

# St John Child Development Center



**Director Lisa Aring**

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## NOTES FROM MRS. ARING

### What is going on with the CDC playground?

No, we aren't playing construction with the students. For 3 years (or more,) I have been working on getting the playground restored. Over time, many of the logs have deteriorated. We have been sawing them off and patching to make them safe. After having difficulty finding anyone who would look at the job, we now have a contract. Construction is planned to start in November. Some of the logs are now starting to fall apart. The caution tape is just to make sure that children stay away from some of the worst logs as a precaution. We are hoping that the logs are taken out soon. There are new plans for a playground with more areas to practice motor skills and a place for an outdoor classroom. Please pray that we finally get the needed work completed soon!

### Why Does My Child Cry When I Drop Them Off?

After working with children for nearly 40 years, I can assure you that this can be a normal thing. Sometimes it will happen between 3 and 4 years old when it has never happened before. One thing I have told parents that they don't want to believe is that it is harder on the parent than the child. There are many reasons separation anxiety can happen.

1) They are testing to see if their parent will really leave them when they are crying. This is how they test to see if you will follow through. (Doing what you say increases their security.)

2) They aren't fans of transitions.

3) They are seeing if they can get Mom or Dad to take them back home. (They do like to be in charge!)

4) They are tired and just don't want to deal with the change.

### So, what is a parent supposed to do?

1) Tell them before you go—even the night before—what is going to happen when you drop them off. I am going to give you a hug and a kiss and then I will go. Then, stick to it!

2) Tell them you will be back to get them at a certain time or after a certain activity.

3) Make the break quick—The time you remain in the classroom is directly related to the time it takes the child to recover. If you pop back in or they see you again, it will lengthen the time even more (usually by quite a bit.)



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4) And, yes, unfortunately, you, the parents, can make this harder for them. Things you say can make them believe things that aren't even true.

You may ask, how will I know that they are okay after I leave? You can always message the teacher to check and see how they are doing! Teachers will send you photos. If you pick them up and they are happy and have participated in the activities at school, you know all is okay.

Children will feed off the parents' anxiety, so you need to be the strong one.

Separation anxiety doesn't happen because they dislike the place—they might be in a different stage of development, and they are testing things: they may have a hard time with transitions or that particular transition.

Positively walking them through this stage is part of helping them grow!

## Spiritual Ages and Stages Development for Preschoolers

This year your teacher will go over the ages and stages for your preschooler's age. We worry a lot about the development of children in academic areas. We want our children ready for school. As parents we are also responsible for the spiritual growth of our children, and we at St. John CDC are here to help! God has given children to us as parents to raise and to bring up in faith. None of us is perfect at this. That is why we have God to help us! Working on little parts at a time is sometimes the best we can do. This is not a pass-fail test. Helping children develop spiritually is helping them prepare for eternity!

Blessings,  
Lisa Aring  
Director



## 2024-2025 St. John CDC Calendar

### NOVEMBER

- 7 Chapel with Pastor Rempfer
- 14 Chapel with Barb Mertens
- 21 Chapel with Connie Meyer
- 27 STJ/Seward No School Day
- 27 No Magnolia Preschool
- 27 7-8AM Thanksgiving Breakfast

**28-29 CDC CLOSED for Thanksgiving**

### DECEMBER

- 13 Butter Braid Delivery
- 14 Breakfast in Bethlehem
- 14 Family Worship Service 5:30PM
- 20 1:20/30 Dismissal STJ/Seward/STV

**23-01 CDC CLOSED for Christmas Break**

### CDC CLOSED

The St. John CDC will be **CLOSED November 28th-29th for Thanksgiving and December 23rd - January 1st for Christmas Break.**

### ADULT HANDS ONLY

Please remember that all doors and key pads are for **Adult Hands Only**. This is for the safety of the



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children so they do not enter or exit the building without an adult.

## THANKSGIVING BREAKFAST

Mark your calendar and join us for a Thanksgiving Breakfast on Wednesday, November 27th, from 7-8am. Watch for more information from your child's teacher.

## BUTTER BRAIDS

The CDC will be selling Butter Braids again this year. Delivery is set for Friday, Dec. 13th, just in time for Christmas! Fliers will be sent home soon with specific dates. We will also have our online store to make collecting money even easier!

## FAMILY WORSHIP SERVICE

Please plan to join us for our CDC Family Worship Service on Saturday, Dec. 14th at 5:30pm. Watch for more information from your child's teacher.

## SCHOOL AGE

Please watch your email for a Google Form to sign-up for care for Wednesday, November 27th. STJ/Seward schools have a no school day. We are limited to 25 students, so please plan accordingly. There is an \$18 no school day fee for all that sign-up.

## WELLNESS POLICY

**Children must be fever/vomit/diarrhea free for 24 hours without the aid of medication before returning to school.**

## BEFORE 7AM CARE

If your child needs care before 7AM please let the office know, [CDC@stjohnseward.org](mailto:CDC@stjohnseward.org) or

402-643-3122, no later than 3PM the day before. This gives us enough time to make sure that only the classes that need care are staffed before 7AM. Thank you for helping us keep our staffing cost down!

## HOT LUNCH

To ensure that your child gets a hot lunch ordered, please make sure you let us know **no later than 8:30am** if your child will be coming in late. Students arriving after 8:30am, who did not call or make arrangements with their teacher, will need to bring a cold lunch. Remember we are a nut free facility.

## BREAKFAST

School Age breakfast is served from 7:00-7:20am. Toddler and preschool breakfast is from 7:30-7:50am. If you are running behind and won't make it to the classroom before 7:15/7:45, please consider bringing an alternative breakfast/snack for the car if they weren't able to eat at home. **No outside food inside the classroom please!**

## ABSENT

If you know your child is going to be absent, please let us know in advance or through the ProCare App by 8:30am, so we don't order them lunch.

## DROP OFF/PICK UP

If someone other than a parent will be doing drop off or pick up, please let your child's lead teacher know. This is the best way to get the information to our afternoon staff. **No drop offs or pick ups between noon and 2:30.** This is when children are napping and it's very disruptive to the rest of the class. Please check with your child's teacher for their room's specific nap schedule.



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## PARENT HANDBOOK

[2024-2025 CDC Parent Handbook](#)

## EDUCATION BOARD

The next meeting of the 24-25 school year will be November 18th at 7 pm in the Heritage Room . Please feel welcome to review the Education Board Visitor Policy by clicking the link in [this form](#).

The remaining meeting dates are January 20th, March 24th, May 19th, and June 16th.

## HEALTHIER HALLOWEEN

Candy and costumes and pumpkins, oh my! Halloween is near and it's important to mix in healthy alternatives with the sweet treats you find this time of year. Try these Halloween alternatives to help find a healthy balance: [Healthy Halloween](#)

## NEBRASKA BEEF IN SCHOOLS

We are blessed as a ministry to have the opportunity to be serving 100% pure Nebraska beef as a part of the Nebraska Beef in Schools program.

Did you know...

- The school partners with local farmers and knows exactly where the beef comes from?
- The Beef in Schools logo is featured on the school lunch menu to note where Nebraska beef is used in school meals?
- The program costs approximately \$5,000 each year?

We sincerely appreciate the extra work done by our kitchen staff to make this possible, as there certainly is some additional preparatory



work involved with using pure beef!

While there are significant costs associated with this program –it's worth it. Students are fed what we would also feed our families at home. We ask that you prayerfully consider a donation to this program. You can use this [attached donation sheet](#) or call the day school (402-643-4535) to inquire about how you can help us cover the purchasing and processing costs. Thank you to all who choose vocations associated with the beef industry and thank you to all who have helped make Nebraska beef available through our school lunch program.

## BREAKFAST IN BETHLEHEM

SCAN TO ADD TO YOUR CALENDAR



*Joy to the world*

BREAKFAST IN BETHLEHEM  
**DECEMBER 14, 2024**

ST JOHN LUTHERAN CHURCH

Show and Tell the love of Jesus



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## TRIVIA NIGHT



## MEET PASTOR SCHECK

Meet Pastor Nathan Scheck, our associate pastor!

You may be seeing him at drop-off and pick-up, or hear your kids talk about him visiting their classroom.

Take a moment and introduce yourself! If



you or your family should need any pastoral care, please feel free to reach out to your teacher, Mrs. Aring, or Pastor Scheck directly. [nathan.scheck@stjohnseward.org](mailto:nathan.scheck@stjohnseward.org) or call 643-2983 ext. 120.

## WORSHIP OPPORTUNITIES

St John Lutheran Church  
919 N Columbia Ave  
Seward, NE 68434  
(402) 643-2985  
[Newsletter](#)



Pastor Nathan Scheck  
[nathan.scheck@stjohnseward.org](mailto:nathan.scheck@stjohnseward.org)  
(402)643-2983 ext 120

Sunday Worship	8:30AM & 11AM
Sunday School	10AM - 10:45
Saturday Worship	5:30PM

To reach our YouTube channel, please visit [stjohnseward.org](http://stjohnseward.org) and click on the link, or click here: [www.youtube.com/channel/StJohn](http://www.youtube.com/channel/StJohn)

### Worship Opportunities

#### November

27th Thanksgiving Eve Service 6:30-7:30PM

#### December

4th Advent Service 10-11 AM 6:30-7:30 PM

11th Advent Service 10-11 AM 6:30-7:30 PM

18th Advent Service 10-11 AM 6:30-7:30 PM

24th Christmas Eve  
3-4 PM -C 5:30-6:30 PM -C 8-9 PM -C

25th Christmas Day 10-11 AM

29th 10-11AM -C, No Saturday, No Sunday School

#### January

5th 10-11AM -C, No Saturday, No Sunday School

Show and Tell the love of Jesus

