

GRACE NOTES

The Newsletter of
Grace Covenant Community School

Valentine's Edition
February 2009

Volume 1, Issue 6

Valentine's Celebrations



Preschool—We'll be holding a Preschool Valentine's party on Friday, Feb. 13. Notes will be sent home asking for treats for the Valentine's party, including the names of children in each class. Also, feel free to send individual valentines to each child in the class.

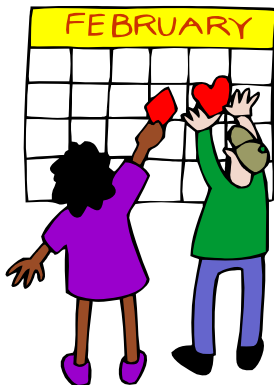
Afterschool—If any parents are interested in sending treats for the Afterschool children on Friday, Feb. 13, please feel free.

Thanks Volunteers!

Grace Covenant would like to thank the following volunteers:

- Jennifer DeBoo (Kaylee's mom) and Thelma Perlish (Derek's mom) - They are working on a weekly basis in our Preschool classes. This is such a great help to our teachers!
- Heather McDonough (Killian's mom) - She is our volunteer French teacher and will be working with our Preschool classes to introduce them to the French language through videos, flash cards, songs and conversation. Heather minored in French at VCU and has studied the language for 20 years.

Fun Local Activities in February



- Victorian Valentine's at Meadow Farm Museum—FREE, Saturday, February 14, 1-3 PM
 - Sacred Harp Shape Note Singers at Meadow Farm Museum—FREE, Saturday, February 21, 2-4 PM
 - Richmond Ballet Minds In Motion Team XXL at Henrico Theatre (register) - FREE, Saturday, February 21, 2 PM
 - Bluegrass Coffeehouse at Dorey Recreation Center—FREE, Thursday, Feb. 12, 7-9 PM
 - Color Me Picasso (3-5 year olds) at Walkerton Tavern—\$6 per person, Saturday, February 28, 10-11 AM
- Find more at www.co.henrico.va.us/rec

In this issue:

Valentine's Celebrations	1
Thanks Volunteers!	1
Fun Local Activities in February	1
Preschool Tidbits	2
Afterschool Info	2
Chocolate Hearts Recipe	3
Community Activities	3
Henrico County Redistricting Update	4

Preschool Tidbits

Curriculum Info

In February, we'll be talking about Valentine's Day, President's Day and winter. Sounds like fun!

Volunteers Needed

Ms. Willis has distributed volunteer information forms to all parents. If you're interested in volunteering with the preschool program, please let her or Ms. Griner know.

Don't Forget

Henrico County Schools are closed on Monday, February 16. Preschool will also be closed.

Coffee and Fellowship

Don't forget to join the preschool and afterschool parents for coffee and fellowship at First Mennonite Church on Tuesday, February 17 at 9:30 AM. All are invited!

Preschool Storytime

Our preschoolers will be attending the preschool storytime at North Park Library on Friday, February 13 at 10:30 AM.

Preschool Tuition

Preschool tuition for February is now due. Please make payments, via check or money order, out to "Grace Covenant Community Ministries" and drop off to Ms. Willis or Ms. Griner. You may also mail your payment to: Grace Covenant Community Ministries, P.O. Box 9617, Richmond, VA 23227

Donations Needed

We can always use rolls of paper towels and Clorox wipes if you'd like to donate a package or two.



Foreign Language Curriculum

Our Preschool classes have begun learning French. Ms. McDonough will be visiting in the mornings every other Wednesday to share videos, songs, games and conversation. We'll be sending home some further information and vocabulary you can try with your preschooler. Merci!

Summer Program

If you would be interested in some type of half-day preschool "camp" program this summer, please let us know either by phone (262-9023) or send us a note. This would be a fun program for a week or more over the summer.

Afterschool Info

Craft Program

The Afterschool children will be attending a crafts program at North Park Library on Thursday, February 12 at 3:30 PM. They should return to Grace Covenant by 4:30 PM for pickup.

Free Week of Afterschool Care

We would like to add a few more children to our afterschool program. If you recommend a child or children to our program and they enroll and attend, you will receive one free week of afterschool care (limit one free week per family).

School Attendance Info

If your child stays at home due to illness or is picked up early from school, please call us to let us know so that we are aware and don't wait for him/her at school pickup.

Tuition Reminder

Weekly Afterschool tuition is always due on Monday of each week. Please add a \$10 per day late fee for payments made after Monday.

Game Donations

The Afterschool program is looking for donations of board and card games. Please let Ms. Willis know if you have any you'd like to donate.



Chocolate Hearts Recipe

The kids will love the results of this easy recipe. All you need are a few items to make your own Valentine's chocolates. Give them away as gifts or enjoy for yourself!

What you'll need:

- Plastic heart-shaped candy mold
- Red, white and cocoa colored candy melts
- Sandwich bags (zipper, not pleated)
- Scissors
- Spoon
- Wax paper
- Plate
- Wooden skewer or clean craft paintbrush

How to make it:

1. Put a handful of candy melts into an open zipper sandwich bag.

1. Microwave candy in bag for 30-40 seconds or until melted.
2. Cut one corner of the bag with scissors to squeeze melted candy through. **Caution:** Bag may be hot, so use paper towel or a pot holder to handle it.
3. Gently squeeze chocolate out of bag and into the molds.
4. Tap the side of the mold tray to knock out any air bubbles and flatten chocolate.
5. Place in refrigerator until set.
6. Pop out of molds and serve.

Decorating

Polka dots - Use the flat end of a wooden skewer or a clean craft paint brush to dip into melted chocolate. Dot onto molds, then refrigerate. Remove mold from refrigerator when solid, then add contrasting color according to directions above.



Drizzles - Use a spoon to drizzle melted chocolate across the molds by sweeping a spoon back and forth and allowing chocolate to fall in streams. Refrigerate until solid. Add contrasting color according to directions above.

3D Drizzles - Use the spoon method above, however this time drizzle the chocolate over solid candy that you have already made and let set, rather than drizzling into the molds.

Community Activities

From Commonwealth Parenting (www.commonwealthparenting.org):

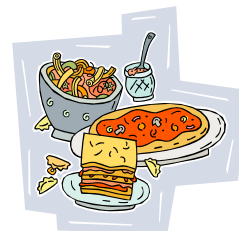
- **ADHD: What Do We Know, What Can We Do to Help?** - Receive essential information about the causes of ADHD, common medical conditions that mimic ADHD, and how medications work. Review the importance of diet, sleep and exercise in promoting attention. Class provides necessary current research about ADHD and how this information helps in planning both home and school support. **Tuesday, February 10, \$25**
- **Parenting Children with ADHD**—This session concentrates on how parents should structure the home to help with school and academic support as well as behavioral strategies. Current studies about parenting styles and ADHD will be discussed. Until the child with ADHD is being effectively treated, the process of parenting is an extraordinarily exhausting and frustrating experience. As parents exhaust the entire range of ways to help their child, they all too often end

up feeling chronically fatigued, irritable and withdrawn. This class focuses on ways parents begin to emotionally connect with their child. **Tuesday, February 17, \$25**

- **123 Magic**—(parents of children 2-12) Do you sometimes feel caught up in power struggles with children? Learn a simple, effective way to handle difficult behavior and encourage good behavior in two morning sessions based on Thomas Phelan's bestselling book. Walk away with a positive tool you can put into practice right away. **Thursdays, February 12 & 19, \$40**
- **Conversations with Suzanne**—Join parenting specialist Suzanne Hanky for conversation and support on Saturday mornings. This is a unique invitation to meet with Suzanne and talk about everything from toddlers to teens. Bring your questions, concerns, whatever is on your mind. Simply drop in, all are welcome. **Saturday, February 7 and 21, 9:30-10:30 AM, FREE**

Attention Future Chefs:

Maggiano's Little Italy of Short Pump invites children ages 5-12 to participate in a cooking class. The children will receive instructions from Chef Mike Pendergrast on how to prepare a lasagna dinner. The class will be held on February 21, 2009 at 10 AM in the North Ballroom. The cost is \$20 per child plus tax and gratuity. Please call Banquet Sales at 804-253-0916 with questions and/or to reserve your child's spot.



The Newsletter of
Grace Covenant
Community School

601 E. Parham Rd.
Glen Allen, VA 23060

Telephone: (804) 262-9023

Web:

www.gracecovenantcommunityschool.org

E-mail: prslctchr@juno.com



We're on the web! Visit

www.gracecovenantcommunityschool.org
for pictures, information and email access.

Henrico County School Redistricting Information

Henrico County's school redistricting committee has rolled out the first set of possible redistricting options via a series of Community Forums Jan. 5-7. Elementary, Middle and High school boundaries have been redrawn via 3-5 possible options per level. The committee sought the community's input and feedback on the proposed options. Later this month, the committees will meet separately and in a full committee meeting to go over the feedback received and, based on that information, go "back to the drawing board" with the options that are on the table to attempt to update



and make small changes to them. Parents need to be aware that, while most of the changing boundaries appear to be in the mid to far West End, all schools' boundary lines have the possibility to change. The committee is trying to formulate boundary lines based on recommendations and data from Henrico County Public Schools to address overcrowding at some schools and the addition of a new high school on Staples Mill Road in 2010 and a new elementary school in the far West End in 2011. For more information, visit www.hcpsboundaries.org.