



TALL TALE TIMES CHILDREN'S MORNING OUT PROGRAM

DECATUR FIRST UNITED METHODIST CHURCH
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DECATURFIRST.ORG/CHILDRENS-MORNING-OUT

PLAY TO LEARN LOVE TO GROW AT CMO

MARCH 1 • 1PM

Mead Road Mardi Gras Parade (starts at F.Ave 1/4 Academy in Oakhurst)

MARCH 9 • 7:30AM

Tour deCatur 5K & Fun Run to benefit Decatur Education Foundation

MARCH 13 • 9:15-11AM

Last CMO Parent Workday of the 2018-1019 school year

MARCH 21 • 6:30-9:30PM

DFUMC Preschool & Kindergarten Silent Auction Fundraiser @ Courtyard Marriott in Downtown Decatur

MARCH 23 • 10AM-1PM

City of Decatur "Touch a Truck" event at the East Lake Marta Transit Station, North Lot

MARCH 25 • Registration for CMO

June "Summer Fun" session begins

APRIL 1-5 • Spring Break, CMO Closed

APRIL 13 • 10:30AM

Decatur Business Association Sponsored Easter Egg Hunt on the front lawn of First Baptist Church in the City of Decatur

APRIL 18 • Registration closes for

CMO June "Summer Fun" session

APRIL 19 • Good Friday, CMO Closed

APRIL 22 • CMO School Photos Week (Details TBD)

APRIL 29 • 4:30-6PM

CMO "Be A Kid" Family Night

MAY 1 • NOON

Free Decatur Blue Sky Concert Series Weekly event on Decatur's Square Wednesdays at Noon and Saturdays at 7PM for the month of May

MAY 10 • 8PM

Decatur Arts Alliance Lantern Parade, starting at Color Wheel Studio, 508 E. Howard Ave.

MAY 24-26 • Decatur Arts Festival

(Children's parade and festival on Saturday, May 25, 9AM-2PM at the Decatur Recreation Center)

MAY 27 • Memorial Day, CMO Closed

MAY 31 • Last day of the 2018-2019 CMO school year

BIRTH ANNOUNCEMENTS

- BECKETT, in the SUNSHINE ROOM, welcomed little brother Graham on September 8, 2018.
- LUCY, in the SUNSHINE ROOM, welcomed little brother Ryan on October 18, 2018.
- EMMY JEAN, in the CORNER ROOM, welcomed little sister Kirkley on January 31, 2019.



KEEP CALM AND LEARN ON

As early childhood educators, one of the most primary and life-changing skills we can teach our students is self-regulation. Self-regulation happens when the child learns to pause, think and respond appropriately. This kind of “pro-social

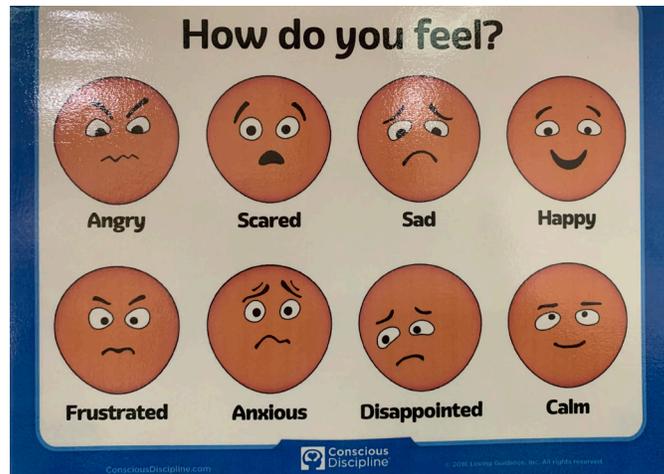
behavior” begins in the brain and the brain functions best when a person feels safe.



At CMO, each classroom is equipped with a “Safe Place,” where a child can go, often with a teacher, to learn and practice “calming techniques,” as designed by Dr. Becky Bailey, internationally - recognized childhood educator and child development expert. Dr. Bailey created Conscious Discipline,

a body of evidence-based programs for transformational social - emotional learning and classroom management that encourages safety, connection and problem-solving.

A child may choose to go to the Safe Place, which is also called the Cozy Corner or Calm-down Corner in some classrooms, or a teacher may help a child to it. When in the Safe Place, the first step in calming down is recognizing the state the child is in, “You look angry,” the teacher may say and sign (closed fist rubbing heart in a circle).



The child is encouraged to find the emotion that best fits their state by pointing to faces that show a variety of expressions on the wall and/or through words or signing how they are feeling. “I am angry,” the child may say or sign. The teacher then leads the child through breathing techniques. Three deep breaths shut off the “fight or flight” response in the body. As the child gets older or more used to the process, they can choose from a variety of breathing techniques, which are taught according to developmental ability and are posted on the wall in the Safe Place.

Next, the child may choose additional calming tools, like reading a book, shaking and watching the calming jar glitter slowly fall or squeezing the knitted “chill pill.” In a calm state, the child is invited to problem-solve or respond appropriately to their circumstances and rejoin the class.

While the Safe Place is a discipline tool, it is in no way meant to be punitive. Discipline is the process of guiding children from the lower centers of the brain (“fight or flight”) to the higher centers of the brain so they can learn. Discipline helps young children develop self-regulation, or impulse control. **For more information on Conscious Discipline strategies, or creating a Safe Place of your own at home, visit:** <https://consciousdiscipline.com>



STORY-TIME FUN WITH MS. LAUREN

While we’ll miss Kids Go Wild Educator Christy Foelsch, who has decided to ease into retirement, we’re excited to welcome local music educator and CMO mom Lauren Bock as our new monthly storytime teacher! (Ms. Lauren says her nearly two-year-old daughter Lucey Rose LOVES her teachers and classmates in the Corner Room!)

Ms. Lauren is a teacher with Music Together of Decatur which provides classes for babies, toddlers, preschoolers and their grownups at First Baptist Church of Decatur. She also owns a private music lesson studio in Decatur called Rock with Bock where she offers individualized ukulele and guitar lessons to students ages 6 and up.

Ms. Lauren also enjoyed reading and singing tons of great stories in her four years as a preschool teacher. She is thrilled at the opportunity to share songs, stories, stringed instruments and silliness with the amazing CMO family! We feel very privileged to have her at CMO!



LOVE GROWS HERE . . . AND PLANTS, TOO

At CMO, we play in the dirt year-round! All the classes from the Beginner Room to the Sunshine Room participated in winter sowing of lavender, basil, shasta daisies and canterbury bell flowers. Thank you for contributing the egg cartons, which were repurposed into miniature greenhouses where the seeds will germinate. We are hopeful we will be able to transplant these seedlings into our outdoor Spring garden.

The Sunshine and Discovery Rooms enjoyed poking drainage holes into the egg cartons and all the classrooms had the most fun digging and scooping and dumping the dirt into the egg cartons. The seeds were examined for size and color before the children used their fine motor skills to pinch and sprinkle the seeds on the dirt.

Daily, the children spray the seeds with water and ask the seeds to "Wake up!" They are learning it takes food, sunshine, water and lots of love for living things to grow!

WELCOME TO THE EXPLORER ROOM MS. JACKIE



Ms. Angie had to take a leave of absence from teaching in the Explorer Room at the beginning of 2019, to take care of her mother, who recently suffered a stroke. Thankfully, a new teacher was able to cover for her fairly quickly. Please welcome Ms. Jackie Shoemaker to the CMO community. She says she has been working with children professionally since she was 13-years-old. Maybe she is a natural with kids since she is the second oldest of seven siblings! Ms. Jackie is happy to be able to keep her job as a nanny with a family she has served for six years, in addition to her new teaching job at CMO. Before becoming a nanny, Ms. Jackie was a teacher in a daycare setting for a little over four years. She attended Ashford University and majored in Early Childhood and Education. When she's not working with kids she enjoys singing, dancing, reading and doing arts and craft. She is so glad to be a part of the CMO Community and says, "I look forward to working with your little love bugs every day!"

Cultivating an Attitude of Gratitude

Each day, every CMO classroom takes time together to thank Ms. Michelle or a classmate for bringing snack and at lunch, the classes say a special lunchtime prayer



THANK YOU GOD FOR
food and bread
THANK YOU FOR
my cozy bed
THANK YOU FOR
my friends at play
THANK YOU FOR
this happy day
AMEN



JOIN US FOR
some summer fun

SIGN-UP FOR THE CMO JUNE SUMMER SESSION

begins Monday, March 25

Registration for the days CMO is open for the summer is different than the regular school year. You may sign up for individual week(s) and day(s) of the week you would like to have your child attend Children's Morning Out in June. **NOTE: CMO will be closed June 17-21 while the church hosts Vacation Bible School.** You are guaranteed your current day(s), if want to continue them, but you must sign up to let Ms. Michelle know you would like to keep your child's space through June.

***As space is available, you can add and/or switch days.
The deadline for signing up is Thursday, April 18.***