fluoride toothpaste twice a day (in the morning and at bedtime) and floss once a day.
- Serve healthy meals and snacks like fruits, vegetables, low-fat milk and milk products, whole-grain products, meat, fish, chicken, eggs, and beans.
- Limit the number of snacks your child has in a day.
- Do not give your child food for rewards.
- Take your child to the dentist for a check up by her first birthday and keep taking her.
- If your child has not gone to the dentist take him.
- Ask your dentist what you can do to keep your mouth and your child's mouth healthy.
- Make sure to go to the dentist as often as your dentist would like you to go.
- Let your child care, Early Head Start, or Head Start program know if you need help or have questions about oral health.

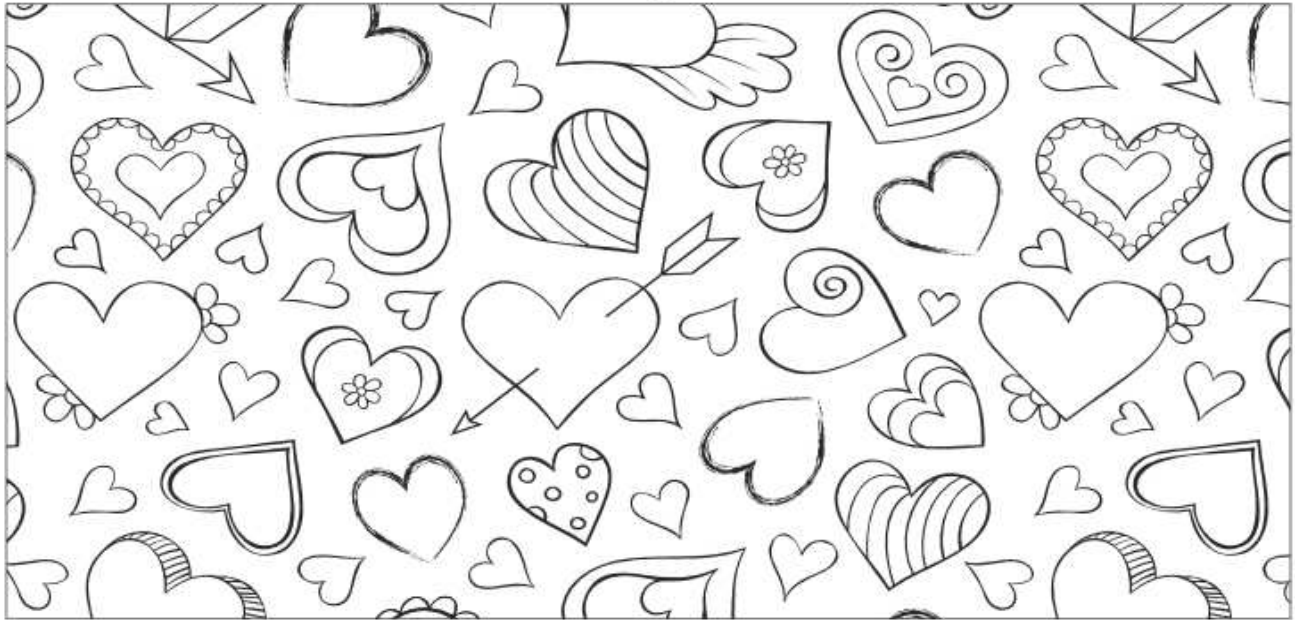






















































































ADMINISTRATION FOR
CHILDREN & FAMILIES



NATIONAL CENTER ON
Early Childhood Health and Wellness

February 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1   	2    GROUNDHOG DAY	3   	4   	5   	6    <input type="checkbox"/> <input type="checkbox"/>
7    <input type="checkbox"/> <input type="checkbox"/>	8    <input type="checkbox"/> <input type="checkbox"/> KITE FLYING DAY	9    <input type="checkbox"/> <input type="checkbox"/>	10    <input type="checkbox"/> <input type="checkbox"/>	11    <input type="checkbox"/> <input type="checkbox"/> MAKE A FRIEND DAY	12    <input type="checkbox"/> <input type="checkbox"/> LINCOLN'S BIRTHDAY	13    <input type="checkbox"/> <input type="checkbox"/>
14    <input type="checkbox"/> <input type="checkbox"/> VALENTINE'S DAY	15    <input type="checkbox"/> <input type="checkbox"/> PRESIDENTS' DAY	16    <input type="checkbox"/> <input type="checkbox"/>	17    <input type="checkbox"/> <input type="checkbox"/>	18    <input type="checkbox"/> <input type="checkbox"/>	19    <input type="checkbox"/> <input type="checkbox"/>	20    <input type="checkbox"/> <input type="checkbox"/> LOVE YOUR PET DAY
21    <input type="checkbox"/> <input type="checkbox"/>	22    <input type="checkbox"/> <input type="checkbox"/> WASHINGTON'S BIRTHDAY	23    <input type="checkbox"/> <input type="checkbox"/>	24    <input type="checkbox"/> <input type="checkbox"/>	25    <input type="checkbox"/> <input type="checkbox"/>	26    <input type="checkbox"/> <input type="checkbox"/> TELL A FAIRY TALE DAY	27    <input type="checkbox"/> <input type="checkbox"/>
28    <input type="checkbox"/> <input type="checkbox"/> TOOTH FAIRY DAY						

Check off each of the 2 boxes every time you brush. Make it a habit for a great smile!

