



# UNITED DAY NURSERY, INC. PARENT NEWSLETTER

March/April 2010

\*Sponsored by United Lutheran Church and a Participating United Way Agency \*

[WWW.DRAVES.COM/UDN](http://WWW.DRAVES.COM/UDN)

## MARK YOUR CALENDARS...



### Looking ahead...

March 20<sup>th</sup> - Spring begins  
March 25<sup>th</sup> - Staff Meeting 6:30-8:30pm  
March 28<sup>th</sup> - Palm Sunday

### Looking ahead...

#### April Month of the Young Child

April 2<sup>nd</sup> Good Friday;  
GF Public Schools Closed  
April 4<sup>th</sup> (Sun.) Easter Holiday!  
April 5<sup>th</sup> GF Public Schools Closed  
April 6<sup>th</sup> Parent-Teacher Conferences; 4:00 –  
8:30 p.m  
April 11<sup>th</sup> -17<sup>th</sup> Week of the Young Child  
April 15<sup>th</sup> UDN Board Meeting 7:30 am ULC Library  
April 17<sup>th</sup>(Sat.) Hands on Learning Fair @  
Purpur Arena  
April 22<sup>nd</sup> Staff meeting 6:30-8:00 pm  
April 29<sup>th</sup> 11:20 a.m. early dismissal;  
G F Public Schools, K – 5  
April 30<sup>th</sup> GF Public Schools Closed

\* It is very helpful and much appreciated if you call in to the office (or catch your child's area supervisor and/or teacher) to **let us know if your child(ren) will not be in attendance on days when they are scheduled to be here and especially so on 'special days' such as Fri, Apr. 2<sup>nd</sup> and Mon. Apr. 5<sup>th</sup>.** [Calls are always appreciated ☺ !!]

\* On these lower count (attendance) days it's nice to be able to provide staff with time off (for those who request it.) This is possible when parents inform us ahead of time!!

~ **Special Note:** GF Public Schools are closed Thurs. Apr. 29<sup>th</sup> (@ 11:20 a.m.; K-5) & Fri., Apr. 30<sup>th</sup>... **please inquire and request additional care for your school-age child(ren) ahead of time!**

### \* PARENT –TEACHER Conferences \*

Conferences will be held on **Tuesday, April 6<sup>th</sup>** from **4:00 p.m. – 8:30/9:00 p.m**

*This is a time for parents to visit with their child's teacher to hear about progress, their child's interests – likes and dislikes.*

Watch for sign-up lists to be posted in areas...

**Parenting** is the toughest job you will ever love.

Following are some **Survival Tips!**

### Important actions to keep your family strong

1. **Great parenting can be learned.** Check out your local Parent Resource Center, library, or Prevent Child Abuse ND for parenting information and support.
2. **Make time for yourself.** We all feel frustrated, overwhelmed, or depressed some times, but there are ways you can take care of yourself so those feelings don't create problems for your family.
3. **You are not alone.** Reaching out to other adults you can talk to and lean on can make a big difference. Discover a Circle of Parents group by calling 1–800-403-9932.
4. **Listen, talk, and try to understand your child before you act.** It is important to appreciate how your child grows and develops.
5. **We all need help sometimes.** Keep a list of phone numbers handy so you can call a friend, family member, or the Crisis Connection at 211.

### Your family is depending on you, so...

Take a minute to cool down. Take a deep breath. And another. Close your eyes and imagine you are hearing what your child is about to hear. Press your lips together and count to 10. Or better yet, 20. Drink a glass of cold water. If you need help, reach out and ask someone.

### Campbell's Labels



Campbell's UPC labels /proofs of purchase assist us in purchasing FREE educational merchandise such as computers, software, physical education equip, musical instruments, books. etc.

Please help save UPC labels for United Day Nursery!

~ see attached list of eligible products

**PARKING LOT: Entering & driving patterns**

It is time once again to call attention to driving patterns in United Lutheran Church/United Day Nursery, Inc. parking lot.

Please drive very carefully – ***SLOWLY*** – while watching for children (and adults) walking to and from the entrances. **The parking lot does have directions for flow of traffic.** These arrows and lines for parking do get worn down – and will hopefully soon be re-painted as weather allows.

It has been noted that some parents (maybe others picking up your child) have been driving the wrong way on the one ways ~ this is so dangerous ...one is looking for an accident to happen.

**Please abide by all street/road regulations.**

Please enter the parking lot off of Walnut St. nearest the playground. Exit the next lane or by going straight out to 3<sup>rd</sup> Ave. So.

For those who enter off of Chestnut St., use the driveway/entrance nearest 3<sup>rd</sup> Ave. So.; *(proceed SLOWLY) through parking lot as you travel near to a parking spot.*

**\*\*All of the lanes have directions for flow of traffic in, through and out of the parking lot.**

A map will be posted near UDN entrance as well as with sign-in/out sheets for further reference – or stop in the office for clarification.

Reminder: **NO PARKING** in first 1½ spot – handicap accessibility nearest UDN entrance; please be courteous and respect the access to sidewalk.

Parking rules are established by the United Lutheran Church Council. **Everyone is expected to follow the rules. They are made for the safety of your children, you, church members, visitors, etc.**

*Please share this information with all others who bring and/or pick up your child.*



**Summer Enrollment Forms**

Each family received labeled forms for their child(ren). Please complete this and return to UDN asap – summer 2010 will be here before we know it!!

**Reminder: Two week written notice** is needed in UDN office if you choose to withdraw from child care here (temporarily and/or permanent.)

~ ~ ~ ~ ~

*Keeping in contact with*

***SAFE KIDS GRAND FORKS:***

**March is poison control month** so it is a perfect time to clean out your cupboards and get rid of your expired prescriptions.

***Have any expired prescriptions that you don't need anymore and don't know what to do with them?*** The Grand Forks Police Station now has a box in there lobby so that you can drop them off with no questions asked, and they will be incinerated along with their confiscated drugs.



**Next Car Seat Checkup Event:**  
***Thursday, April 8, 2010 4-7 pm***  
***at Rydell GM Auto Center***

SAFE KIDS subscribes to CHILD HEALTH ALERT...these monthly newsletters are available in the UDN office - compliments of Safe Kids.

**February 2010 Topics:**

- 1) H1N1 Vaccine in Children;**
- 2) Press Coverage of Medication Risks;**
- 3) Mozart Benefits Preterm Infants;**
- 4) Household Spoons are Not Accurate for Measuring Medicine;**
- 5) Product Recalls**

~ Dorel Juvenile Group Recalls Play Yards with Bassinets...

~ ...And Children's "Big Rex and Friends" Cloth Books

Quotes of the month:  
  
Teaching is the royal road to learning..  
~ Jessamyn West  
American educator and writer  
  
We cannot always build the future for our youth,  
but we can build our youth for the future.  
~ Franklin Delano Roosevelt  
32<sup>nd</sup> President of the United States

United Day Nursery, Inc.  
is a partner agency with

**United Way**  
United Way of Grand Forks  
East Grand Forks & Area