



# What's Buzzing at Busy Bee



December 2020

Cast all your anxiety on Him because He cares for you. 1 Peter 5:7

## Current Fundraisers

- Butter braids till 12/6. Pick up on 12/8. **The class with most sales wins a Pizza Party**
- End of the year giving: Make a donation and get 50% as a tax credit

### Teaching Our Kids to Expect the Unexpected

How often do things in our lives go exactly as we planned? Do you create expectations as a way to feel in control of those situations? The reality is this: you have little or no control over any of it. What will happen is going to happen regardless of how well you have planned, and worrying about the future only causes [anxiety](#).

To be organized and to have certain things planned out is beneficial. For example, it's helpful to make plans such as reservations and sending invitations for your child's birthday party. However, when we set expectations of how that party should turn out and who should show up, we set ourselves up for disappointment. We are not doing ourselves any favors when we cling to those unmet expectations.

When we focus on God and not the challenges in front of us, our perspective shifts. Expecting the unexpected gives us so much freedom.

Not only is it essential for us to learn to live with expectancy, but we have the opportunity to show our kids to do the same. The attitude of expectancy will impact how they handle things that don't go their way or according to their life plan.

## What Happened last Month

We missed having you and your extended family here with us for our Feasts! These days are always a highlight of our school year. However, we have many good reasons to be grateful, as we celebrate Thanksgiving!

### Teaching Our Kids to Expect the Unexpected (continuation)

As they try to navigate the twists and turns of life and figure out who God has called them to be, our kids must trust God to lead them. They will need to expect the unexpected, and learn to let go of those expectations that they have created, or that society has created, for themselves. An attitude of anticipation for the future creates [flexibility](#) and will help our kids remember that God's plans are far greater than our imaginations.

We also have the opportunity to teach our kids how to roll with the tides by teaching them some words to use when they are thinking about life. For instance, using words like "should" solidifies expectations in our kids' minds. It sets in concrete the way they believe life should go. For instance, if a child says, "My science fair project *should* win first prize," they are going to be sorely disappointed if they take second place. Instead, if we teach our kids to see the world through the lens of things that "could" happen, they set down the expectations and open themselves to seeing different opportunities. For example, "I *could* be the first chair violin in the orchestra at school, or I *could* be the second chair and help support the other musicians." [The words we use can have a tremendous impact on our kids' mindsets and expectations.](#)

Article from Focus on the Family

## What's Happening this Month



- **Butter Braid** sales for Christmas through Dec. 6th, Pick up on Dec. 8th at 11 am.
- **Dec 1. Registration for 2020-2021 School Year for current families begins.**
- **Dec 2-4. Hat Days** – wear your favorite hat to school!
- **Dec 14-17. Busy Bee Christmas Program at 11 am by Class**
  - 14 & 16-Fallt's and McGowan's
  - 15-Mrs. Haun TTH & Mrs. Pyne
  - 16-Mrs. Haun MWF & Mrs. Cain
  - Children should be in their classrooms at 9 am.
  - The program will begin in the Sanctuary at 11 am. Parents will be able to view the program in the sanctuary at the end of the day.
  - You may order a DVD of the program for \$10
  - There is **No Lunch Bunch.**
- **Dec 24. Thur.~ Christmas Eve Candlelight Services at Bethany at 6:15 pm.**
- **Dec 21-Jan 4. NO SCHOOL, Christmas Vacation**
- **Jan 5. School Resumes with Lunch Bunch!**

### UPCOMING FREE EVENTS

- Denver Art Museum: Dec 4
- Children's museum: Dec 4 (4-8p)
- Museum of Contemporary Art Denver (Penny admission for Colorado residents) : Dec 5
- Denver Museum of Nature and Science: Dec 6

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## Mission

Bethany Busy Bee seeks to partner with parents and the church to offer families a quality, preschool education in a loving, Christian environment. Deut. 6:6-7

## Curriculum Used for Parent-Teacher Conferences

Busy Bee's teachers use the Creative Curriculum and Teaching Strategies GOLD, two nationally recognized resources for effective teaching – meeting children right where they are, developing and refining fun lesson plans and establishing challenging and yet achievable learning goals. Their authentic, ongoing observations are critical to the planning of appropriate learning experiences that will help the children in each class thrive. Using these tools, we hope to be well prepared to meet with you for Parent-Teacher Conferences in January. If you have any questions or concerns, please let your teacher know.

## Providing a Balanced Early Childhood Education in a Christian Environment

### KEEP HEALTHY ROUTINES DURING COVID

Fear, uncertainty, and being holed up at home more to slow the spread of COVID-19 can make it tough for families to keep a sense of calm. But it's important to help children feel safe, keep healthy routines, manage their emotions and behavior and build resilience.

Here are some tips from the American Academy (AAP) to help your family get through the stress of the pandemic. During the pandemic, it is more important than ever to maintain bedtime and other routines. They create a sense of order to the day that offers reassurance in a very uncertain time. All children, including teens, benefit from routines that are predictable yet flexible enough to meet individual needs.

#### Structure the day

With the usual routines thrown off, establish new daily schedules. Break up schoolwork when possible. Older children and teens can help with schedules, but they should follow a general order, such as:

- wake-up routines, getting dressed, breakfast and some active play in the morning, followed by quiet play and snack to transition into schoolwork.
- lunch, chores, exercise, some online social time with friends, and then homework in the afternoon.
- family time & reading before bed.

#### Bedtimes

Children often have more trouble with bedtime during any stressful period. Try to keep normal nighttime routines such as Book, Brush, Bed for younger children. Put a family picture by their bed for "extra love" until morning. Bedtimes can shift some for older children and teens, but it is a good idea to keep it in a reasonable range so the sleep-wake cycle isn't thrown off. Too little sleep makes it more challenging to learn and to deal with emotions. Remember to turn off cell phones and other mobile devices an hour before bedtime.

#### Special Time In

Even with everyone home together 24/7, set aside some special time with each child. Ideas can include cooking or reading together, for example, or playing a favorite game. You choose the time, and let your child choose the activity. Just 10 or 20 minutes of your undivided attention, even if only once every few days, will mean a lot to your child. Keep cell phones off or on silent so you don't get distracted.

by Todd Cartmell from HealthyChildren.org

### Fundraiser Details

**Butter braids** will be on sale through 12/6 and be delivered to Busy Bee on 12/8 at 11am, to be picked up prior to Christmas break. They make an excellent gift. The class with most sales wins a Pizza Party in January, so please mark your order with your teacher's name.

**Silent Auction Christmas Edition** run from Dec. 7th-18th.

**Monetary donations through Dec 31st to Busy Bee Preschool** are considered a **Child Care Contribution Tax Credit** and **50% of the total contribution can be claimed as a deduction from your Colorado taxes**. Please see the Colorado Dept. of Revenue, FYI Income 35 for more details. Bethany sends the tax credit form to all donors before Jan. 31, as required to complete your taxes.

### Tuition & Your Taxes

**The January Statement** will include the amounts you have paid for the entire year of 2020 and will be your receipt for your taxes. It will be emailed at the beginning of January to include all payments **received** through Dec 31st.

#### Busy Bee Preschool

##### Registration for 2021-2022

Registration for Busy Bee families begins **December 1st** and opens for new families on Dec 14th. Your **registration fee of \$200 per child or \$300 per family** saves your space, if you are planning to return to Busy Bee.

##### New rates for 2021-2022:

\$155 for MDO  
\$230 for 2 days  
\$300 for 3 days  
\$500 for 5 days

### What's Coming Up

- Jan 5. School resumes with Lunch bunch
- Jan 13th – Parent Education, "A Recipe for Joyful Mealtimes" with Amanda Gersabeck 12–1:30p
- Jan 18. **NO SCHOOL** Martin Luther King Day
- Jan 19 - Feb 19 Parent Teacher Conferences set up appointments with your teacher.
- Jan 20-22. Rodeo Days; Special Activities. No volunteers due to Covid.
- Jan 28. LIFT, "Anxiety and Attachment Parenting" with Whitney Dittmar
- Jan 25-29. Collect diapers & wipes for the needy at Denver Rescue Mission

We welcome your input and covet your involvement in our programs. Please let us know of any comments or prayer requests. **Blessings to all of you from Joyce & the staff at Busy Bee Preschool!**