

Inside this issue:

- Fall Festival Successes – 1
- Fall Celebrations – 1
- Amy's Angle – 2
- Room Cleanings – 2
- Chili Verde Night – 2
- October Field Trip – 3
- Important School News – 3

Fun for All at the Fall Festival!

Our annual Fall Festival was once again a wonderful event for our families and friends! Despite early rain, God blessed us with a beautiful fall day for our Festival! Whether bouncing in the bounce houses, riding on the hayride, "buying" a book at the book store, or eating some of the delicious food available, there were lots of smiles and joy felt by all at the Festival. We had many great items in our silent auction and the bidding was competitive! If you have not yet paid for and received your auction item, you can do so in the office this week.

A very special thank you to our corporate sponsor Lumina Foundation, and also to Geist Sports Academy for donating one of the bounce houses, and a thank you to all who donated items to our silent auction.

Finally, thank you to all of our teachers and parents who worked so hard to make this event a success. Although we do not yet have final numbers tallied, we had a large crowd and expect that the funds raised from this event will help support our school with extra funds for the classrooms for much needed items. We hope you enjoyed your time at the Festival and we look forward to another great event next year.



Fall Celebrations ~ Not Halloween

Fall is a wonderful time of year. Our Nursery School and Kindergarten classes take field trips to the apple orchard. What a wonderful way to learn about the harvest time of year. We will eat apples, cook with apples and pumpkins, carve pumpkins and roast the seeds. Teachers' lessons will incorporate the season. The children will all experience fall in a new way.

You cannot miss the evidence that Halloween is coming — in stores, in advertisements and television — however we make every attempt to keep the season *a celebration of Fall* at CUMNS KIDS. We know that while Halloween is wonderfully exciting to elementary school children, it can be very frightening to preschool children. Our children cannot yet separate real from un-real. What they see is what they believe. You can TELL them the witches, ghosts and monsters are all make believe, but because they believe what they see, they cannot yet think abstractly.....they cannot understand the monsters and goblins of Halloween. It is unwise for young children to visit haunted houses. Your child may have nightmares or bed wetting following the "fun".

Each class will have a Fall party. Room parents and teachers will be setting the date and will be requesting party donations. The children do NOT dress in costumes at school. We may be making jack-o-lanterns, some gentle Halloween crafts...but no haunted houses, witches or ghosts will be found at CUMNS KIDS!

Amy's Angle

Conscious Discipline® scientifically and practically links social-emotional learning and classroom management to achieve school-wide success.

2. Brain function improves further as Conscious Discipline® meets these needs:

- Problem solving
- Connection
- Safety

3. Improved brain function increases achievement and school success

1. It starts in the heart: The School Family™ creates safe, caring classrooms that improve brain function.

Conscious Discipline® has provided my school with the foundation for academic success. Test scores have gone up in every area, with 36% in writing scores.

Pat Ramsey
Principal

School success is as easy as 1-2-3.

Conscious Discipline is a comprehensive social and emotional intelligence classroom management program that empowers teachers and students, and also their parents. A new 8 week parenting class has just begun with 20 parents and grandparents who are seeking to learn a better way. I will be leading the class using video segments from Dr. Becky Bailey's Conscious Discipline "Live" program. We are reading her book "Easy to Love, Difficult to Discipline" to help us all to better understand child development, ways to make connections and develop trust, which will help us to reduce conflict and learn to respond rather than react to our children's misbehavior. We will repeat the class next semester for anyone interested in starting in January 2011.

Through this column in the newsletter each month I will try to inform you of the 7 Powers for Self-Control, the 7 Basic Discipline Skills, and the 7 Values for Living that make up the Conscious Discipline program.

The 7 Powers for Self- Control are:

1. The Power of Perception: No one can make you angry without your permission
2. The Power of Attention: What you focus on, you get more of
3. The Power of Free Will: The only person you can make change is yourself
4. The Power of Unity: Focus on connecting instead of trying to be special
5. The Power of Love: See the best in one another
6. The Power of Acceptance: The moment is as it is
7. The Power of Intention: Conflict is an opportunity to teach

Parents who have mastered self-control and demonstrate composure are able to remain calm in the storm of a misbehaving child. Parents who can be composed are able to access their brilliance that resides in the frontal lobe area of the brain. You then can show your children how to behave, not try to control their behavior. You will teach your child by example! By learning the methods of this loving guidance, both you and your child will get your needs met. I hope that this will be helpful!

Room Cleanings

A BIG thank you to all those who helped with room cleaning and playground cleanup in September! The dedication to your school is much appreciated! Please remember, child care is available at no charge during each room cleaning date and the playground cleanup in April. Email Lynn MacAbee at lynn.macabee@wellsfargoadvisors.com with questions or comments. October room cleaning will be on Thursday October 14 at 7 pm.

CUMNS Kids Night at Chili Verde ~ Thursday, October 28

Come and Join your CUMNS Family and Friends for a Fundraising "Fiesta"!! Share dinner with us on Thursday, October 28th at Chile Verde, 7367 North Shadeland Avenue (South Side of the Marsh Parking Lot in Shadeland Station). Be sure to let your server know you are there supporting CUMNS Kids (40% of proceeds are given back to CUMNS). If lunch works better for your schedule, that's great!! Just let your server know you are supporting CUMNS Kids!! See you there!

October Field Trip ~ Tuttle Orchards

The Nursery School and Kindergarten classes visited Tuttle Orchards on October 5th and 6th for our Fall off-site fieldtrip. The children encountered real farm life on the Preschool Farm tour. A Tuttle's educator guided them on a tour to the apple orchard where everyone picked a small bag of apples and on a hayride to the pumpkin patch to pick a small pumpkin. They also had the opportunity to play in the Tuttle's Play Area where there were a variety of activities and animals to see!



Thank you to our volunteer drivers and chaperones. The school paid \$4 per child and chaperone. Included in this price was a small pumpkin, a small bag of apples and a hayride.



*****Calling All Parents and Community Helpers: Do you or a family member have a career, special talent or skill that you would like to share with your child's classroom? If so, please contact Wendy Joris at jorisj@sbcglobal.net.**

Other Important School News

- **Parent Teacher Conferences** - We will hold our first Parent Teacher Conferences of the school year during October. This will be an opportunity for you to speak personally with your child's Advocate Teacher. Check on your class bulletin board for a sign up sheet or ask your child's teacher for the dates and times available.
- **School Pictures** - School picture days are November 2nd, 3rd, and 4th. Your child's teachers will have your class's assigned day for you soon. Although there is no obligation to purchase photos, we have each child's picture taken for the class composite. Pictures will be available in time for Christmas.
- The **CUMNS Giving Tree** will be on display in the school entrance in October. Details coming soon.
- **Parent Chaperones** - be sure to have your Volunteer Information Sheet filled out and turned into the office. See your teacher or stop by the office if you need information about this form.

If you have anything that you would like to include in an upcoming newsletter, please contact Melissa Capuano at 826-3722 or mcapuano@comcast.net.

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