# MARCH 2024 Newsletter

## Notes from the Front Office...

February was such a fun, love filled month! We had an awesome Valentine's party and exchanged valentines with our friends!
Thank you so much to all the parents who contributed to our Valentine's Day Party!

Just a reminder: tuition is always due the Friday before the week of attendance. Thank you! If you may have any questions, please call the office at 210.390.1763.

**FAILURE TO COMPLY WILL RESULT IN REFUSAL OF CARE THE NEXT BUSINESS DAY!**

## Prep Your Child for Daylight Saving Time

The loss of just one hour can really affect a child's attention span, appetite, and overall mood." The good news: You can take steps to help mitigate the effects of daylight saving time. This tip will help you do just that. Don't just set the clock forward an hour one night and expect your child to get right back in sync; It takes some time to adapt to that loss of sleep. To help adjust, Dr. Lewin suggests gradually shifting your kid's bed time in preparation for daylight saving time. So if your child goes to bed at 8 p.m., about four days before the time change, put them to bed at 7:45 p.m., then 7:30 p.m., and so on until they're going to bed as close to 7 p.m. as possible. If possible, wake them up a little earlier, as well. "Doing this step-by-step is not as much a shock to the system as it is when you abruptly expect your child to fall asleep an hour earlier after the time change," Dr. Lewin says. "If it's too difficult to get your child to bed earlier, which is often the case in older kids, then just focus on advancing the wake up time a bit instead."

## 7 Benefits of Reading to Children

Whether you're reading a classic novel or fairy tales before bed, reading aloud to children can significantly benefit your child's life. Some benefits reading to children include:

- Supported cognitive development
- Improved language skills
- Preparation for academic success
- Developing a special bond with your child
- Increased concentration and discipline
- Improved imagination and creativity
- Cultivating a lifelong love of reading

## Important Dates

**March 5th - School Photos for all classes. More info to come.**

**March 8th - Dr. Seuss T-Shirt Day. Wear any Dr. Seuss themed T-Shirt with jeans.**

**March 1oth - Sunday at the Oasis. Rep your Family! Wear coordinating outfits for Worship Service at 9am.**

**March 11 thru 15th - Spring Break - KB Closed**

**March 22nd - Dr. Seuss Book Report due**

**March 22nd - Dr. Seuss Parade. Dress as favorite Dr. Seuss character. More info to come.**

**March 29th - Good Friday - KB Closed**