

# PHCP FEBRUARY NEWS

## News from the Director

I have loved all of the winter artwork and activities around the school in January. I'm ready for warmer weather but I know my boys would LOVE to see some snow this month! Please remember PHCP follows Fairfax public schools as it relates to school delays and closures in the event of inclement weather. You will be contacted by email, Remind, and the Facebook page with any weather updates.

As a staff we have just completed our training on Conscious Discipline. I felt like watching the videos really helped me consider some of the things I do at home as a parent. The training speaks to educators and how they can apply these skills in the classroom but I feel like there are many different strategies that are helpful at home. There were multiple times when I cringed as I listened and reflected back on a few tough mornings with my kids. At the end of each session in the training guide there is a section of focus points for parents. I have referenced these notes multiple times over the past few months! I feel like this training is very forgiving in that it acknowledges that changes don't happen over night and you don't need to feel guilty for making mistakes. I am planning to go back and watch the videos again over the summer. I know that there are a few videos in the training that some teachers have specifically recommended to parents who might not have time to watch everything. Many of the teachers have commented that they have learned helpful tips that they are able to start practicing immediately. This has definitely been a valuable resource for me at home. The training is still available for parents for \$20 until the end of August. If you think you might want to participate you can email me to be added to our account. Many of these techniques will continue to be used in our classrooms at Plymouth Haven this year and moving toward.

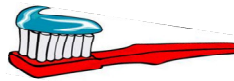
Valentine's day is one of my favorite preschool holidays. Your child's teacher should have communicated their plans for their class Valentine exchange and celebration. Please let us know if you have any questions!

Blessings,  
Sarah

## Important Dates

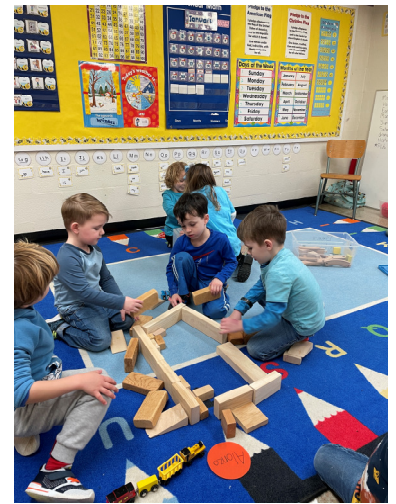
- February 10 —Scholastic orders due
- February 13-17-Teacher Appreciation Week
- February 16/17 —SPIRIT DAYS
- February 20—PHCP CLOSED for Presidents' Day
- February 27-March 10  
PHCP Food Drive
- More information coming soon!
- March 26- Preschool Sunday & Egg Hunt
- April 22- Spring Spectacular (4-7pm)

### February is Dental Health Month!



**Save the Date!**  
Super Dads  
Science Night  
March 9th





## Parent Group News

Happy February!

Thank you to those who attended the Parent Group meeting! We have lots of fun stuff planned for the next few months!

First up, Teacher Appreciation Week begins on Monday, February 13th! Thanks to Jen McGinnis and Melissa Kadish, we have an exciting week planned for our PHCP teachers! If you have not sent in your child's craft or donation for teacher appreciation week, please do so by Monday, February 6th! You can send your donation to Melissa via Venmo (@MSKadish) or send cash to the preschool office. Thank you for your support and making the week a wonderful celebration!

Next, join us on Friday, February 24th after drop off for Coffee & Conversation hosted by Melissa Kadish at her home, 8708 Plymouth Road (just down the street from preschool). Come learn more about how you can be involved and help grow the parent community at PHCP. We hope to see you there!

Last, save the date for Saturday, April 22nd from 4:00 pm to 7:00 pm for the Spring Spectacular. We are looking for volunteers to be on the Spring Spectacular Committee. If you are interested in volunteering for this event, please send me an email to [phcparentgroup@gmail.com](mailto:phcparentgroup@gmail.com). Volunteer roles will include coordinating games, crafts, activities, food, volunteers and the silent auction. If you want to volunteer but cannot attend the meeting, please let me know. I would be happy to set up a Zoom and talk for 10-15 minutes in the evening or whenever is convenient for you. The Spring Spectacular is the parent group's largest event and fundraiser of the year.

My family's time at PHCP is coming to an end and we are looking for two or more parents to run the parent group. If you are interested or just want to learn more, please reach out to me. If we can identify a couple of folks, I can show you the ropes so you can be set up for success for the 2023-2024 school year. I have enjoyed the time I have spent leading the parent group. It has been a truly rewarding experience.

Sending lots of love to you this month!

Many blessings,  
Allison Bryant  
Parent Group Chair



**VBS**  
**Plymouth Haven Baptist Church**  
Save the Date: July 17-21  
4yrs-6th grade

**PHCP Summer Camp**  
**June 6-9**  
**9:00-12:30**  
**Registration Information Coming Soon!**