



**CUMNS KIDS**

# CUMNS Connection

A Castleton United Methodist Church Nursery School Publication

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## A Message from Megan

*Each week, my inbox gets filled with so much interesting information. As I sift through the various mass emails from NAEYC, Child Care Exchange, and other similar resources, I often flag things for further review or to share. This is one such article. What I think is exciting to note as you read this list is how these competencies so clearly align with what we do here at CUMNS. I hope you agree!*

There are 10 competencies that predict good parenting outcomes, asserts researcher Robert Epstein in *Scientific American Mind* (November 2010). These 10, listed in order from most to least important, predict a strong parent-child bond and children's happiness, health, and success:

### 1. Love and affection.

"You support and accept the child, are physically affectionate, and spend quality one-on-one time together."

### 2. Stress management.

"You take steps to reduce stress for yourself and your child, practice relaxation techniques, and promote positive interpretations of events."

### 3. Relationship skills.

"You maintain a healthy relationship with your spouse, significant other, or co-parent and model effective relationship skills with others."

### 4. Autonomy and independence.

"You treat your child with respect and encourage him or her to become self-sufficient and self-reliant."

### 5. Education and learning.

"You promote and model learning and provide educational opportunities for your child."

### 6. Life skills.

"You provide for your child, have a steady income, and plan for the future."

### 7. Behavior management.

"You make extensive use of positive reinforcement and punish only when other methods of managing behavior have failed."

### 8. Health.

"You model a healthy lifestyle and good habits, such as regular exercise and proper nutrition."

### 9. Religion.

"You support spiritual or religious development and participate in spiritual or religious activities."

### 10. Safety.

"You take precautions to protect your child and maintain awareness of the child's activities and friends."

## Scholastic Book Fair was a huge success

The Scholastic Book Fair was amazing! We sold over \$3,000 worth of merchandise. CUMNS will receive up to 50 percent of that back in “Scholastic Dollars” which teachers can use to purchase items for their classrooms.

Thanks for supporting our school and teachers!



## Classroom Corner: Spotlight on 4/5 B!



Play works in 4/5 B! We learn through play every day all around our room. Our friends write and illustrate words in journals, build elaborate structures with blocks, experience and explore materials and textures in our sensory table, enjoy books in our library, role play in the Home Center, dance and sing, play math and language games, explore and observe at the Science Center, crush cans at our Recycling Center, create art at the easel and in small groups at a table, and manipulate small table toys to increase fine motor skills.

We crush donated aluminum cans every day and recycle those once a month. The money we receive from that project is given to help others. You may help us by donating cans any school day. In the first half of our year, we gave \$45 to the Ronald McDonald House of Indiana in memory of Luke Butler, a former CUMNS Kid who died last summer. Check our progress by looking at a bar graph in the hall outside our room.

After a fabulous February celebrating love and friendships with lots of colorful hearts, we are learning this month about healthy hearts in our bodies and good nutrition. On March 7, we will exercise at DeVeau’s Gym. We are enjoying outdoor play, too, in this winter’s mild weather!

## Classroom Corner: Spotlight on the Kangaroos!



The Kangaroos had their own NFL experience in February.

We made an obstacle course in the class and made football collages of our favorite teams.

The Giants were the winners and the Kangaroo class is too!

Watch for April’s newsletter to see what classrooms we’ll spotlight next!

## A mission need

A young family in the Castleton congregation needs assistance with clothing for their little girl. They would appreciate gently used clothing in sizes 3 & 4. If your little girl has outgrown clothing in these sizes and it is still in good condition, please consider bringing used clothing in to the CUMNS office and donating to this needy family. For additional info, you may contact Pastor Tracey Leslie at [traceyl@castletonumc.org](mailto:traceyl@castletonumc.org).

## Join us for Children's Chapel at CUMNS Kids

Our children's chapel continues to be a great success. This month's chapel will be **March 27**. Even if your child doesn't attend CUMNS that day, you are welcome to join us at 9:15 a.m. for songs, prayer and Bible stories.

If you are interested in helping with this ministry, please contact the CUMNS Faith Committee Chair Melissa Snyder at [snyder1@ameritech.net](mailto:snyder1@ameritech.net).



## What's new around you?

Do you know **What's New Around You?** Check out the new Community Events Bulletin Board at school. You will find it next to the water fountain near Door #5. This board is a place to gather OR share information on events and happenings in our community such as library story times, Pacers games, Conner Prairie special events, etc. We are excited about this new effort to connect us all to our local community in a meaningful way. If you have something that you would like to have posted, please see the office.

## Come to an Easter egg hunt

You're invited to an Easter egg hunt on Saturday, March 24 at 10 a.m. at the Sunrise campus (75th Street and Oaklandon Road).

All children are welcome. There will be a separate pre-school hunt area. Join us, rain or shine!



## Learn more about CUMC



A couple weeks ago, you should have received a Lenten Devotional in your parent folder. They were given to each of our pre-school families by Castleton United Methodist Church to provide you with practical and meaningful stories, prayers, and scripture for your Lenten journey. As part of CUMNS KIDS and CUMC Preschool Ministries, you are part of a much bigger family that includes over 700 people in worship weekly, 320 preschool families, more than a hundred volunteers, and over 80 staff members! Please know that you are a valued part of this church and we are here for you!

If you are interested in learning more about Castleton United Methodist Church, please don't hesitate to contact us. Our pastors are always available to meet with you and would love to have you to join us on Sunday mornings for worship. You can contact us directly at any of the following phone numbers or email addresses.

Emily Hawthorne, Director of Preschool Ministries, [emily@castletonumc.org](mailto:emily@castletonumc.org), (317) 849-2947 ext. 208  
Penny Walker, Director of Children's Ministry, [penny@castletonumc.org](mailto:penny@castletonumc.org), (317) 849-2947 ext. 212  
Matt Lipan, Pastor of Operations & Sunrise, [matt@castletonumc.org](mailto:matt@castletonumc.org), (317) 849-2947 ext. 239

We would love to hear from you! You can also visit us online at [www.castletonumc.org](http://www.castletonumc.org).

## Dates to remember

- Signed contracts for Summer 2012 and the 2012-2013 school year are due by **March 15**.
- Registration for the 2012-13 school year is now open to the public. Share some stories with your friends and neighbors about your child's experiences at CUMNS and encourage them to come in for a tour.
- Join us **this Thursday, March 8**, for our next Childe Verde spirit day! Forty percent of your bill before tax is given to our school. This includes dinner, lunch, even carry-out. Just tell your server you are with CUMNS Kids!
- Don't forget about our Community Bulletin Board on page 5. Spread the word about your business!

## UMW Flower sale

The United Methodist Women's Ministries flower sale has begun. Flowers and baskets make great gifts, and they arrive just in time for Mother's Day. Proceeds go toward local missions such as serving meals at Fletcher Place, Women's Prison Mission Projects, the Lucille Raines Residence, as well as a scholarship for a youth to go on a mission trip and funeral dinners at our church.

Order forms are available at both the Castleton and Sunrise worship centers and on the church website at [www.castletonumc.org](http://www.castletonumc.org). For more information, please contact Marcie Warden at [marciwarden@msn.com](mailto:marciwarden@msn.com) or Joyce Hamon at [jhamon@iuhealth.org](mailto:jhamon@iuhealth.org).

## From Matt Lipan, Associate Pastor

Lent is not typically something that comes up in our normal, everyday conversations. "Got any big plans for Lent this year?" Usually not something we ask. Yet around this time every year we see McDonald's (and other fast food joints) start to push their "Filet-O-Fish" sandwiches in anticipation of Lent. I thought it could be helpful to have a sort of 'cheat sheet' explaining a few things about Lent:

\*It is 40 days long, which represents the time Jesus spent in the wilderness preparing for his public ministry (Matthew 4:1-11).

\*It starts on what is called Ash Wednesday (March 9th this year) and ends the Saturday before Easter (40 days not counting each Sunday).

\*The season of Lent is often attributed as a time of self-denial; this is because we are reminded of how Jesus fasted during his time in the wilderness.

\*It is also seen as a time to prepare for the celebration of Easter through prayer, service and study.

So, as the season of Lent approaches, begin to think of ways you can use it as a time of reflection, slowing down and preparing for the miracle that is Easter. Take advantage of the Lenten Devotional that was sent home in your child's information. You can also join the Lenten Bible Journey on my blog: <http://mattlipan.blogspot.com>.

*You can read and interact with more of Matt's writings and thoughts on his blog [mattlipan.blogspot.com](http://mattlipan.blogspot.com) or connect with him on Twitter: [@mattlipan](https://twitter.com/mattlipan)*

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If you have anything you would like to include in an upcoming newsletter, please contact Carin Werbeck at [carinchap@hotmail.com](mailto:carinchap@hotmail.com).

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# CUMNS Connection Community Bulletin Board

## **Tax Preparation**

By family owned & CUMC member

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We welcome parents, staff, community members and local businesses to advertise their services or home-based businesses. CUMNS Connection is a great way to get the word out and support our school at the same time!

Ad spaces are limited to business-card size (3.5 inches x 2 inches) and are available for \$10 as space allows. Please submit payment to the school office and an electronic file of your pre-designed business card or ad to [carinchap@hotmail.com](mailto:carinchap@hotmail.com) by the first of the month to have it appear in that month's newsletter (artwork and fee submitted by March 1 would appear in the March newsletter).